



The Mission of the “Yes U Can Corporation” is to increase inclusion, awareness and access to health, recreation and physical fitness opportunities for people with disabilities and limited mobility by developing activity programs, forming strategic partnerships and providing valuable resources.

Now Get Movin’!

This list was developed by the State of Delaware’s Developmental Disabilities Council and can be found on <http://www.ddc.delaware.gov>.

YES U CAN will be adding to this list at www.yesucandelaware.com. Check this site for updates/additions.

RECREATIONAL PROGRAMS IN DELAWARE

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
American Dance Wheels	Delaware	An artistic organization that trains individuals with disabilities, their able-bodied partners, ballroom dance teachers and occupational and physical therapists the art of Wheelchair Ballroom Dancing	N/A	Ray Leight Crystal Dansport 79 Christiana Rd, New Castle, DE 19720 (p) 215-588-6672 (f) 610-664-1540 info@americandancewheels.org
Boys & Girls Club of Delaware	Delaware	Inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible, and caring citizens	3:30-930 Mon-Fri weekends vary at certain clubs	Northern Office: 669 S. Union Street Wilmington, DE 19805 (p) 302-658-1870 (f) 302-658-3907 Southern Office: 9 E. Loockerman St., Suite C Dover, DE 19901 (p) 302-678-5832
Camp Atlantic The Beach Camp	Bethany Beach, Delaware	Summer camp providing children, teenagers and adults with mental and physical disabilities a safe and fun vacation at the beach	June - September	P.O. Box 7273 McLean, Virginia 22106 (p) 1-866-429-7878 campatlantic@cox.net
The CENTER For Therapeutic & Educational Riding, Inc.	Delaware	Organization established to improve the quality of life for people with disabilities or barriers through the use of horses	N/A	The CENTER 3491 Harris Road Townsend, DE 19734 (p) 302-376-9594 www.clinestables.com

RECREATIONAL PROGRAMS IN DELAWARE

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Challenger Division Little League for Youth with Disabilities & Top Soccer	Delaware	Specialized program for children with any disabilities for ages 5-18	Spring-June	Lisa Johannsen (p) 302-378-2530
Children's Beach House	Delaware	Help children with special needs reach their highest potential as functioning members of their families and communities	N/A	1800 Bay Avenue Lewes, DE 19958 (p)302-645-9184 100 W. 10th St., Suite 411 Wilmington, DE 19801 (p) 302-655-4288
Delaware Adaptive Sports	Delaware	Promotes recreational and competitive sports opportunities for physically challenged individuals	9a.m-5p.m. Mon-Fri	P.O. Box 6002 Wilmington, DE 19804 (p) 302-683-0997 rgh@delawareadaptivesports.org
Delaware Foundation Reaching Citizens	Delaware	Foundation dedicated to raising funds to enrich Delawareans with cognitive disabilities	8:30a.m.- 4:30p.m. Mon-Fri	640 Plaza Drive Newark, DE 19702 (p) 302-454-2730 (f) 302-454-2755 info@dfrc@foundation.org

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Delaware's Premiere Disabled Theater Company	Delaware	Entertain and inform the public of the abilities and talents possessed by individuals with disabilities	Rehearse Sat & Sun Call for hours	26 Fox Hunt Drive PMB 231 Bear, DE 19701 (p) 302-368-7477 (f) 302-528-0699 ablearts@ablearts.com
Easter Seals Disability Services	Delaware	Programs consist of a variety of day program services for adults with mental retardation and developmental disabilities	8a.m.-5p.m. Mon-Fri	61 Corporate Circle New Castle, DE 19720 (p) 302-324-4444 (f) 302-324-4441 de.easterseals.com
Elwyn	Delaware, Pennsylvania	Help people with special needs maximize their potential and live happier, meaningful lives	Delaware Building Hrs-- 7a.m.-5p.m.	Elwyn Media Campus/ Corporate Office 111 Elwyn Road Elwyn, PA 19603 (p) 610-891-2000 (f) 610-891-2458 info@elwyn.org Carol Chapin - Director of Operations (302) 657-5607
Farm of Dreams	Delaware	Therapeutic horseback riding	N/A	2325 S. DuPont Highway Smyrna, DE 19977 (p) 302-653-6731

