Virginia Recreational Resources for People with Disabilities

Fall 2006
Second Edition
Virginia Commonwealth University

This publication was supported by Grants from the Christopher and Dana Reeve Paralysis Resource Center and the National Institute of Disability and Rehabilitation Research (NIDRR)
Virginia
Recreational
Resource Guide
for People with Disabilities

FALL 2006
Second Edition

This publication was supported by Grants from the Christopher and Dana Reeve Paralysis Resource Center and the National Institute of Disability and Rehabilitation Research (NIDRR) grant #H133N000015. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the granting organizations.
Compiled with the Support of:

PosAbilities Unlimited

Spinal Cord Injury (SCI) Program, Department of Physical Medicine and Rehabilitation, Virginia Commonwealth University

Health Promotion for People with Disabilities Project, Virginia Department of Health

Old Dominion Chapter, National Spinal Cord Injury Association

Mid-Atlantic Chapter, Paralyzed Veterans Association

SPORTABLE, Richmond Adaptive Sports and Recreation

Virginia Board of People with Disabilities
Healthy recreation is an important, but often ignored, aspect of a good quality of life. Activity, exercise and recreation frequently lose out as we spend more time at work or school and less time at play. For individuals with disabilities, the idea of devoting time and energy to recreation and physical activity is too often not even on the radar, due both to other priorities that fill up the day as well as the barriers involved in negotiating the environment.

It is time that we recognize the importance of recreation for all individuals. For one thing, the physical and mental health benefits from activity have been clearly documented in medical studies. Among the potential benefits are prevention of obesity, reduction of risk for heart attacks, decreased levels of depression, and decreased likelihood of being hospitalized for another illness. As rehabilitation professionals, we stress these important benefits to our patients and clients.

Some of the other benefits of recreation are equally important but harder to measure. Recreation can be an important first step on the road to family and community re-integration. Individuals with disabilities can enjoy activities with family members, oftentimes on a “level playing field.” Sports and recreation provide the opportunity to get out, socialize, problem-solve, gain a skill and just have fun.

Given the potential benefits of recreation, enjoyment of such activities should be a priority. We hope that this resource guide will increase your awareness of the importance of recreation and sports and stimulate your desire to go out and try something new.

Michelle A. Meade, Ph.D.
Clinical Psychologist
Director, Spinal Cord Injury Research
Department of Physical Medicine and Rehabilitation
Virginia Commonwealth University
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Introduction

**RECREATION AND PHYSICAL ACTIVITY RESOURCE GUIDE:**

Promoting the Health and Wellness of People with Disabilities

What is the purpose of this Resource Guide?

This Guide should be used as a starting point to developing a physically active lifestyle.

What are the benefits of physical activity and recreation?

- Promote physical and emotional health
- Decrease secondary conditions
- Promote adjustment
- Improve social and problem solving skills
- Facilitate the development of cognitive skills
- Build self-esteem
- Promote independence
- Fun!

Safety and Wellness

Check with your doctor before starting any new exercise regimen or strenuous physical activities.

Many activities can be adapted to accommodate individuals of all ages and levels of ability. If concerned about safety, consider participating in a structured program to begin with or talk about your options with a physical therapist or therapeutic recreation specialist.
Publications

Access to Recreation
This catalog contains information about adaptive exercise, sports and recreation equipment available for purchase, as well as a good overview of the types of equipment available.

8 Sandra Court
Newbury Park, CA 91320-4302
(800) 634-4351
www.accesstr.com

Active Living
This magazine contains articles and information on recreation and sports in addition to exercise, nutrition, and other health promotion topics.

2276 Rosedene Road
St. Ann’s ON L0R 1Y0
(905) 957-6016
www.activelivingmagazine.com

Conditioning with Physical Disabilities
This consumer-directed guide provides exercises for people with all levels of physical disability. It also contains many pictures and illustrations, providing step-by-step descriptions of exercises and activities.

Human Kinetics
P.O. Box 5076
Champaign, IL 61825
(800) 747-4457 -- www.hkusa.com

Recreation: A Great Way to Be Active
This booklet is designed to be used by individuals with a disability to guide them through the process of identifying recreation activities that can increase their physical activity.

North Carolina Office on Disability and Health
UNC-CH, CB 8185
Chapel Hill, NC 27599-8185
(919) 843-3531 -- www.fpg.unc.edu/~ncodh
Sports N’ Spokes

This magazine contains articles and information on recreation and sports in addition to exercise, nutrition, and other health promotion topics for wheelchair users.

2111 East Highland Avenue, Suite 180
Phoenix, AZ  85016-4702
(602) 224-0500 -- (888) 888-2201
www.sportsnspokes.com
www.pvamagazines.com/sns

Therapeutic Recreation Directory

This website contains information on all areas of therapeutic recreation including professional contacts and links to national organizations. Two national organizations, American Therapeutic Recreation Association and National Therapeutic Recreation Society have links from this website.

