

# Tarrant County Area Adapted Recreation Resources for people with IDD

*Special Thanks to Erin Fogarty, Recreation Therapist and IDD Council Member for compiling this information.*

**Please contact the IDD Council with any updates to this list.**

## **ADVOCATES FOR SPECIAL PEOPLE, INC. SPECIAL CONNEXIONS PROGRAM**

Epworth United Methodist Church/Stephens United Methodist Church, Arlington <https://www.advocatesforspecialpeople.org/>  
Incorporates exercise/swimming/dance as part of their activities; home of the Arlington Eagles Special Olympics team for those that have graduated from high school or who are within a few years of graduating. [advocates@advocatesforspecialpeople.org](mailto:advocates@advocatesforspecialpeople.org)

## **ALLEY CATS ENTERTAINMENT**

Arlington 817-784-2965 <http://alleycatsbowl.com/>  
Bowling league for kids with and without disabilities. Typically practices on Saturday mornings. [info@alleycatsbowl.com](mailto:info@alleycatsbowl.com)

## **AQUASTARS**

Irving, Heritage Aquatic Center 972-721-7311 <http://cityofirving.org/2735/AquaStars-for-Special-Needs-Children>  
On a monthly basis, AquaStars provides children with special needs with an opportunity to sidestep crowds and experience the excitement of play in an indoor, 20-yard, temperature-controlled lap pool. Best of all, participants will only pay the standard admission rate of \$1 per visit. The program is designed for ages 18 and younger. AquaStars participants must be accompanied by an adult or guardian.

## **ARC GREATER MID CITIES**

Haltom City 817-834-7700 [www.arcnetc.org](http://www.arcnetc.org)  
Arc Greater Mid Cities promotes the human rights of individuals who have intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their life span. Provides a variety of recreational and social activities. [info@arcnetc.org](mailto:info@arcnetc.org)

## **ARC OF NORTH TEXAS**

Richardson- programs offered in Tarrant County 214.634.9810 <http://www.arcnorthtexas.org/about.html>  
The Arc of North Texas advocates on behalf of and in collaboration with people with developmental disabilities and their families to improve their quality of life and to expand opportunities to participate actively in the community. Provides a variety of recreational and social activities.

## **ARLINGTON- MANSFIELD AREA YMCA SPECIAL FRIENDS**

North Arlington Branch, 1005 Skyline Dr., Arlington Barbara Hopson (817) 548-9622 ext. 210  
Wellness/social program for individuals in general revenue services served by MHMR Tarrant- T-F 1:00-3:00

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*



## **ARLINGTON- MANSFIELD AREA YMCA ADAPTED SWIM LESSONS**

Cooper Street Branch, 7120 S. Cooper Street, Arlington

SNAP swim lessons for kids ages 5+ with autism and private lessons for those with other disabilities

Cory Brazeal, Senior Program Director, 817-419-9629 ext. 4300, [coryb@amaymca.org](mailto:coryb@amaymca.org) or Michele Gwin, Aquatics Coordinator, 817-419-9629 ext. 4601, [MicheleG@amaymca.org](mailto:MicheleG@amaymca.org)

## **ART HOUSE**

Southlake- 817-416-4278 and Flower Mound- 972-899-2699

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

Extra Special Art – Designed for adults with special needs, ages 18 +, these art classes explore individual expression and abilities while fostering self-esteem, group participation, self-control and individuality.

## **THE ART STATION**

Ft. Worth

817-921-2401

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

The Art Station is a nonprofit organization offering individuals and groups art therapy and community programs to children and adults.

