

Recreational resources

“The participation of children with disabilities in physical activity, including adaptive or therapeutic sports and recreation, promotes inclusion, minimizes deconditioning, optimizes physical functioning, improves mental health as well as academic achievement, and enhances overall well-being.” – American Academy of Pediatrics

This list is provided for your convenience and Cook Children’s doesn’t endorse any specific program. If you have questions or concerns, please call your health care provider.








NEST Center 817-347-9601

Fun Experiences

| Name: | Location: | Contact: | About: |
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| Challenge Air | 8001 Lemmon Ave, Suite 280 Dallas, Texas 75209 | 214-351-3353 Byron@challengeair.com www.challengeair.com  | Challenge Air for Kids and Friends, a not-for-profit organization, offers motivational, inspirational and life-changing experiences to physically challenged children and youth through aviation. |
| It’s A Sensory World | 13617 Neutron Road Farmers Branch, Texas 75244 | 972-239-8100 rekha@itsasesoryworld.com www.itsasesoryworld.com  | Intended to fill the gap between therapy and mainstream recreation, where children regardless of their developmental level can participate in fun-filled activities. |

Adaptive Sports

| Name: | Location: | Contact: | About: |
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| Miracle League | Variety of locations in the Dallas/ Fort Worth area | 770-760-1933 stephanie@miracleleague.com https://www.miracleleague.com/  | Provide opportunities for children with disabilities to play Miracle League baseball. |

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| Challenger Baseball League | 6121 Old Hemphill Road Fort Worth, Texas 76134 | 817-773-6775 haleyhooper@icloud.com | | A little league baseball group organized to create a safe space for children with disabilities. |
| Buddy League | 1220 Castle Drive Garland, Texas 75040 | 214-552-7225 chmillers@aol.com https://buddyleague.org/ |  | The Buddy League, Inc. is a 501(c) (3) non-profit organization that provides recreational opportunities for children with special needs. |
| Angel League | 214 E Rusk Rockwall, Texas 75087 | 972-722 6001 info@angelleague.org https://angelleague.org/ |  | The Angel League is a free baseball program for special needs boys and girls ages 4-15. |
| Dallas Junior Wheelchair Mavericks | 2750 Bachman Drive, P.O. Box 540112 Dallas, Texas 75354 | league.administrator@dallasjuniorwheelchairmavericks.org www.dallasjuniorwheelchairmavericks.org/ |  | Offers wheelchair basketball to kids from ages 5-18 years old. |
| Dallas Sled Stars | 12700 North Stemmons Freeway, Farmers Branch Texas 75234 | TexasSledHockey@gmail.com cliff797@gmail.com www.swaasports.org/swaa/sled-hockey |  | Teams are organized by age and ability. Novice, junior and intermediate players (ages 5 and older) and the senior team (ages 16 and older). |
| RISE Adaptive Sports | Grapevine/Irving/ Lewisville | 972-292-8650 www.riseadaptivesports.org/home |  | Offers adaptive water sports, indoor gym sports (wheelchair football, wheelchair rugby), outdoor sports (wheelchair skate). Programs and events are free. |
| United Rocks | Movement Climbing Gyms: 3105 William D Tate Ave., Grapevine, Texas 76051 141 Glass St., Dallas, Texas 75207 | 214-769-5916 info@unitedrocks.org www.unitedrocks.org |   | A 501(c) (3) non-profit charitable organization with a mission to promote physical, mental and social skills through the sport of rock climbing for individuals with intellectual and developmental disabilities. |

Karate

| Name: | Location: | Contact: | About: |
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| Beyond Karate | Flower Mound/Dallas/ Richardson/ Mckinney/Plano | beyondkarate@gmail.com www.beyondkarate.com/ 972-977-7733  | Inclusive martial arts school open to students of all abilities. |


Cheerleading

| Name: | Location: | Contact: | About: |
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| Spirit Xtreme Rejoice-CheerABILITIES All Star Team | 325 Commerce Suite 110 Southlake, Texas 76092 | 817-251-8984 Melissa@spirit-xtreme.com https://spirit-xtreme.com/index.php  | All Star team for athletes with an intellectual and/or physical disability who love to cheer, dance and perform. |
| Excite! Gym & Cheer | 2225 Highland Village Road Highland Village, Texas 75077 | 972-874-8500 office@excitegym.com www.excitegym.com/  | Inspire Special Abilities Cheer Team Available for any athlete ages 6 and up with special abilities that wants to be active and a part of a team. |

