

# MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

## Recreation

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### Access Maryland: State Park Pass for Persons with Disabilities - Maryland Department of Natural Resources - Universal Disability Pass

1804 West Street, Suite 300  
Annapolis, MD 21401  
410-260-3220 (V)  
1-877-620-8367 (Toll Free)

<http://dnr2.maryland.gov/publiclands/Pages/udpfaq.aspx>

The Universal Disability Pass is a free lifetime pass that does not require renewal. The Universal Disability Pass permits the holder and one other person free entrance to day-use facilities at Maryland State Parks and Forests, where there are service fees associated with entrance. This Pass does not cover automated gate entrance systems or service charges in the park such as camping, boat launch, rentals, bus parking, other concessions or special charges. Identification may be requested when the Pass is presented. In addition to entrance into a Maryland State Park or Forest, the pass also allows those individuals who possess a valid hunting license to hunt from a vehicle.

### Accessible Journeys

1-800-846-4537 (Toll Free)

E-mail: [sales@accessiblejourneys.com](mailto:sales@accessiblejourneys.com)

[www.accessiblejourneys.com](http://www.accessiblejourneys.com)

Accessible lifestyle vacations for slow walkers, wheelchair travelers, their families and friends. Assistance with vacation planning, group tours, group cruises, and individual cruises. Provide licensed travel companions and disability travel resources.

### Adaptive Sports USA

#### Eastern Regional Point Organization

E-mail: [pam.chiavaroli@adaptivesportsusa.org](mailto:pam.chiavaroli@adaptivesportsusa.org)

<http://adaptivesportsusa.org>

Organized geographically into three regional associations, each responsible for developing local wheelchair sports programs. Sports include archery, athletics/track and field, shooting, swimming, table tennis, basketball, billiards and weightlifting.

### ArtStream

620 Pershing Drive  
Silver Spring, MD 20910  
301-565-4567 (V)

[www.art-stream.org](http://www.art-stream.org)

Interactive workshops and productions, on-going classes, seminars, performances, and training. Offer inclusive performing arts classes specifically designed for the needs of adult actors with cognitive and/or physical disabilities. Classes include theater, puppetry, visual arts, multimedia, music and dance.

### Autism On The Seas

1-800-516-5247 (Toll Free)

E-mail: [info@autismontheseas.com](mailto:info@autismontheseas.com)

[www.autismontheseas.com](http://www.autismontheseas.com)

Service the cruising travel needs of families and individuals faced with Autism and Asperger Syndrome, and all Cognitive, Intellectual and Developmental Disabilities as well as (but not limited to) Cerebral Palsy and Down Syndrome. Provide "Individual Autism Cruise Services" for those individuals and families who wish to cruise on any date or ship of their choice on Royal Caribbean, Celebrity, NCL, Carnival, Princess or Disney. Financial Assistance is awarded in varying amounts to immediate family members only, Parents/Guardian's, qualifying children/adults and their siblings.

### Baltimore Adapted Recreation & Sports (BARS)

478-227-7386 (V)

[www.barsinfo.org](http://www.barsinfo.org)

Non-profit organization that hosts different sporting and recreational events throughout Maryland for individuals with physical and developmental disabilities. Events include camping, water skiing, sailing, canoeing, cycling, wheelchair tennis, sea kayaking, snow skiing, rock climbing, skeet shooting, and white water rafting.

### Bender Jewish Community Center of Greater Washington

6125 Montrose Road  
Rockville, MD 20852  
301-881-0100 (V)

[www.jccgw.org](http://www.jccgw.org)

Classes include crafts, cooking, swimming, social groups, and fun and games. See listing under "Day and Summer Camps" for more information. **Gudelsky Exceptional Swim:** A swim program for children, teens and adults with physical, orthopedic related disabilities. Professional staff members (a coordinator, physical therapist, three adaptive aquatics instructors) and volunteers work with participants. Individuals interested in participating must complete medical forms to apply. For more information or to apply, contact Elon Walter at [situbuw@aol.com](mailto:situbuw@aol.com).