## **ASI GYMNASTICS**

Arlington, Keller

<http://asigymnastics.com/gymmie-kids>

Gymmie Kids program- ages 3-18, private lessons or recreational classes with a shadow coach

## **AWESOME ON THE SPECTRUM**

Arlington

682-227-6039

<http://www.meetup.com/Awesome-on-the-Spectrum/>

Awesome on the Spectrum is a non-profit organization focused on social interaction and sensory activities for kids of all ages with Autism Spectrum Disorder. We meet several times per month for social skills classes, offer outings on a monthly basis, and provide several family-friendly events special events. Also offer music therapy and art therapy classes by licensed therapists for a fee. [admin@awesomeonthespectrum.org](mailto:admin@awesomeonthespectrum.org)

## **CENTER FOR ASD**

Crowley

Lisa- 817-205-1445

<http://www.centerforasd.org/>

Organization was founded in March of 2009 to assist families affected by Autism, both emotionally and financially. Since this time, has seen over 100 families affected by Autism and that number is rapidly growing - This is not to mention other special needs families who like to join in our events. Provides a variety of activities intended to provide a welcoming and safe environment for those with special needs and their families.

## **CHEER ACADEMY**

Arlington

Patty, 817-832-2167

<http://cheeracademy.com/specialneeds>

Free special needs cheerleading team for youth and teens.

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*



### **ARLINGTON LIBRARY, BORN TO STAND OUT STORYTIME**

Southwest Branch

817-459-6900

<http://arlingtonlibrary.org/2017/01/28/born-to-stand-out/>

This program offers a welcoming atmosphere for children of all ages and abilities. Come explore this “choose-your-own-adventure” type of story time through hands-on, sensory-friendly activities as well as music and movement. Offered the first Monday of the month at 10:30 a.m. Lisa Smart, [lisa.smart@arlingtontx.gov](mailto:lisa.smart@arlingtontx.gov) or Ashley Wyche, [ashley.wyche@arlingtontx.gov](mailto:ashley.wyche@arlingtontx.gov)

### **CITY OF FT. WORTH LIBRARY, SENSORY STORY TIME**

Summerglen Branch

817-392-5970

<http://fortworthtexas.gov/library/worthreading/2016-10-sensory-story-time/>

This sensory-rich story time is for all children and especially children with sensory processing disorders. Exploration is encouraged through hands-on play and movement activities. Kids bring books to life using props, music and carnival-style games. Program for children of all ages. Saturdays, 11:00 a.m.

### **CITY OF IRVING ADULT THERAPEUTIC DAY PROGRAM**

Lively Pointe Youth Center

972-721-8098

<http://cityofirving.org/814/Therapeutic-Recreation-Programs>

Irving Parks and Recreation serves individuals with special needs through an Adult Therapeutic Day Program and Irving Special Olympics. Interested participants and volunteers are welcome to call or email for more information. [dhicks@cityofirving.org](mailto:dhicks@cityofirving.org)

### **CITY OF SOUTHLAKE THERAPEUTIC RECREATION**

Southlake

817-748-8019

<https://www.experiencesouthlaketexas.com/375/Therapeutic-Recreation>

Therapeutic Recreation (T.R.) provides recreation and leisure opportunities to persons with physical/mental illnesses or disabling conditions. Provides positive recreation and leisure experiences through a variety of adapted, inclusive and community integration programs.

[abennett@ci.southlake.tx.us](mailto:abennett@ci.southlake.tx.us)

### **CLUB 321**

Arlington

<https://www.facebook.com/groups/134328306670929/>

Club 321 is an adult social club for individuals with Down syndrome and other intellectual disabilities. This is a collaborative project of the Down Syndrome Partnership of North Texas and Green Oaks School. [club321friends@hotmail.com](mailto:club321friends@hotmail.com)

### **THE CLUBHOUSE FOR SPECIAL NEEDS**

Bedford

817-285-0885

[www.theclubhouse.org/index.html](http://www.theclubhouse.org/index.html)

To provide a safe and fun place for teens and young adults with mild to moderate, intellectual/physical challenges an opportunity for education, socialization, and independence in a recreational atmosphere. [director@theclubhouse.org](mailto:director@theclubhouse.org)

