

## Rochester Recreation and Community Resources for Neurodiverse Individuals

### Adapted Recreation Services

Adapted Recreation Services (ARS) is a not-for-profit organization whose goal is to promote community integration for people of all abilities through our comprehensive classes in fitness, education, recreation, and social opportunities. Adapted Recreation Service's focus is to develop a comprehensive plan that emphasizes the goals of the individual and their families. We partner with community organizations, local businesses, and disability-oriented services in Monroe and surrounding counties to help provide integration opportunities. ARS provides Community Connection, Functional Education Skill development, Fitness/Healthy Living classes, and Recreational Programs throughout the community. We work closely with self-directed programs to help build classes around the needs of individuals. Our organization is open to all and has no limitation to who we serve.

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

### Artists Unlimited/Voices Unlimited

Since 2007, our mission has been to offer a unique expressive experience, in a safe haven, to those individuals who may not otherwise have an opportunity to participate as actors in other venues. Performing quality works with the message of inclusion and respect, Artists Unlimited's program seeks to break down barriers and stereotypes often attributed to those who are disabled. By integrating our cast, individuals with and without disabilities often learn life skills from each other that go beyond the theater venue.

PO Box 26766

Rochester, NY 14626

585-219-5188

[info@artistsunlimited.com](mailto:info@artistsunlimited.com)

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

### Best Buddies

Best Buddies International is a nonprofit 501(c)(3) organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities (IDD).

Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD). Our programs empower the special abilities of people with IDD by helping them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self-advocacy and communication skills, and feel valued by society.

1000 Elmwood Avenue,  
Rochester, NY 14620  
Phone: 585.259.4558

[BESTBUDDIES.ORG/NEWYORK](http://BESTBUDDIES.ORG/NEWYORK)

## **CDS Monarch**

CDS Monarch's Recreation Programs offer person-centered recreation and leisure activities to individuals ages five through adulthood living at home with their families through various community-based programs to meet individual needs. CDS Monarch's specialized recreation services provide integrated settings for all individuals.

860 Hard Road  
Webster, NY 14580  
(585) 341-460 0

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

## **Challenger Miracle Field**

Imagine a place where we focus on what makes us alike, not what makes us different. A place where joy and laughter fill the air; where kids and adults play together; where everyone belongs. That place is Challenger Miracle Field of Greater Rochester.

What started as a simple idea – giving kids and adults with disabilities the opportunity to play America's favorite pastime together – has grown into a dream. A dream of building a field and play space like no other in our community.

Ridge Park  
Webster NY, 14580

<https://rochestermiraclefield.org/programs/>

## **Challenger Baseball**

Challenger Baseball is an official division of Little League International. The division was created in 1989 with the objective to give kids with physical and developmental challenges the opportunity to play the great game of baseball.

Players are ages 4 -18, and up to 22 if they are enrolled in a school program.

Locally we have over 300 players in Little League town programs; Brighton, Webster, Penfield, Fairport, Pittsford, Victor, Rush Henrietta, Honeoye Falls, and Greece. You do not have to live on one of the towns just mentioned for your child to play there. We find the town program that fits best for you.

The format of play accommodates all. All players get to bat each inning and then play the field. No score is kept. Just a lot of fun hitting the ball, running the bases, catching and throwing the ball in the field; some with the assistance of an assigned Buddy to help in play and keeping the players safe.

A Challenger Buddy is a volunteer, usually a player from one of the traditional house league teams, who helps a player who needs assistance. If a player can't swing a bat, they help. If a player is in a wheelchair, they push them around the bases. If a player needs a little protection on the field, their Buddy is at their side for those hard hit ground balls. Sometimes the player just wants someone to hang out in the field or help them in the batters box.

info@challengernyd4.org

585-749-7515

## **Cobblestone Arts Center**

The Cobblestone Arts Center is a non-profit 501c3 and was founded in 1983 to bring the visual and performing arts to the rural community. All ages and abilities have always been welcome. Cobblestone wheelchair dance company, Wheels In Motion, began in 1986 and gave inspiration to form an all day arts classes for adults with disabilities. Through music, dance, visual arts, and theatre these cobblestone students gain a great sense of value and accomplishment connecting with each other and the community. We are proud to bring all the arts to the community, a unique after school program, and a new theatre space for the whole area to enjoy live performances.

1622 Route 332 Farmington, NY 14425

Phone: 585-398-0220

<https://www.cobblestoneartscenter.com/>

## **CP Rochester**

The Community Recreation Program provides opportunities to develop lifetime recreation skills and interests. Most of their programs and events are out in the community. They offer opportunities for individual and group interaction, as well as programs that incorporate instruction and skill development, such as their individual swimming lessons, teen club, fitness and fine arts programs.

3399 Winton Road South  
Rochester, NY 14623  
(585) 334-6000

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

## **Equicenter**

Equicenter offers a number of therapeutic riding, hippotherapy, vaulting and horsemanship (equine facilitated mental health) sessions. Their goal is to provide a safe, appropriate, productive and enjoyable environment where participants can work toward their individual goals.