RECREATIONAL PROGRAMS IN DELAWARE

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Southern Delaware Therapeutic & Recreational Horseback Riding, Inc. (SDTRHR)	Southern Delaware	Provides equine-assisted therapy to disabled children and adults that may have physical and/or social/emotional challenges	N/A	P.O. Box 219 Nassau, DE 19969 (p) 302-644-1920 (f) 302-422-3851
Special Olympics Delaware	Delaware	provide year-round training and competition in the Olympic tradition, for people with intellectual disabilities	8a.m.-5p.m. Mon-Fri	619 S. College Ave. Newark, DE 19716-1901 (p) 302-831-4653 (f) 302-831-3483 546 S. Bedford St., Rm. 2125 Georgetown, DE 19947 (p) 302
Top Soccer for Children with Disabilities	Delaware	Specialized program for children with any disabilities	September - November	Lisa Johannsen (p) 302-378-2530
United Cerebral Palsy	Delaware	Provides programs and services to people with all types of orthopedic disabilities, including spina bifida and muscular dystrophy	9a.m.-5p.m. Mon-Fri	NCC-700 A River Road Wilmington, DE (p) 302-764-2400 KC&SC- 3249 Midstate Rd Felton, DE (p) 302-335-5626 www.ucpde.org

RECREATIONAL PROGRAMS IN DELAWARE

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Very Special Arts	Delaware, Washington, D.C.	Enables all people with disabilities to learn through, participate in and enjoy the arts	8:30a.m.- 5:30p.m. Mon-Fri	818 Connecticut Ave.,NW Suite 600 Washington, D.C. 20006 (p) 800-933-8721-Toll Free (p) 202-628-2800-Voice (f) 202-429-0868 info@vsarts.org
Wellspring Farm	Delaware	To provide a therapy designed to meet the needs of the handicapped individual. Ages 3-23 and include various disabilities. Special exercises are devised for individual needs	9-5 all week Stables open frequently	Wellspring Farm, Inc. Bellevue State Park 800 Carr Rd. Wilmington, DE 19809 (p) 302-798-2407 (f) 302-798-4816

RECREATIONAL PROGRAMS IN MARYLAND

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Almost/Totally Summer Camp & Totally Awesome Summer Camp	Baltimore, MD	Children 6-9 and 9-13, designed for children with learning disabilities, ADHD and/or other mild disabilities	N/A	Catonsville Elementary School 615 Frederick Rd. (p) 410-744-8140
Assateague State Park	Maryland	Provides full access to the disabled. Special campsites, beach wheelchair and fishing pier are all designed for easy access	April 27, 2007 - October 29, 2007	7307 Stephen Decatur Highway Berlin, MD 21822 (p) 410-641-2120 www.dnr.state.md.us/publiclands/eastern/ assateague.html

RECREATIONAL PROGRAMS IN MARYLAND

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
<p style="text-align: center;">BARS Baltimore Adapted Recreation & Sports</p>	<p style="text-align: center;">Maryland</p>	<p style="text-align: center;">A non-profit organization formed to serve the recreational and sporting needs of the disabled community around the Baltimore area</p>	<p style="text-align: center;">N/A</p>	<p>P.O. Box 878 Sparks, MD 21152 (p) 410-771-4606 (f) 410-329-6897 www.barsinfo.org</p>
<p style="text-align: center;">Best Buddies</p>	<p style="text-align: center;">Maryland, Pennsylvania</p>	<p style="text-align: center;">To enhance the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment</p>	<p style="text-align: center;">N/A</p>	<p>Global Headquarters 100 Southeast Second Street, Suite 2200 Miami, FL 33131 (p) 305-374-2233 (p) 800-89-BUDDY (f) 305-374-5305</p>
<p style="text-align: center;">Big Run State Park</p>	<p style="text-align: center;">Maryland</p>	<p style="text-align: center;">Provides handicapped access to camping area and composting toilets</p>	<p style="text-align: center;">April 27, 2007 - October 29, 2007</p>	<p>New Germany State Park 349 Headquarters Lane Grantsville, Mad 21536 (p)301-895-5453</p>
<p style="text-align: center;">Boys & Girls Club of Greater Washington</p>	<p style="text-align: center;">Maryland</p>	<p style="text-align: center;">Help boys and girls of all backgrounds, with and emphasis on at-risk youth, build confidence, develop character and acquire the skills needed to become productive adults</p>	<p style="text-align: center;">9a.m.-5p.m Monday - Friday</p>	<p>8380 Colesville Road Suite 600 Silver Spring, MD 20910 (p) 301-562-2000</p>