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*



## **COME READ WITH ME**

Eules 817-553-7323 [www.comereadwithme.us](http://www.comereadwithme.us)  
A nonprofit life-long, year-round learning and therapeutic center for adults with intellectual and developmental disabilities. Provides a variety of recreational pursuits in their programs. [gillian.edwards@comereadwithme.us](mailto:gillian.edwards@comereadwithme.us)

## **COPPELL BASEBALL ASSOCIATION CHALLENGER BASEBALL PROGRAM**

972-745-8869

The Coppel Baseball Association Challenger Baseball program is for young athletes (7 - 18 years of age) with disabilities.

## **COPPELL FAMILY YMCA ADAPTED SWIMMING LESSONS AND SPECIAL OLYMPICS PROGRAM**

972-393-5121

[https://www.ymcadallas.org/locations/coppel\\_family\\_ymca/swimming/adapted\\_swim](https://www.ymcadallas.org/locations/coppel_family_ymca/swimming/adapted_swim)

The YMCA's Adapted Swim program is designed as a private lesson and the Special Olympics Swimming Program is designed to teach competitive swimming skills. Both are for ages 4 and up. To register, please contact Sunshine [sgibson@ymcadallas.org](mailto:sgibson@ymcadallas.org).

## **COPPELL YOUTH SOCCER ASSOCIATION TOP SOCCER PROGRAM**

972-304-0886

The CYSA TOP Soccer program is for athletes with disabilities (age 4-19) who want to play soccer. [president@coppellyouthsoccer.com](mailto:president@coppellyouthsoccer.com)

## **CROSS TIMBERS FAMILY YMCA "BUDDY SPORTS"**

Flower Mound 972-539-9622

[https://www.ymcadallas.org/locations/cross\\_timbers/youth\\_sports/buddy\\_sports/](https://www.ymcadallas.org/locations/cross_timbers/youth_sports/buddy_sports/)

Buddy Sports is specialized for children with disabilities and partners them with a buddy. The sports offered in this program are basketball, baseball, soccer and field hockey. Ages: 5-15 years

## **DANA'S STUDIO OF DANCE**

Keller 817-745-3262

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

Special needs Hip Hop dance class for youth.

## **EMLER SWIM SCHOOL**

Fort Worth & Arlington- summer only; other various DFW locations year-round 817.552.SWIM (7946)

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

Special needs swimming lessons for kids and adults. [arlington@emlerswimschool.com](mailto:arlington@emlerswimschool.com)

## **ENCORE SCHOOL OF DANCE NO BOUNDARIES DANCE 101 - SPECIAL NEEDS DANCE CLASS**

Saginaw 817-232-9393

<http://www.encoreschoolofdance.com>

The Encore School of Dance provides a dance class for individuals 3 years of age and older who have a disability. Please call studio to inquire about class specifics. [office@encoreschoolofdance.com](mailto:office@encoreschoolofdance.com)

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*



## **FEAT- NORTH TEXAS (FAMILIES FOR EFFECTIVE AUTISM TREATMENT)**

Richland Hills

682-626-5000

<http://localautismevents.com/>

A non-profit organization operated by volunteer parents of children with autism. Holds two monthly social groups for tweens and teens with autism and a monthly social/support group for adults with Asperger's/ASD. FEAT also offers various Family Fun days throughout the year.