**Boy Scouts of America  
National Capital Area Council**

Marriott Scout Service Center  
9190 Rockville Pike  
Bethesda, MD 20814  
301-530-9360 (V)

[www.ncacbsa.org](http://www.ncacbsa.org)

Cub Scouting is a year-round program designed to meet the needs of young boys ages 7 to 10 and their families. The program offers fun and challenging activities that promote character development and physical fitness. Boy Scouts is an outdoor program designed to develop character, citizenship, and fitness for boys ages 11 to 17. Units in the area are always open to children and young men with physical, mental and emotional disabilities. These units are completely funded, organized and run by volunteer leaders who can help – along with local Scouting professionals – find a suitable unit and possible mentor in that unit for your child. Scouts with disabilities and special needs participate in the same program as their peers.

**Boys & Girls Clubs of Greater Washington  
Germantown Branch**

19910 Frederick Road  
Germantown, MD 20876  
301-353-9600 (V)

E-mail: [pmcmanus@bgcgw.org](mailto:pmcmanus@bgcgw.org)

[www.bgcgw.org/clubs/germantown](http://www.bgcgw.org/clubs/germantown)

Provides sports, fitness, health and life skills, early intervention, educational, character-building, and recreational and supportive services to youth and families.

**Catholic Charities - Community Companions**

1010 Grandin Avenue  
Rockville, MD 20851  
301-251-2860 x 604 (V)

[www.catholiccharitiesdc.org/CommunityCompanions](http://www.catholiccharitiesdc.org/CommunityCompanions)

Provide services to children and youth with developmental disabilities. **After School Program:** From school dismissal to 6:00 p.m., students ages six to 21 engage in social, therapeutic and recreational activities such as arts and crafts, music, computers and outdoor games. Program vans take students on field trips, and a snack is provided. Accept Autism Waiver and Developmental Disabilities Administration funding, and private payment. Also offer respite and summer camps.

**Chesapeake Region Accessible Boating (C.R.A.B.)  
SailFree Sundays**

177 Defense Highway, Suite 9  
Annapolis, MD 21401  
410-266-5722 (V)

E-mail: [info@crabsailing.org](mailto:info@crabsailing.org)

[www.crabsailing.org](http://www.crabsailing.org)

Non-profit organization offering boating experiences to people with disabilities through sailing programs for children, families and the elderly. The SailFree program is scheduled one Sunday each month from April through October. Reservations are recommended.

**CHI Centers**

10501 New Hampshire Avenue  
Silver Spring, MD 20903  
301-439-4330 (V)

E-mail: [recreation@chicenters.org](mailto:recreation@chicenters.org)

[www.chicenters.org/recreation.html](http://www.chicenters.org/recreation.html)

Recreation opportunities and special events and activities for individuals with developmental disabilities. The **Small Group Recreation Program** provides after-work leisure time such as dining out and movies. The **Milton Lodge Vacation Program** provides participants a summer vacation at a beach resort.

**Circle of Hope Therapeutic Riding, Inc.**

Pleasant View Farm  
22500 West Harris Road  
Barnesville, MD 20838  
301-916-2040 (V)

E-mail: [info@chtr.org](mailto:info@chtr.org)

[www.chtr.org](http://www.chtr.org)

Offer horseback riding lessons to children and adults with disabilities. Equine-facilitated approach incorporates cognitive, behavioral, psychological, and physical goals to increase self-confidence, self-esteem, physical independence, and social awareness. Financial assistance available on a limited basis.

**City of Gaithersburg - Parks, Recreation and Culture**

506 S. Frederick Avenue  
Gaithersburg, MD 20877  
301-258-6350 (V)

E-mail: [parksrec@gaithersburgmd.gov](mailto:parksrec@gaithersburgmd.gov)

[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

Accessible pools. A variety of programs are available for competitive play as well as the development of life-time skills. Senior and youth services.

**Club1111 – The League of People with Disabilities**

1111 East Cold Spring Lane  
Baltimore, MD 21239  
410-323-0500 ext 311 (V)

[www.leagueforpeople.org/club1111](http://www.leagueforpeople.org/club1111)

Dance and social club for people with disabilities. Cost is \$10.00 per person. Guests must be independent or with a caregiver, who can attend for free. Alcohol free. Held the 2<sup>nd</sup> Saturday of every month.