RECREATIONAL PROGRAMS IN MARYLAND

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Chesapeake Region Accessible Boating	Maryland	Adapted Sailing. "Sail Free" clinics, private lessons available	N/A	P.O. Box 6564 Annapolis, MD 21401-0564 (p) 410-974-2628
C.H.I. Centers Inc.	Maryland, Delaware	Entitles people with developmental disabilities to participate in the same life experiences as others	N/A	10501 New Hampshire Ave. Silver Spring, MD 20903 (p) 301-445-3350 (f) 301-439-8117
Department of Recreation and Parks Office of Therapeutic Recreation Services	Baltimore, MD	Provides a wide variety of recreation opportunities and services for individuals with disabilities, as well as inclusion into general recreation programs	9:30a.m-4:30p.m. Mon-Fri	301 Washington Avenue Baltimore, MD 21204 (p) 410-887-5370-voice (p) 410-887-5319-TTY/Deaf rptr@co.ba.md.us
Disabled Sports USA	Maryland	Offers nationwide sports rehabilitation programs to anyone with a permanent disability	Year-round activities	451 Hungerford Drive #100 Rockville MD, 20850 (p) 301-217-9840

RECREATIONAL PROGRAMS IN MARYLAND

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Elk Neck State Park	Maryland	Provides full accessibility and full A.D.A. accessibility including sidewalk to accessible bathhouse. Several sites for disabled hunters during shotgun and muzzleloader deer seasons	Camping year-round in Chester and North East Loops. Various Sites differ on opening day.	4395 Turkey Point Road North East, MD 21901 (p)410-287-5333
Enoch Pratt Library	Maryland	Provides special services for people with disabilities including large print books, books on tape, a Kurzeil Reader, Telesensory Vantage CCD, magnifying glasses, assistive devices for internet, closed caption films and hearing accessibility	Mon.-Wed. 10a.m.-8p.m. Thurs.-Sat. 10a.m.-5p.m. Sunday 1p.m.-5p.m.	State Library Resource Center/Central Library 400 Cathedral Street Baltimore, MD 21201 (p) 410-396-5430 (f) 410-396-1441 (e)GENINFO@epfl.net
Frederick County 4H Therapeutic Riding Program, Inc.	Maryland	Provides a safe and positive horseback riding experience for disabled citizens of the county	Year round	11515 Angleberger Road Thrumong, MD 21788 (p)301-898-3587 (e)fc4htrp@aol.com
Frontier Town	Maryland	A variety of services for people with disabilities: restrooms, restaurants, parking, guide dogs permitted, first aid, alternate entrances-rides and special ticket rates	March - October	P.O. Box 691 Ocean City, MD 21842 (p) 410-289-7877

RECREATIONAL PROGRAMS IN MARYLAND

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
The League for People With Disabilities, INC	Baltimore, MD	The year round recreation program provides joyful, life-changing experiences in a safe environment and builds meaningful relationships in the lives of youth and adults	8:30a.m.-4:30p.m. Mon-Fri	1111 E. Cold Spring Lane Baltimore, MD 21239 (p) 410-323-0500 (p) 410-435-4298 (f) 410-323-3298 leaguelink@leagueforpeople.org
Learning Independence Through Computers (LINC)	Baltimore, Maryland	Provides opportunities for children and adults with disabilities to use computer technology to achieve independence and productivity in personal and community life	9a.m.-5p.m. Mon-Fri	1001 Eastern Avenue 3rd Floor Baltimore, MD 21202 (p) 410-659-5462 (f) 410-659-5472 www.linc.org
National Aquarium at Baltimore	Maryland	Offers many accessibility features including Assistive Listening Device. The Access Aquarium program which offers free evenings at the National Aquarium for individuals who are developmentally disabled	Winter : Fri.-10a.m.-8p.m. All Other Days - 10a.m.-5p.m. Spring/Fall: Fri.- 9.a.m.-8p.m. All Other Days 9a.m.- 5p.m. Summer: All Days-9a.m.- 8p.m.	501 E. Pratt Street Baltimore, MD 21202 (p)410-576-3800 9-4:30
Patapsco Valley State Park	Maryland	All developed areas of the park have facilities that are accessible to the disabled. A fishing area restricted for the disable along with a platform for fly fishing	March 30, 2007 - October 29, 2007	8020 Baltimore National Pike Ellicott City, MD 21043 (p) 410-461-5005

