

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.

Fun Experiences

Name:	Location:	Contact:	About:
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@itsasensoryworld.com www.itsasensoryworld.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:
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.

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:
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:
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:
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:
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.


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:
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

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

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.

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