3247 Rush Mendon Road  
Honeoye Falls, NY 14472  
(585) 624-7777

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

## **The Hochstein School- Expressive Arts**

Expressive Arts is a safe and inclusive place, where students can come to express themselves through individualized music, art, and dance therapy, adaptive lessons, and/or wellness sessions. Diversity is vitally important to who we are, and we welcome students of all ages, abilities, identities, and backgrounds into our Expressive Arts program.

50 N. Plymouth Ave.,  
Rochester, NY 14614  
(585)454- 4596 x235

[jennifer.phillips@hochstein.org](mailto:jennifer.phillips@hochstein.org)

<https://hochstein.org/>

## **Family Autism Center**

The Family Autism Center's mission is to provide traditional family experiences for all families in Rochester, NY and all surrounding areas. We are an inclusive organization, and serve families dealing with Autism Spectrum Disorder and other developmental delays as well as families

without disabilities. We provide skill-building opportunities to families and children that promote independence, healthy active lifestyles, networking and greater opportunities for families to participate in their community. Our staff are educational and community professionals who have extensive experience working with typically developing children as well as children and young adults with disabilities, particularly those with significant communication and behavioral difficulties.

1150 University Avenue

Suite #8 in Building 5

Rochester, NY 14607

Phone: 585.371.5018

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

## **Gliding Stars of Rochester**

The Gliding Stars organization provides individuals with disabilities the opportunity to increase their personal potential through development of ice skating skills in a regular program of instruction and practice in their own local community, culminating in the demonstration of those skills publicly in an end-of-season on-ice choreographed performance. 1900 Empire Blvd, #261

Webster, NY 14580-1993

(585) 503-2654

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

## **Heritage Christian Stables**

Heritage Christian Stables is a therapeutic riding program for children and adults, accredited by NARHA (North American Riding for the Handicapped, Inc.). With the assistance of highly skilled riding instructors, physical therapists, and hundreds of dedicated volunteers, this program provides an exciting opportunity for physical, mental, emotional and spiritual growth.

1103 Salt Road

Webster, NY 14580

(585) 872-2540

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

## **Music Education Centers**

Music Education Centers offers a variety of musical enrichment programs. MEC has developed educational systems that break musical tasks down to their very core to ensure success for every

student. These programs are particularly appropriate for students with Autism Spectrum Disorder, Down Syndrome or other Developmental or Learning Disabilities.

1788 Penfield Road, Suite #1

Penfield, NY 14526

(877) 632-6833

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

## **Never Say Never Stables**

For families whose children have been diagnosed with cancer, long term illness, autism, mental or physical disability, or who may be suffering from other life challenges, trauma or setbacks, we seek to provide recreational assisted horseback riding and fun, horse-oriented activities intended to lift children's spirits, encourage personal healing and enhance self-empowerment. Our horse related activities provide special time away from home and/or the hospital for kids who can use a distraction from the everyday challenges and pain they may be facing.

906 Maple Drive

Webster, NY 14580

(585) 787-9835

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

## **No Lemons Equine Inc.**

Non-profit organization located in Spencerport, NY that provides measurable benefits to people living with developmental, emotional, social and physical disabilities

5273 W. Ridge Road

Spencerport, NY 14559

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

## **Pieters Family Life Center**

The Pieters Family Life Center offers a variety of programs and resources for individuals with developmental disabilities and their families. A listing of classes is published quarterly.

1025 Commons Way

Rochester, NY 14623

(585) 487-3500

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

## **Purple Pony**

A therapeutic horsemanship program located near Rochester, NY. We provide equine opportunities to persons with disabilities and diverse needs. Purple Pony is affiliated with the Professional Association of Therapeutic Horsemanship International (PATH Int'l). Lessons are provided by PATH Int'l certified Therapeutic riding instructors. Purple Pony is a 501c3, not for profit organization.

8321 Lake Street Road

LeRoy, NY 14482

(585) 303 - 6495

<https://www.purplepony.org/contact>

## **Rochester Rookies**

The Rochester Rookies is an organization based in Rochester, NY and exists to provide, promote and develop opportunities for children and "young at heart" adults with physical disabilities to participate in recreational and competitive wheelchair and ambulatory sports.

<https://therochesterrookies.org/>

## **SAGE Rochester**

Consistency is key to success in life for anyone, but especially for those with disabilities. When visuals, schedules, social stories, and other supports are available not only in the school setting but at home, an individual is able to foster more independence, growth, and success. Along with consistent in home supports, outside school supports such as social skills groups or executive functioning classes can make a huge impact on an individual's life.

So whether you would like to see your child independently brush their teeth and get ready in the morning, stop acting out negatively, gain social skills or need support with the IEP process - SAGE is here to help!

811 Ridge Road Suite 104

Webster, NY 14580

585-347-4080

<https://www.sagerochester.com/contact.html>

## **Shared Ski Adventures, CP Rochester**

Shared Ski Adventures, is an ADAPTIVE Learn to Ski Program that helps people with disabilities become independent skiers. Skiing takes place at Swain Ski Resort in Western New York. Shared Ski Adventures is the largest adaptive ski program in the greater Rochester area.