RECREATIONAL PROGRAMS IN MARYLAND

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Rebounders Gymnastics "I Can Do It Too"	Maryland	A sensory/motor/gymnastic program for children all ages with any minimal to severe physical, mental, emotional, social, language, and/or sensory challenges	Classes offered Saturdays 9a.m.- 10:30a.m. & 11:00a.m.- 12:30p.m.	Timonium Site: (p) 410-252-3374 (f) 410-337-8036 Falls Road Site: (p) 410-337-7012 (f) 410-337-8036
Rocky Gap State Park	Western Maryland	Offers a mobility impaired fishing dock, amphitheatre, picnic tables, camping, trail and hunting programs along with interpretive pontoon boat rides	Camping Varies Certain activities open year-round	12500 Pleasant Valley Road Flinstone, MD 21530 (p) 301-784-8403
Savage River State Forest	Maryland	Offers two miles of handicapped hunter access roads which are open to hunters throughout the hunting season	Seasonal - Hours Vary	349 Headquarters Lane Grantsville, MD 21536 (p)301-895-5759
Seneca Creek State Park	Maryland	Provides interpretive programs, most facilities in the day use area are accessible, picnic sites as well as a wheelchair accessible 32' pontoon tour boat	Day use area open year-round	11950 Clopper Road Gaithersburg, MD 20878 (p) 301-924-2127

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Special Olympics Maryland	Maryland	Provide year round sports training and athletic competition in a variety of Olympic type sports for citizens with intellectual disabilities	9a.m.-5p.m. Mon-Fri	513 Progress Drive, Suite P Linthicum, MD 21090-2256 (p) 410-789-6677 (f) 410-789-5955 www.somd.org
Six Flags America	Maryland	Provide accessible rides, shows, games, shops and restaurants along with a telecommunications device	April 6, 2007 - October 28, 2007	P.O. Box 4210 Largo, MD 20775 Guest Relations (p) 301-249-1500 ext. 3289
Therapeutic Riding at Normandy Farm, Inc	Maryland	To provide therapeutic opportunities to individuals with disabilities through a program of therapeutic horseback riding	Spring Session 2007: March 28, 200 Fall Session 2007: Begins TBD	3153 Ady Road Street, MD 21154 (p)410-893-7983 (e) minutante@aol.com
Trimpers	Maryland	Offer a variety of services such as restrooms, restaurants, rides/attractions, parking, guide dogs are permitted, alternate entrances for rides, and employees with special training in working with people with disabilities	Spring, Summer, Fall	P.O. Box 157 Ocean City, MD 21843 (p) 410-289-8617

RECREATIONAL PROGRAMS IN PENNSYLVANIA

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Access Sports	Pennsylvania	Distributes donated sports tickets to agencies serving individuals with special needs and disadvantaged children & youth groups	9a.m.-5p.m. Mon-Fri	3721 Midvale Ave. Philadelphia, PA 19129 Ms. Alyson Harris (p) 215-951-0330 ext. 131 access-sports.org
ARTREACH	Pennsylvania	nonprofit cultural service organization that helps underserved audiences to experience arts and cultural programming to people of all ages, economic backgrounds and abilities	9a.m.-5p.m. Mon-Fri	1819 JFK Boulevard. Suite 200 Philadelphia, PA 19103 (p) 215-568-2115 (f) 215-568-2216 www.art-reach.org
Best Buddies	Pennsylvania , Maryland	To enhance the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment	N/A	Global Headquarters 100 Southeast Second Street Suite 2200 Miami, FL 33131 (p) 305-374-2233 (p) 800-89-BUDDY (f) 305-374-5305
Boys and Girls Clubs of Northeastern Pennsylvania	Pennsylvania	Promote health, social, educational, vocational and character development for boys and girls ages 6 through 18, by self-esteem, values, and skills	2:30p.m.- 10p.m. Tuesday- Friday Saturday 9:30p.m.- 6p.m.	609 Ash, Street Scranton, PA 18510 (p) 570-342-8709 (f) 570 342-0223