### Community Support Services

9075 Comprint Court  
Gaithersburg, MD 20877  
301-926-2300 (V)

E-mail: [css@css-md.org](mailto:css@css-md.org)

[www.css-md.org/makingconnections](http://www.css-md.org/makingconnections)

Provide recreational programs to youth with autism and other developmental disabilities. Progress offered include after-school programs, Saturday program, holiday and summer camp. Therapeutic recreational and social programs are available for adults with autism and other developmental disabilities. Social and leisure activities include art, music, bowling and sports. The Sunday program may include outings to local parks, amusement parks, and other day trips. Also plan special annual activities.

### DateAble

[www.dateable.org](http://www.dateable.org)

Nonprofit social organization for people with and without disabilities who seek new friendships and relationships.

### Disabled Sports USA

451 Hungerford Drive, Suite 608  
Rockville, MD 20850  
301-217-0960 (V)

E-mail: [info@dsusa.org](mailto:info@dsusa.org)

[www.disabledsportsusa.org](http://www.disabledsportsusa.org)

Provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs. Disabilities include those with visual impairments, amputations, spinal cord injury, multiple sclerosis, head injury, cerebral palsy, other neuromuscular/orthopedic conditions, autism and related intellectual disabilities. Offer over 40 different sports including alpine and Nordic skiing, snowboarding, biathlon, kayaking, water skiing, sailing, scuba, surfing, rafting, outrigger canoeing, fishing, hiking, golf, athletics, archery, cycling, running/wheeling, rock climbing, equestrian, and others.

### Downtown Sailing Center

1425 Key Highway, Suite 110  
Baltimore, MD 21230  
410-727-0722 (V)

E-mail: [programs@downtownsailing.org](mailto:programs@downtownsailing.org)

[www.downtownsailing.org](http://www.downtownsailing.org)

Committed to making sailing accessible to the entire community. Specialty adapted boats allow persons with disabilities to sail with a coach or independently. Youth and adult sailing programs and memberships available. Access-Ability is a free volunteer-run program that allows individuals with disabilities to learn to sail. Program meets one or two Saturdays each month from April to August. RSVP's required.

### Dreams for Kids DC

301-742-7787 (V)

[www.dreamsforkidsdc.org](http://www.dreamsforkidsdc.org)

Non-profit provides activities that empower children with physical and developmental disabilities to unite with their peers and realize their potential. Clinics include waterskiing, dance, football, ice hockey, soccer, basketball, and baseball.

### Equine Therapy Associates

P. O. Box 59253  
Potomac, MD 20859  
301-972-7833 (V)

E-mail: [director@equinetherapyassociates.com](mailto:director@equinetherapyassociates.com)

[www.equinetherapyassociates.com](http://www.equinetherapyassociates.com)

Offers lessons for individuals aged three and up, and focuses primarily on learning disabilities, ADHD/ADD, sequencing and processing disorders, Autism, mild to moderate Cerebral Palsy, emotional disabilities, hearing impairments, mental retardation, Downs Syndrome, developmental delays, strokes, Fibromyalgia Syndrome, speech impairments, and visual impairments. Financial aid available. Free scholarships for wounded warriors.

### Ex n' Flex

1-888-298-9922 (Toll Free)

E-mail: [info@exnflex.com](mailto:info@exnflex.com)

[www.exnflex.com](http://www.exnflex.com)

Motorized passive/active exercise therapy for the disabled. Potential benefits for para and quadriplegics include continuous range of motion, increased circulation/flexibility, and decreased spasm/edema.

### Eyre Bus, Tour & Travel

13600 Triadelphia Road  
Glenelg, MD 21737  
410-442-1330 (V)  
1-800-321-3973 (Toll Free)

E-mail: [eyre@eyre.com](mailto:eyre@eyre.com)

[www.eyre.com](http://www.eyre.com)

Wheelchair accessible motorcoaches and full service travel agency. Leisure travel includes cruises, caribbean, family vacations, hotels, rail travel, car rentals, worldwide tour packages, airline ticketing, customized tours, and travel designed for the disabled. One day and multi-day trips available.