3399 Winton Road South

Rochester, NY 14623

(585) 334-6000

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

## **Special Olympics**

Special Olympics Unified Champion Schools® builds on Special Olympics' values, principles, practices, experiences and impacts to shape a generation that welcomes everyone.

Every child deserves to play! This program promotes inclusion by bringing students with and without intellectual disabilities together as teammates.

<https://www.specialolympics-ny.org/community/schools-program/>

## **Spectrum Creative Arts**

Spectrum offers a unique variety of creative arts programming, including individual music, art, dance, and theatre lessons, group classes, and seasonal camps, in addition to individual and group music and art therapy services. Spectrum's presence extends to the Rochester community and surrounding areas, providing services in early intervention programs, school districts, community centers, senior living facilities, day care centers, rehabilitation clinics, and group homes.

At Spectrum Creative Arts, we are passionate about creating exceptional learning experiences for individuals of any age and ability level.

3300 Monroe Avenue

Rochester, NY 14618

(585) 383-1999

[office@spectrumcreativearts.org](mailto:office@spectrumcreativearts.org)

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

## **Strike Back Martial Arts**

Strike Back Martial Arts provides training programs tailored for students, regardless of their age, sex, size and skill, which will meet their needs for functional self-protection. Through this program, students will learn discipline, develop strength and gain self-confidence. Programs



include Jujitsu Buddies (ages 4-11), No Gi Jujitsu (tweens and teens), and Core 4 Fitness (older teens and young adults).

55 East Main Street

Webster, NY 14580

585-236-1083

strikebackmartialarts@gmail.com

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

### **YMCA of Greater Rochester - “Diverse Abilities Swim Lessons”**

Aquatics exercise is highly recommended for children with special needs. Most children can learn to swim with patient, caring swim instructors. The program is open to children with, but not limited to, Autism, Cerebral Palsy, MS, ADHD, and physical limitations. Volunteers and parent helpers will keep the student/teacher ratio a one-on-one.

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

# Rochester Sensory Friendly Outings:

## AMC Theater

is proud to partner with the Autism Society to bring you unique movie showings where you can feel free to be you! We turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing!

We are now expanding our Sensory Friendly Film program to four showings per month.

- The second and fourth Tuesday and Saturday.
- Family-friendly movies will continue to show Saturdays, starting at 10am local time
- We've added Tuesday showings at 7pm local time that may appeal to others on the autism spectrum.

2190 Empire Blvd.  
Webster, NY 14580

## The Rochester Red Wings

The Rochester Red Wings has made sure that every fan has the opportunity to comfortably enjoy a game with their new, sensory friendly suite. Located along the first base side, the suite includes interactive activities and displays, two mounted iPads, and a smart TV. Soft paint tones, muted Red Wings logos, and comfortable seating work together to provide a calming atmosphere for game goers. This room may be reserved at a reduced rate of \$260/game.

1 Morrie Silver Way  
Rochester, NY 14608

## The Autism Nature Trail

Within Letchworth State Park, just a 45-minute drive from Rochester, is the Autism Nature Trail, specifically designed for visitors with autism spectrum disorder and other developmental disabilities. Along the one-mile looped trail sits eight activity stations, such as the Design Zone – natural building materials to construct your own structure, Music Circle – with nature-inspired instruments and an accessible stage, and Sensory Station – a variety of outdoor items that can be touched, counted and categorized.

6787 County Rd. 38  
Castile, NY 14427

## **Seneca Park Zoo**

Certified as Sensory Inclusive™ by KultureCity, the Seneca Park Zoo campus offers comfort through quiet areas and headphone zones. Guests can also take out a sensory bag on loan, available at the Zoo shop, which includes noise-cancelling headphones, fidget tools, and more.

2222 St. Paul St.  
Rochester, NY 14621

## **The Strong National Museum of Play**

The ultimate play destination for all ages, the Strong Museum of Play holds “Sensory Friendly Sundays” during exclusive hours designed for children with special sensory, developmental, or physical needs. From 8–10 a.m., the museum will have fewer guests, reduced lights and sounds, extra visual safety signage, and designated quiet areas. The next “Sensory Friendly Sunday” is TBD, but be sure to check their calendar for future events.

One Manhattan Square  
Rochester, New York 14607

## **The Rochester Museum and Science Center**

The RMSC Museum & Science Center’s “Sensory Sundays” provide activities, fidget toys, and adaptive equipment to enjoy exhibits in a safe, controlled environment. Keep a look out for future Sensory Sundays or other sensory friendly events at the RMSC by visiting their website.

657 East Ave.  
Rochester NY, 14607

## **Mendon Ponds Park**

Within Mendon Ponds Park (behind the Nature Center), the largest Monroe County Park, is Sharon’s Sensory Garden. Designed for visitors with visual or physical disabilities, it features a small, constructed waterfall and raised plant beds with plant labels in both raised text and braille. With over 170 feet of plant exposure in various colors, textures, and fragrances, visitors are encouraged to touch, tear, and smell the plant life.

95 Douglas Rd.  
Honeoye Falls, NY