RECREATIONAL PROGRAMS IN PENNSYLVANIA

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Boys and Girls Clubs of Western Pennsylvania	Pennsylvania	Promote health, social, educational, vocational and character development for boys and girls ages 6 through 18, by self-esteem, values, and skills	Summer Programs Hours and School Year Programs Hours Vary	Administrative Office 5432 Butler Street Pittsburgh, PA 15201-3096 (p) 412-782-5710 (f) 412-782-5720 www.bgcwpa.org
Camp Lee Mar	Pennsylvania	Private residential special needs camp for young children and young adults with mild to moderate learning and developmental disabilities	N/A	Winter: 805 Redgate Road Dresher, PA 19025 (p) 215-658-1708 (f) 215-658-1710 Summer: 450 Route 590 Lackawaxen, PA 18435 (p) 570-685-7188
Capital Area Therapeutic Riding Association (CATRA)	Pennsylvania	Provides recreational and therapeutic horseback riding to physically & mentally challenged people of all ages	8a.m.-5p.m. Mon-Fri Sat. & Sun open for lessons	168 Station Road Grantville, PA 17028 (p) 717-469-7517 www.catra.net/index.htm
Carousel House	Pennsylvania	Provide, through recreation, a program that contributes in a positive way growth and development of persons with disabilities	9:30a.m.- 9:30p.m. Mon.-Thurs. 9:30a.m.- 4:30p.m. Fri & Sat.	Belmont Ave. & N. Concourse Dr. West Fairmount Park Philadelphia, PA 19131 (p) 215-685-0160

RECREATIONAL PROGRAMS IN PENNSYLVANIA

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
Easter Seals Disability Services	Pennsylvania	Offer multiple activities at various times throughout the year for both children and adults with disabilities	8a.m-4p.m. Monday - Friday	2525 Railroad Street Pittsburgh, PA 15222-4608 (p) 412-281-7244 (f) 412-281-9333
Elwyn	Pennsylvania, Delaware	Help people with special needs maximize their potential and live happier, meaningful lives	Delaware Building Hrs-- 7a.m.-5p.m.	Elwyn Media Campus/ Corporate Office 111 Elwyn Road Elwyn, PA 19603 (p) 610-891-2000 (f) 610-891-2458 info@elwyn.org Carol Chapin - Director of Operations (302) 657-5607
Pegasus Riding Academy	Pennsylvania	Therapeutic horseback riding program for people with physical and/or mental disabilities	N/A	(p) 215-742-1500 www.pegasusridingacademy.com
Programs Employing People	Pennsylvania	Provides education, recreation, and job placement services to people who have developmental disabilities	8a.m-4p.m. Monday - Friday	1200 South Broad Street Philadelphia, PA 19146 (p) 215-389-4006 (f) 215-389-5228

RECREATIONAL PROGRAMS IN PENNSYLVANIA

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
RecCare Recreational Support Services	Pennsylvania	Provides personalized therapeutic recreational services in homes, residences and community centers	9a.m.-5p.m. Mon-Fri	923 E. Ellet Rd. Philadelphia, PA 19150 Dr. Lynda Mitchell (p) 215-248-6464
Ronald Bruce Nipon Association	Pennsylvania	Socialization and recreation program for adults with mild to moderate disabilities	Tuesdays 10-6	6445 Castor Ave. Philadelphia, PA 19149 (p) 215-537-1540
Special Olympics Pennsylvania	Pennsylvania	Offers sports trainings and competitions for children and adults with intellectual disabilities locations in each county	8:30a.m.-5p.m. Mon-Fri	124 Washington Square 2570 Boulevard of the Generals Norristown, PA 19403 (p) 610-630-9450 (f) 610-630-9456
SPIN Special People In Northeast, Inc.	Philadelphia, Pennsylvania	Dedicated to providing quality services and support for children and adults with disabilities and their families	8a.m-5p.m. Monday - Friday	10521 Drummond Road, Philadelphia, PA 19154 (p) 215-613-1000
Thorncroft	Pennsylvania	Therapeutic riding program that provides services to 400 riders a week with and without disabilities	8a.m.-9p.m. Mon-Fri 8a.m.-5p.m. Saturday	190 Line Road Malvern, PA 19355 (p) 610-644-1963 (f) 610-644-9342

RECREATIONAL PROGRAMS IN PENNSYLVANIA

PROGRAM	LOCATION	TYPES OF SERVICES	HOURS OF OPERATION	CONTACT INFORMATION
United Cerebral Palsy Association (UCPA)	Pennsylvania	Provides leisure activities including art therapy, music appreciation, large social functions, sports teams and field trips	Tuesday-Friday Evenings and Weekends	102 E. Mermaid Lane Philadelphia, PA 19118 (p) 215-248-7613 (f) 215-248-4229
Woodlands Foundation	Pennsylvania	Committed to enriching the lives of children and adults with disability and chronic illness	9a.m.-5p.m. Mon-Fri	134 Shenot Road Wexford, PA 15090 (p) 724-935-6533 (f) 724-934-9610 www.woodlandsfoundation.org