### Great Strides

Terry Lewis, LCSW-C, Founder / Director  
26771 Howard Chapel Drive  
Damascus, MD 20872  
301-253-1166 (V)

E-mail: [info@greatstrides.org](mailto:info@greatstrides.org)

[www.greatstrides.org](http://www.greatstrides.org)

Offer equine-assisted psychotherapy (individual and group) with licensed mental health professionals. Through specially designed interactive experiences that promote emotional healing, they build confidence, improve social skills, and help clients make positive changes in their lives.

### **Guided Tour, Inc.**

215-782-1370 (V)

E-mail: [director@guidedtour.com](mailto:director@guidedtour.com)

[www.guidedtour.com](http://www.guidedtour.com)

Supervised travel and vacation program for persons ages 17 and up with developmental and physical disabilities. Trips include Disney World, Hawaii, Dollywood, Atlantic City, Ireland and Las Vegas.

### **Haven Universe**

301-343-7283 (V)

E-mail: [hu@havenuniverse.org](mailto:hu@havenuniverse.org)

[www.havenuniverse.org](http://www.havenuniverse.org)

Non-profit Christian organization that hosts social events for individuals of all ages, disabilities, faith backgrounds, their families/caregivers, and friends. Events include monthly “Saturday Night Alive” gatherings in a local Montgomery County gym-type facility providing a variety of adaptive and engaging “sports” and games, simple arts and crafts, and an optional Bible lesson – then closing with pizza. All are welcome.

### **Imagination Stage - Access & Inclusion**

Katie Keddell, Access Coordinator

4908 Auburn Avenue

Bethesda, MD 20814

301-280-1631 (Access Programs)

E-mail: [kkeddell@imaginationstage.org](mailto:kkeddell@imaginationstage.org)

[www.imaginationstage.org](http://www.imaginationstage.org)

Encourages children of all abilities to discover and develop their full creative potential through the performing arts. **Arts Access & Teen Workshops:** For students with cognitive/developmental disabilities. Class offer the same curriculum covered in general education classes. Higher student-teacher ratios.

**Pegasus Ensemble:** Two-year conservatory program for students with cognitive and/or developmental disabilities, providing the opportunity to further develop their theatre arts technique and life skills while working together as an ensemble.

### **interPLAY Company Band at Strathmore**

Paula R. Moore, Artistic Director

301-229-0829 (V)

E-mail: [paularmoore@comcast.net](mailto:paularmoore@comcast.net)

[www.interplayband.org](http://www.interplayband.org)

Non-profit organization. A full band of percussion and traditional musical artists for adults ages 23 and over with cognitive disabilities.

### **Jewish Community Center of Greater Baltimore**

Sara Rubinstein, Special Needs Coordinator

5700 Park Heights Avenue

Baltimore, MD 21215

410-559-3500 (V)

E-mail: [srubinstein@jcc.org](mailto:srubinstein@jcc.org)

[www.jcc.org](http://www.jcc.org)

Provide appropriate social and recreational programs for children, teens and adults with a range of disabilities.

**Sunday Funday:** Afternoons of recreational and social activities for children in grades K through 8 include games, arts and crafts, athletics and more. Children learn to develop appropriate social skills and friendships, enhance coordination, increase self-esteem, and create feelings of acceptance in the community.

**Getting Together Club:** For ages 18 and older. Week nights. Adults can improve their social and life skills, as well as their emotional well-being. This weekly social group offers activities both at the JCC and in the community.

**Chaverim Club:** For ages 18 and older. This weekly social group creates its own schedule of recreational and leisure time activities and programs, including arts and crafts, music, cooking, and holiday celebrations. This program is for adults who have mild to severe delays or other developmental and/or physical disabilities.

**Arts with Yachad:** For adults 18 and older with developmental disabilities, or without. Individuals have fun crafting and creating projects at this inclusive arts class.

*For more information see listing under “Day and Summer Camps”.*

### **Kennedy Center for the Performing Arts**

Office for Accessibility

202-416-8727 (V)

E-mail: [access@kennedy-center.org](mailto:access@kennedy-center.org)

[www.kennedy-center.org/accessibility](http://www.kennedy-center.org/accessibility)

Information on accessible events, performances, and facilities. Provide assistive listening devices, sign language interpreters, captioning, audio description, and Braille and large print programs.