## **FOOT WORKS PERFORMING ARTS CENTER: JOYFUL MOVEMENT CLASS**

Weatherford, TX 76086

678-232-4576

Joyful Movement is designed for our special needs dancers and typically lasts about an hour. In the class they will stretch, work on body movements, and dance to their routines. There are also full year scholarships. Ally Klaudt, [allyklaudt@gmail.com](mailto:allyklaudt@gmail.com)

## **FOSSIL CREEK LITTLE LEAGUE BASEBALL, CHALLENGER DIVISION**

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

A division of Little League that enables boys and girls ages 4-18 with disabilities to enjoy the game of baseball. Serves Keller, Haltom City, Watauga, Saginaw and NE Fort Worth. [fossilcreekbaseball@gmail.com](mailto:fossilcreekbaseball@gmail.com)

## **FRIDAY NIGHT LIVE**

Greenbriar Recreation Center, Fort Worth

817-926-6214

Meets the second Friday of each month from 6:00-8:00 p.m. for ages 14 and up. Supervised activities include: music, dancing, singing, basketball, & games. The program is currently free but a \$15 annual membership for the City of Fort Worth Recreation Center is required. People who need assistance (behavioral, personal or medical) should arrange for an attendant or family member to accompany them. Participants should bring a snack. Please call to make sure program if being offered before attending.

## **GRAND PRAIRIE FAMILY YMCA**

972-642-9632

[https://www.ymcadallas.org/locations/grand\\_prairie/swim/](https://www.ymcadallas.org/locations/grand_prairie/swim/)

Offers adapted swim lessons for children and adults with special needs

## **H2OPE- OFF THE DEEP END AQUATICS, INC.**

Harris Aquatic Center-HEB, 251 Westpark Way, Euless

682-200-7865

<http://www.offthedeependaquatics.com/H2OPE.html>

H2OPE is a FREE fun, community outreach water exercise program for children with special needs, ages 3-18.

## **IFLY INDOOR SKYDIVING**

Fort Worth and Hurst locations

<https://www.iflyworld.com/programs/all-abilities/>

All Abilities Night at iFLY is a unique event that makes the dream of flight a reality for those in the special needs community. This program has been custom designed for those with physical and cognitive challenges to create an environment of support and inclusion, while focusing on making what seems impossible, possible.

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*



### **KID-NETIC GAMES**

Dallas 972-348-1570 [www.region10.org/programs/kid-netic-games/overview/](http://www.region10.org/programs/kid-netic-games/overview/)  
Annual weekend athletic event with physical impairments such as amputations, spinal cord injuries, cerebral palsy, spina bifida, muscular dystrophy, dwarfism, and other orthopedic impairments. [randy.foederer@region10.org](mailto:randy.foederer@region10.org)

### **KELLER ATA BLACK BELT ACADEMY**

Keller 817-337-9493 [www.kellerata.com](http://www.kellerata.com)  
Offers a special abilities class to children with special needs, adapted to their abilities and conditions.

### **KELLER UNITED- MIRACLE LEAGUE SOCCER PROGRAM**

(817) 431-6453 [www.kellersoccer.org](http://www.kellersoccer.org)  
Keller United is a program created to help children with physical and/or intellectual disabilities improve their soccer skills. Boys and girls ages 5-18. For more information call or email Ed Palluth at [ksapresident@verizon.net](mailto:ksapresident@verizon.net)

### **KIDS WHO CARE MUSICAL THEATER**

Ft. Worth 817-737-5437  
Kids Who Care provides inclusive musical theater classes, camps and leadership training for children (4-18) with and without disabilities. [andrea@kidswhocare.org](mailto:andrea@kidswhocare.org)

### **LADIES FRIENDSHIP GROUP**

Ft. Worth Linda Haberthur, 817-569-5459 or Kendra Kerbow, 817-569-4101  
The Ladies Friendship group, hosted by MHMR of Tarrant County, is for women age 18 and older who have intellectual or developmental disabilities and are seeking, friendship, support and fun. Bring your lunch and enjoy discussing real life issues and chatting with friends new and old. Meetings are held once a month.

### **LIBERTY CHEER ALL STARS**

Midlothian 972-775-5323 or 469-285-1186 [www.libertycheerallstars.com](http://www.libertycheerallstars.com)  
"Justice" cheerleading team for youth with special needs.