Cooking Classes

| Name: | Location: | Contact: | About: |
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| Flour Power Cooking Studios | 1010 West Exchange Parkway, Suite 1150 Allen, Texas 75013 | 855-735-7797 info@flourpowerstudios.com www.flourpowerstudios.com/allen  | Offers special needs classes for free, or "pay what you can." The money collected is given to a local childhood charity. |

Dance

| Name: | Location: | Contact: | About: |
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| Jasmine's Beat | Frisco/Mckinney/ Plano/Murphy/ Carrollton/ Richardson/Fort Worth and virtually | 972-861-2050 jasmibesbeat@gmail.com https://jasmibesbeat.com/  | Adaptive fusion dance class for persons of all abilities, ages and developmental skills, with an option for sensory sensitive recital. |

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| Adaptive Dance Education and Performance of Texas LLC (ADEPT) | 2221 Justin Road Suite 119-243 Flower Mound, Texas | 214-957-9956 adept.director@gmail.com https://www.adeptdance.com/  | ADEPT's mission is to bring dance to children with disabilities and their peers. They brings quality dance education into schools, therapy centers, homes and travels to various studios to offer integrated, accessible adaptive dance classes. |
| Ballet North Texas- Adaptive R.E.A.C.H. | 10675 E. Northwest Hwy, Suite 2400 Dallas, Texas 75238 | 469-697-6120 info@balletnorthtexas.org https://www.balletnorthtexas.org/reach  | Committed to serving all members of the community, including those with special needs and disabilities, and socially and economically challenged families. |

Fitness Centers

| Name: | Location: | Contact: | About: |
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| Angel League Athletics Association of Texas | 1404 Pearson Ave., McKinney, Texas 75069 | 972-548-7898 lthetford@cccdd.edu www.angelleague.com  | Committed to providing athletic programs and recreational services that meet the needs of children with mental and physical disabilities nationwide. Cost is \$40 per child per season. Scholarships are available. |
| Bachman Recreation Center | 2750 Bachman Drive Dallas, Texas 75220 | 214-670-6266 esupina@mail.ci.dallas.tx.us https://www.dallasparcs.org/Facilities/Facility/Details/Bachman-Recreation-Center-362  | Offers recreation programs specifically for individuals (ages 6 and up) with disabilities. Program offers arts and crafts, sports, fitness, aquatics, socialization, music, drama and outdoor activities. |
| Coppell YMCA Lewisville YMCA "Buddy Sports" | 2021 Cross Timbers Road Flower Mound, Texas 75028 | brycem.lewisville@ymcadallas.org www.lewisvilleyymca.org 972-539-9622 972-393-5121  | Offers soccer, basketball and baseball. Special needs programs available |

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| Special Strong | Variety of locations in the Dallas and Houston areas | 833-543-3496 info@specialstrong.com www.specialstrong.com/  | Offer private and group training programs designed to meet the unique challenges of children, adolescents and adults with mental, physical and cognitive challenges. |
| S.N.G. (Special Needs Gymnastics) | 1219 Brumlow Ave., Southlake, Texas 76092 | 806-438-3227 denise@ilovesng.org https://ilovesng.org/  | A 501(c)(3) nonprofit organization offering year-round programs and classes for children and young adults with special needs and disabilities including Fitness, Ninja and All Sports. |
| New Strength Adaptive Fitness | 1201A W Green Oaks Blvd Arlington, Texas 76013 | 682-800-3153 newstrengthinfo@gmail.com www.newstrengthgym.com/  | Provides a multitude of fitness options including but not limited to strength training, functional fitness, gymnastics and tumbling, martial arts and yoga. They provide coaching and training services adapted to each individual's abilities and needs. |

Gymnastics

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| Name: | | | |
| ASI Gymnastics-Gymmie Kids | Variety of locations in the Dallas/Fort Worth Area | 877-556-4071 https://asigymnastics.com/gymmie-kids/  | A goal-directed gymnastics program towards gaining strength, improving gross motor skills and increasing confidence while learning gymnastics skills at the same time. Private lesson class or standard recreational gymnastics class offered. |

**S.N.G. (Special
Needs Gymnastics)**

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76092

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A 501(c)(3) nonprofit organization offering year-round programs and classes for children and young adults with special needs and disabilities including gymnastics.