### **Kennedy Shriver Aquatic Center**

5900 Executive Boulevard,

N. Bethesda, MD 20852

240-777-8070 (V)

[www.montgomerycountymd.gov/rec/thingstodo/aquatics/montgomery.html](http://www.montgomerycountymd.gov/rec/thingstodo/aquatics/montgomery.html)

Learn to swim program for children ages 4to- 15 who have special needs. Pool is accessible with ramps, elevators, therapeutic ladders and lifts. Fee.

### **Kids Enjoy Exercise Now (KEEN) Greater DC**

P.O. Box 341590  
Bethesda, MD 20827  
301-770-3200 (V)  
E-mail: [info@keengreaterdc.org](mailto:info@keengreaterdc.org)  
[www.keengreaterdc.org](http://www.keengreaterdc.org)

National, nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. Activities include swim, sports, music, dance, tennis, tae kwon do, bowling and more. Peer companion program for teens. Serve MD, DC, and VA.

### **Klien's Educational & Health Care Services Therapeutic and Recreational Services**

13439 New Hampshire Avenue  
Silver Spring, MD 20904  
301-879-7980 (V)  
E-mail: [klienseducation@yahoo.com](mailto:klienseducation@yahoo.com)  
[www.kliensedu-hcs.com](http://www.kliensedu-hcs.com)

Arts and crafts, computer skills, field trips, sports and games, therapeutic swimming, drum and piano lessons, horseback riding, community outings, speech and language, and more for individuals with Autism and other related disorders.

### **Maryland 4-H Youth Development**

Cathy Yingling, Principal Administrative Assistant  
18410 Muncaster Road  
Derwood, MD 20855  
E-mail: [yingling@umd.edu](mailto:yingling@umd.edu)

[www.extension.umd.edu/montgomery-county](http://www.extension.umd.edu/montgomery-county)  
Offers a "learning by doing" experience in cooking, sewing, computing, public speaking, conservation, animal sciences, environmental sciences, and human sciences to students ages 5 to 18. Part of the University of Maryland Extension. Open to all interested Montgomery County youth.

### **Maryland Sport Fishing and Crabbing Licenses**

**Maryland Department of Natural Resources**  
410-260-8367 (V)  
1-877-620-8367 (Toll Free)  
E-mail: [customerservice.dnr@maryland.gov](mailto:customerservice.dnr@maryland.gov)  
[http://dnr.maryland.gov/Pages/service\\_fishing\\_license.aspx](http://dnr.maryland.gov/Pages/service_fishing_license.aspx)  
Complimentary tidal and non-tidal fishing licenses are available to Maryland residents and non-residents who are blind or who are 100% service connected disabled veterans or former prisoners of war.

### **Maryland Ravens Wheelchair Basketball**

1413 Glendale Road  
Baltimore, MD 21239  
410-825-5359 (V)  
E-mail: [mdravens@aol.com](mailto:mdravens@aol.com)  
[www.marylandravens.org](http://www.marylandravens.org)

A competitive recreational program for many of Maryland's physically impaired adults and youths. Always seeking new basketball players who are interested in competing locally or nationally.

### **Maryland Youth Ballet**

926 Ellsworth Drive  
Silver Spring, MD 20910  
301-608-2232 (V)  
E-mail: [info@marylandyouthballet.org](mailto:info@marylandyouthballet.org)  
[www.marylandyouthballet.org/outreach/music-and-motion](http://www.marylandyouthballet.org/outreach/music-and-motion)  
Therapeutic dance instruction to dancers with physical disabilities through its "Music and Motion" classes.

### **Mattie J.T. Stepanek Park**

1800 Piccard Drive  
Rockville, MD 20850  
[www.rockvillemd.gov/Facilities/Facility/Details/Mattie-JT-Stepanek-Park-37](http://www.rockvillemd.gov/Facilities/Facility/Details/Mattie-JT-Stepanek-Park-37)  
26.29-acre accessible park located at the corner of Gaither Road and Piccard Drive in Rockville, ½ mile from Shady Grove Road and Gaithersburg.