### **LIFEPPOINT**

Mansfield 817-473-7125 <http://www.lifepointinc.org/index.html>  
LifePoint is a day program for all young adults, ages 18-29, with special needs. Provides training in the areas of life skills for daily living, educational and pre-vocational instruction and socialization in a Christian environment. LifePoint provides young adults with the opportunity to explore and participate in a variety of planned activities each day, including recreation. Nancy Ryals, Director, [nancy@lifepointinc.org](mailto:nancy@lifepointinc.org)

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*



## **LITTLE MAVS MOVEMENT ACADEMY (LMMA) UNIVERSITY TEXAS ARLINGTON**

817-272-0955

<http://www.uta.edu/littlemavs/>

LMMA services are provided during an identified semester. Check the website for current information.

The Little Mavs Movement Academy (LMMA) is a free group motor skill intervention program designed to improve motor skills of 4- to 16-year children and adolescents with movement/coordination difficulties. [dmclab.uta@gmail.com](mailto:dmclab.uta@gmail.com)

## **LONE STAR BLACK BELT ACADEMY SHOOTING STARS**

Keller

817-485-9595

<http://www.lonestarblackbeltacademy.com/>

Lone Star Black Belt Academy offers a free karate class for individuals 5 and older who have Down Syndrome. Can also accommodate other developmental disabilities. [lonestarblackbeltacademy@yahoo.com](mailto:lonestarblackbeltacademy@yahoo.com)

## **MEN'S FRIENDSHIP GROUP**

Ft. Worth

Brandon Cabral, 817-986-1252 or Russell Bennett, 817-569-4990

A group for men (age 18 and over) with intellectual or developmental disabilities (IDD) in search of friendship, support, and fun. Bring a sack lunch and come hang out with new and old friends. Meetings are held once a month and hosted by MHMR of Tarrant County.

## **METROPLEX ADAPTIVE WATER SPORTS**

214-803-9955

<http://youcanski.org/>

MAWS is a non-profit, volunteer driven organization dedicated to providing opportunities for persons with all types of disabilities to experience water sports. The emphasis is on water skiing, utilizing specialized 'sit skis' to provide a safe, enjoyable skiing experience, regardless of the level of disability. For More Information call, or email Blaine at [blaine@youcanski.org](mailto:blaine@youcanski.org)

## **MIRACLE LEAGUE OF DFW**

817-633-6076

<http://www.mldfw.org/>

Baseball Field Location- 1901 W. Randol Mill Rd, Arlington Participate in baseball with assistance from a "Buddy". [info@miracleleagueDFW.org](mailto:info@miracleleagueDFW.org)

## **MIRACLE LEAGUE OF IRVING**

[https://www.ymcadallas.org/locations/irving\\_family\\_ymca/sports/miracle\\_league\\_irving/](https://www.ymcadallas.org/locations/irving_family_ymca/sports/miracle_league_irving/)

Baseball Field Location- Cottonwood Creek Park, 4051 N. Story Rd. Participate in baseball with assistance from a "Buddy". Doug Fox, Irving YMCA Executive Director, [dfox@ymcadallas.org](mailto:dfox@ymcadallas.org), 214-460-6337 or Joe Taylor, Chairman: Irving Y Miracle League Committee, 972-986-6190.

## **MIRACLE LEAGUE OF PARKER COUNTY**

Weatherford

817-489-7110

Participate in baseball with assistance from a "Buddy". LeAnna Gieger – [leanna.gieger@bearcatservices.com](mailto:leanna.gieger@bearcatservices.com) or cell, 817-845-8592

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*





## **MIRACLE LEAGUE OF SOUTHLAKE**

817-946-9136

<http://www.miracleleagueofsouthlake.com>

Baseball Field Location- Texas Rangers Miracle League Field, 450 W. Southlake Blvd., Southlake, TX 76092. [info@miracleleagueofsouthlake.com](mailto:info@miracleleagueofsouthlake.com). Participate in baseball with assistance from a "Buddy".