### **MedStar National Rehabilitation Hospital Adaptive Sports & Fitness Program**

102 Irving Street, NW  
Washington, DC 20010  
202-877-1420 (V)  
[www.medstarnrh.org/our-services/adaptive-sports-fitness](http://www.medstarnrh.org/our-services/adaptive-sports-fitness)  
Programs are open to anyone with a physical disability at no cost. Provide coaching, training, equipment and travel assistance in nine sports including basketball, boccia ball, cycling, quad rugby, rowing, sled hockey, and tennis. Provide circuit training, open gym and cardio fitness classes both at the hospital and the community. Also host adaptive sports tournaments and special events throughout the year.

### **Melwood Recreation Center**

9035 Ironsides Road  
Nanjemoy, MD 20662  
301-870-3226 (V)  
E-mail: [recreation@melwood.org](mailto:recreation@melwood.org)  
[www.melwood.org/recreation/travel](http://www.melwood.org/recreation/travel)  
**Access Adventures** provides year round, community-based, small group, affordable vacations to persons with disabilities 18 years and older. Travelers are supported by dedicated staff that provide a safe and caring atmosphere. The **Equestrian Program** is designed for riders of all ages and ability levels, including riders with special needs. Riders are provided with a mix of basic equitation and horsemanship skills.

### **Miracle League Baseball**

17950 Germantown Park Drive  
Germantown, MD 20874  
E-mail: [mlmcb@gmail.com](mailto:mlmcb@gmail.com)  
[www.miracleleaguemocomd.org](http://www.miracleleaguemocomd.org)  
Located in South Germantown Recreational Park, the Miracle Field serves as the new home for the Miracle League of Montgomery County, which will provide children with mental and/or physical challenges the opportunity to safely play baseball. The field incorporates a cushioned synthetic turf that allows children using wheelchairs and walkers to "run" the bases without fear of injury.

### Montgomery County Department of Parks

9500 Brunett Avenue  
Silver Spring, MD 20901  
301-495-2595 (V)

E-mail: [info@montgomeryparks.org](mailto:info@montgomeryparks.org)  
[www.montgomeryparks.org](http://www.montgomeryparks.org)

Classes, programs and camps, event and nature centers, public gardens, historical sites, playgrounds, athletic fields, lakes, and park and trail directory. The Program Access Office coordinates, provides and manages modifications and accommodations for individuals with disabilities to successfully be included in county-wide parks and leisure programs.

### Montgomery County Recreation Department

4010 Randolph Road  
Silver Spring, MD 20902  
240-777-6840 (Customer Service)

E-mail: [recreation.customerservice@montgomerycountymd.gov](mailto:recreation.customerservice@montgomerycountymd.gov)  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

Offers a range of activities: swimming, social clubs, sports, music, arts, dance, camps, etc. Seasonal brochures are available. Registration required for all activities. Call for information about costs. The customer service desk is open Monday through Friday, 10:00 a.m. to 2:00 p.m.

#### Therapeutic Recreation

240-777-6870 (V)

E-mail: [recreation.customerservice@montgomerycountymd.gov](mailto:recreation.customerservice@montgomerycountymd.gov)  
[www.montgomerycountymd.gov/rec/thingstodo/therapeutic/index.html](http://www.montgomerycountymd.gov/rec/thingstodo/therapeutic/index.html)

Programs are specifically designed for individuals with disabilities and available to suit all ages, interests, and skill levels. Activities include swimming classes, craft classes, trips, camps, children's programs, special events, and varied offerings every season. Adult clubs are designed to enhance community participation, skill development, and decision making skills. Activities include social outings to restaurants, theatres, sporting events, and more.

### Montgomery Cheetahs Hockey Club

David Lucia, Head Coach / Director

E-mail: [headcoach@montgomerycheetahs.org](mailto:headcoach@montgomerycheetahs.org)  
[www.montgomerycheetahs.org](http://www.montgomerycheetahs.org)

Ice hockey for children and teens with developmental disabilities, ages 5 through 18.

### NFB-Newsline®

1-866-504-7300 (Toll Free)

[www.nfb.org/audio-newspaper-service](http://www.nfb.org/audio-newspaper-service)

Free 24-hour telephone service available nationwide for people who are blind, visually impaired and/or unable to read a printed newspaper or magazine. Over 400 publications available. There are a number of access methods including touch-tone telephone, a free mobile app for iPhone, iPad and iPod, on Demand emails, a secure website, and a variety of portable players including the NLS Talking Book player and Victor Reader Stream 2nd Generation. Offered by the National Federation of the Blind and the National Museum and library services.

### Potomac Community Resources, Inc. (PCR)

9200 Kentsdale Drive  
Potomac, MD 20854  
301-365-0561 (V)

[www.pcr-inc.org](http://www.pcr-inc.org)

Non-profit organization serving teens and adults with developmental disabilities and their caregivers. Provides social, recreational, therapeutic and educational programs, as well as ongoing groups for parents and other caregivers. Registration required.

### Quadriciser

1-865-689-5003 (Toll Free)

[www.quadriciser.com](http://www.quadriciser.com)

Moves all four extremities through a smooth and functional range of motion, allowing multiple joints to be worked on all at the same time.

### Rolling Knights Wheelchair Basketball Team

703-525-3268 (V)

E-mail: [scin.kimball@yahoo.com](mailto:scin.kimball@yahoo.com)

[www.spinalcordinjury.net/Services/services\\_basketball.htm](http://www.spinalcordinjury.net/Services/services_basketball.htm)

Co-sponsored by Adventist Rehabilitation Hospital of Maryland and the Spinal Cord Injury Network of Greater Washington, DC. You do not need a spinal cord injury to play.

### Sitar Arts Center

1700 Kalorama Road, NW, Suite 101

Washington, D.C. 20009

202-797-2145 (V)

[www.sitarartscenter.org](http://www.sitarartscenter.org)

Foster development of musical and artistic skills. Offer classes in music, dance, writing, visual arts, drama and multimedia.

### **Special Olympics, MD, of Montgomery County**

Pam Yerg, Area Director  
10204 Colebrook Avenue  
Potomac, MD 20854  
E-mail: [director@somdmontgomery.org](mailto:director@somdmontgomery.org)  
[www.somdmontgomery.org](http://www.somdmontgomery.org)

Provide free year-round sports training and athletic competition in 21 Olympic-type sports for persons 8 years and older with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. Programs are designed to serve all ability levels.

### **S.P.I.R.I.T. Club**

Jared Ciner, Director/Founder, CPT  
10417-B Metropolitan Avenue  
Kensington, MD 20895  
303-883-4364 (V)  
E-mail: [jciner@spirit-club.com](mailto:jciner@spirit-club.com)  
[www.spirit-club.com](http://www.spirit-club.com)

Health and fitness group programs for teens and adults with developmental disabilities. SPIRIT Fit & Health partners with the Jubilee Association of Maryland 501(c)(3) to provide scholarships for individuals who are unable to afford personalized and group programs.

### **Sports Plus**

P.O. Box 83274  
Gaithersburg, MD 20883  
301-452-3781 (V)  
E-mail: [info@playsportsplus.org](mailto:info@playsportsplus.org)  
[www.playsportsplus.org](http://www.playsportsplus.org)

Non-profit organization that offers year-round, uniquely structured, co-ed sports and swimming programs for verbal children able to follow multi-step directions between the ages of 5 and 14 with mild to moderate autistic spectrum disorders, ADD/ADHD and other developmental disabilities. Mainstream sports programs and adaptive sports programs. Indoor and outdoor programs.

### **TheraFit Gym**

**Westminster Gm**  
7 Tuc Road, Suite A  
Westminster, MD 21157  
410-871-2494 (V)

### **Timonium Gym**

61 East Padonia Road, Suite E  
Timonium, MD 21093  
410-415-1992 (V)

[www.therafitgym.com](http://www.therafitgym.com)

TheraFit Gym is a non-profit fitness center for persons with disabilities. Provides assisted access to a motorized, full body P/A therapy system called the Quadriciser that has been specially adapted for individuals with physical limitations. Activity-based rehabilitation and fitness programs for children, adults and seniors with disabilities. Fully accessible and adaptive equipment. One-on-one fitness trainers. Physical therapy treatments (including the Quadriciser) are covered by some private insurance programs including Medicare and BlueCross.