## **NORTH TEXAS SPECIAL NEEDS ASSISTANCE PARTNERS**

Eules 817-545-9456 [www.ntxsnap.org](http://www.ntxsnap.org)

North Texas SNAP is a nonprofit 501(c)(3) organization serving individuals 17 and older living with intellectual disabilities. SNAP provides a variety of social, recreational, and educational programs for its members.

## **PREMIERE MARSHALL ARTS**

North Richland Hills 817-281-4390 [www.pmanrh.com](http://www.pmanrh.com)

Can accommodate children and teens with special needs in their classes. Please call to discuss needs. [Kim@pmanrh.com](mailto:Kim@pmanrh.com)

## **RECMANIA AT HANDLEY-MEADOWBROOK RECREATION CENTER**

6201 Beaty St, Fort Worth, TX 76112 817-451-0222

Adaptive Recreation Night for ages 18+ with dancing, bingo, arts and crafts, games and more! \$10/year center membership is required and \$1 per person to attend. Held the first Friday of the month from 6:00pm-9:00pm. Please call to make sure program is being held each month.

## **SING YOUR WAY HOME**

Bedford 817-716-3510 [www.SingYourWayHome.com](http://www.SingYourWayHome.com)

Adapted music lessons for teens and adults with disabilities and Teen/adult music groups on Monday afternoons. [Randi@SingYourWayHome.com](mailto:Randi@SingYourWayHome.com),

## **SPECIAL NEEDS GYMNASTICS**

Multiple locations in Tarrant County Denise Anderson, 806-438-3227 [www.specialneedsgymnastics.org](http://www.specialneedsgymnastics.org)

Special Needs Gymnastics is a year around sport. Offers gymnastics, swimming, cycling, sports class- baseball, soccer, football and basketball.

## **SPECIAL OLYMPICS- AREA 11, GREATER FORT WORTH**

6707 Brentwood Stair Road, Suite 218 Fort Worth 817-332-3433 <http://www.sotx.org/about/areas/area11/contact.html>  
[a11@sotx.org](mailto:a11@sotx.org)

## **SPIRIT-XTREME CHEER**

Southlake Walter or Melissa Meriwether: 817-251-8984 <http://spirit-xtreme.com/>

Spirit Xtreme Rejoice is a Co-ed Special Needs All Star competitive cheerleading team for athletes ages 14 years and younger with an intellectual and/or physical disability who love to cheer, dance and perform.

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*





## **STORY STAGE**

Ft. Worth

817-989-6399

[www.story-stage.com](http://www.story-stage.com)

Story Stage helps kids build skills to tell their story. Learn to read listener's reactions, use tone of voice, see a friend's point of view, and have good conversations at Story Stage. Theater, props, and costumes make it fun. Staging personal stories makes it real.

## **SUPERKIDS**

Richland Youth Association

Tim Early, 817-581-9094

Baseball, basketball, soccer and cheerleading. [Tim@myrya.com](mailto:Tim@myrya.com)

## **TCU PHYSICAL ACTIVITY PROGRAM**

Ft. Worth, TCU Campus

Dr. Phil Esposito, 817-257-6866

Saturday classes are held in the Spring and Fall semesters. Ages 18 and older. Individuals are paired with a TCU Kinesiology student that leads the fun exercise activities. [p.esposito@tcu.edu](mailto:p.esposito@tcu.edu)

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*

## **THERAPEUTIC HORSEBACK RIDING**

### **All Star Equestrian Foundation**

Mansfield, 817-477-1437

[allstar892@juno.com](mailto:allstar892@juno.com)

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

### **Equine Connection Counseling**

2 locations: Fort Worth and Cresson

682-334-3784

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

### **New Hope Equine Assisted Therapy**

6151 FM 1830, Argyle

817-729-5315

[skershen.newhope@gmail.com](mailto:skershen.newhope@gmail.com)

[newhopeequine.com](http://newhopeequine.com)