### **Therapeutic & Recreational Riding Center**

3750 Shady Lane  
Glenwood, MD 21738  
410-489-5100 (V)  
E-mail: [info@trrcmd.org](mailto:info@trrcmd.org)  
[www.trrcmd.org](http://www.trrcmd.org)

Provide both physical and occupational therapy on horseback, treating a range of physical, cognitive, and emotional disabilities including cerebral palsy, spina bifida, muscular dystrophy, post-traumatic brain injury, autism, ADHD, and cognitive disorders. It also provides recreational riding opportunities for clients, with and without disabilities.

### **U Can Do Inc.**

1-866-822-6362 (Toll Free)  
E-mail: [sales@ucandocentral.com](mailto:sales@ucandocentral.com)  
[www.ucandocentral.com](http://www.ucandocentral.com)

Custom designed arcade pinball machines that can be played by anyone with or without disabilities. Motion sensor compatible.

### **United States Association of Blind Athletes**

Mark Lucas, Executive Director  
719-866-3224 (V)  
E-mail: [mlucas@usaba.org](mailto:mlucas@usaba.org)  
[www.usaba.org](http://www.usaba.org)

Provide life-enriching sports opportunities for every individual with a visual impairment. Provide athlete and coach identification and support, program and event management, and national and international representation. Sports Camps include cycling, goalball, judo, powerlifting, skiing, swimming, tenpin bowling, wrestling, 5-A-Side football, gymnastics, showdown, sailing, rowing, equestrian, biathlon and archery.

### **Upcounty Community Resources**

P.O. Box 2982  
Germantown, MD 20875  
240-614-0444 (V)  
E-mail: [jennlynn@ucresources.org](mailto:jennlynn@ucresources.org)  
[www.ucresources.org](http://www.ucresources.org)

Private, non-profit that offers innovative programs, events, and social opportunities for members of the community with developmental and intellectual differences. Weekend enrichment / respite program features vocational training held one Sunday per month. Respite Hours and DDA funding accepted for this program. Therapeutic programs incorporate drawing, painting, collage, sculpture and crafts, and singing, playing, moving and creating music. Community inclusion programs include a walking workout club, rock band jam nights, and a social skills night out for young adult males with Autism. Social activities include community outings, sporting events, dances, bingo night, and more.

### **VisArts**

155 Gibbs Street, Suite 300  
Rockville, MD 20850  
301-315-8200 (V)  
[www.visartscenter.org](http://www.visartscenter.org)

Provide visual art education and experiences for children starting at age 5. Goals are to promote creativity and to have fun. Students should be able to work with minimal assistance, or be accompanied by an adult who can provide help.

### **VSA Arts - John F. Kennedy Center for the Performing Arts**

2700 F Street, NW  
Washington, DC 20566  
E-mail: [vsainfo@kennedy-center.org](mailto:vsainfo@kennedy-center.org)  
[www.kennedy-center.org/education/vsa](http://www.kennedy-center.org/education/vsa)

International, non-profit organization where all people with disabilities learn through, participate in and enjoy the arts. From pre-K through 12<sup>th</sup> grade and beyond.

### **Wheelchair Gym - Lotech Solutions, Inc.**

914-591-9552 (V)  
E-mail: [sales@lotechusa.com](mailto:sales@lotechusa.com)  
[www.lotechusa.com](http://www.lotechusa.com)

Unique wheelchair accessible exercise machine that allows anyone in a wheelchair, power chair or regular chair to perform upper body movement therapy. It can be adapted to accommodate the user's physical limitations.

### **YMCA - Bethesda/Chevy Chase**

9401 Old Georgetown Road  
Bethesda, MD 20814  
301-530-3725 (V)  
E-mail: [bethesdaemail@ymcadc.org](mailto:bethesdaemail@ymcadc.org)  
[www.ymcadc.org](http://www.ymcadc.org)

Offers a Saturday morning adaptive swim program for children and adults with developmental or physical disabilities. There is no fee and membership is not required, but registration is necessary due to space limitations.