### **Paws for Reflection Ranch**

5431 Montgomery Rd, Midlothian

972-775-8966

[pawsforreflection@att.net](mailto:pawsforreflection@att.net)

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

### **Serendipity Equine Haven of Fort Worth**

2416 Canton Drive, Fort Worth,

817-680-5474

[contact@serendipityequinehaven.org](mailto:contact@serendipityequinehaven.org)

[serendipityfortworth.com](http://serendipityfortworth.com)

Free or Donation-based program

### **Stable Strides Farm, INC**

4400 Withers Ave, Flowermound

940-595-3600

[stablestrides@aol.com](mailto:stablestrides@aol.com)

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

### **Stars & Strides Stables**

228 Sandpiper Dr., Weatherford

817-929-0020

[teresa@starsandstrides.org](mailto:teresa@starsandstrides.org)

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

### **White Bridle Therapy**

16274 Chapel Hill Ct, Roanoke

972-740-0900

[brook@whitebridle.org](mailto:brook@whitebridle.org)

[whitebridle.org/](http://whitebridle.org/)

### **Wings of Hope Equitherapy,**

Burleson, 817-790-8810

[wingsofhope@prodigy.net](mailto:wingsofhope@prodigy.net)

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

### **Victory Therapy Center** (formerly Rocky Top)

10600 Dunham Rd., Roanoke

682-831-1323

[lisa@victorytherapy.org](mailto:lisa@victorytherapy.org)

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

## **TOPS SOCCER**

Arlington

Shane Williams, 817-229-0629

<https://www.facebook.com/pages/Arlington-TOPS-Soccer/152815228081711>

Youth and Adults

## **UNIVERSITY LITTLE LEAGUE, CHALLENGER DIVISION**

Fort Worth

817-368-3061

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

A division of Little League that enables boys and girls ages 4-18 with disabilities to enjoy the game of baseball.

*Information referenced to a specific product, process, or service does not constitute or imply an endorsement by The IDD Council of Tarrant County of the product, process, or service, or its producer or provider. The views and opinions expressed in any referenced links do not necessarily state or reflect those of The IDD Council.*

## **WARRIORS PROGRAM- ALVARADO YOUTH SPORTS ASSOCIATION**

Alvarado

<http://www.aysakids.org/Default.aspx?tabid=2199513>

Sports association for children with disabilities ages 6 - 18 years old. Offers Baseball, Basketball, Volleyball, Football & Cheerleading. This program will be open to anyone in surrounding areas that are willing to drive to Alvarado for practices and games. Russell Mitchell, [aysapublicrelations@gmail.com](mailto:aysapublicrelations@gmail.com)

## **“WE HAVE A VOICE” - ADVOCACY THEATER COMPANY**

Scott Theatre, Fort Worth

Blake Jung, 817-773-4300

Free theater education classes for adults 18 and older. Class meets each Thursday from 6:45 p.m. - 8 p.m. [AdvocacyTheater@gmail.com](mailto:AdvocacyTheater@gmail.com)

## **YOGI KIDS**

Flower Mound

214-325-2547

<https://www.myogikids.com/copy-of-classes>

Special Needs class held at various times throughout the year. Class is designed to practice yoga and gross motor skills.

## **U.S. NATIONAL PARK SERVICE**

### **Access Pass**

A free, lifetime pass - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) - that provides admittance to more than 2,000 recreation sites managed by five Federal agencies.

The Access Pass admits pass owner/s and passengers in a non-commercial vehicle at per-vehicle fee areas and pass owner + 3 adults, not to exceed 4 adults, where per-person fees are charged. (Children under 16 are always admitted free.)

For more information please visit: <https://www.nps.gov/planyourvisit/passes.htm> and click on the link for “Access Pass”

**For additional adapted recreation resources in other Texas counties, visit [www.navigatelifetexas.org](http://www.navigatelifetexas.org)**