www.recreationtherapy.com
<table>
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<th>National Resources</th>
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<tr>
<td>Adaptive Sports Association</td>
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<tr>
<td>The mission of the ASA is to enhance the self-esteem and physical well being of people with disabilities through participation in sports and outdoor recreational experiences regardless of individual financial limitations. Day-long adventures in alpine skiing, snowboarding, whitewater rafting, sea kayaking, hiking, fishing, sailing, jeep rides, and canoeing are available with reservations.</td>
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<tr>
<td>P.O. Box 1844</td>
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<tr>
<td>Durango, CO 81302</td>
</tr>
<tr>
<td>Winter Sports (970) 385-2163 -- Summer Sports (970) 259-0374 -- Administration (970) 259-0374 -- <a href="http://www.asudurango.com">www.asudurango.com</a></td>
</tr>
<tr>
<td>American Association on Disability and Health</td>
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<tr>
<td>Supports health promotion and wellness initiatives for people with disabilities at the federal, state and local level to reduce the incidence of secondary conditions, as well as reduce health disparities between people with disabilities and the general population. AAHD achieves its mission through research, education, public awareness and advocacy.</td>
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<tr>
<td>110 N. Washington, Suite 328-B</td>
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<tr>
<td>Rockville, MD 20850</td>
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<tr>
<td>(301) 545-6140 -- <a href="http://www.aahd.us">www.aahd.us</a></td>
</tr>
<tr>
<td>American Canoe Association</td>
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<tr>
<td>The American Canoe Association offers training courses on canoeing for individuals with disabilities and is a good resource for information on canoeing.</td>
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<tr>
<td>7432 Alban Station Blvd., Suite B-226</td>
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<tr>
<td>Springfield, VA 22159-2311</td>
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<tr>
<td>(703) 451-0141 -- <a href="http://www.acanet.org">www.acanet.org</a></td>
</tr>
<tr>
<td>American Diabetes Association (ADA)</td>
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<tr>
<td>The ADA website provides educational resources on exercise and healthy living for individuals with diabetes. Resources include articles, brochures and books to motivate individuals to exercise.</td>
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<tr>
<td>1701 North Beauregard Street</td>
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<tr>
<td>Alexandria, VA 22311</td>
</tr>
<tr>
<td>(800) 342-2383 -- <a href="http://www.diabetes.org">www.diabetes.org</a></td>
</tr>
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</table>
| **Amputee Coalition of America (ACA)** | ACA is a consumer educational organization that provides access to an information specialist and an online library of resources including numerous articles on exercise and fitness. The ACA website also includes a listing of exercise videos available for purchase.  
900 East Hill Avenue, Suite 285  
Knoxville, TN  37915-2568  
(888) 267-5669 -- www.amputee-coalition.org |
| **BlazeSports** | BlazeSports is sponsored by the US Disabled Athletes Fund (USDAF) and evolved from the Paralympics as an effort to promote comprehensive recreation and sports programs for people with physical disabilities.  
US Disabled Athletes Fund, Inc.  
280 Interstate North Circle, Suite 450  
Atlanta, GA  30339  
(770) 850-8199 -- www.blazesports.com |
| **Buckmasters American Deer Foundation** | Buckmasters American Deer Foundation is a site for disabled hunters. Information and links on various forms of adaptive equipment, state laws/regulations, hunting opportunities, and local and national disabled groups are available.  
10350 Highway 80 East  
Montgomery, AL  36117  
(800) 240-3337, EXT. 233 -- www.badf.org |
| **Craig Hospital Recreation Department** | Craig has developed online educational tools to improve the health of individuals with spinal cord injuries. The website contains an extensive list of health and wellness articles, including exercise and an online interactive health assessment tool.  
Craig Hospital Recreation Department  
3425 South Clarkston Street  
Englewood, CO  80110  
(303) 789-8225 -- www.craighospital.org |
| **Disabled Sports USA** | This organization is the national governing body for a large number of sports. It often hosts competitions, clinics and maintains local chapters throughout the United States and can be an important source of information for adapted sports.  
451 Hungerford Drive, Suite 100  
Rockville, MD  20850  
(301) 217-0960 -- www.dsusa.org |
Easter Seals North Carolina loans out sports and recreation equipment such as beach wheelchairs and handcycles. Easter Seals also offer accessible summer camps for children with disabilities.

2315 Myron Dr.
Raleigh, NC 27607
(800) 662-7119 -- www.esc.org

The National Center on Physical Activity (NCPAD) is a comprehensive and valuable collection of resources and information on an array of issues related to physical activity and disability. The center is primarily web-based, but offers toll-free access to information specialists. The website contains the following:

- Fact sheets on sports/recreation activities and exercise guidelines for specific disabilities
- Monographs with detailed information on exercise as it relates to specific disabilities
- Searchable database containing citations and references, programs and facilities, adaptive equipment, and organizations related to physical activity and disability
- Exercise modules allowing individuals with disabilities to customize a fitness program to their specific needs

University of Illinois at Chicago
1640 West Roosevelt Road, Suite 711
Chicago, IL 60608-6904
(800) 900-8086 -- www.ncpad.org

The National Center on Accessibility has information on publications available for individuals with disabilities, videos and research on accessibility issues critical in recreation environments, and the Discover Camp resource, which provides parents of a disabled child information on selecting a camp for the first time.

2805 East 10th St., Suite 190
Bloomington, IN 47408-2698
(812) 856-4422 -- (812) 856-4421 (TTY)
www.ncaonline.org
| **National Information Center on Deafness** | The National Information Center on Deafness provides their Summer Camps Resource list for the fee of $3.00.  
Gallaudet University  
800 Florida Avenue, NE  
Washington, DC 20002-3695  
(202) 651-5051 -- (202) 651-5052 (TTY) |
| **National Disability Sports Alliance (NDSA)** | The National Disability Sports Alliance (NDSA) is the National Coordinating Body for competitive sports for individuals with cerebral palsy, traumatic brain injuries and survivors of stroke. NDSA was originally formed as the United States Cerebral Palsy Athletic Association (USCPAA) in 1987. NDSA also provides programming for other physically disabling conditions such as muscular dystrophy and multiple sclerosis.  
25 West Independence Way  
Kingston, Rhode Island 02882  
(401) 792-7130 -- (401) 792-7132 FAX  
Email: info@ndsaonline.org -- http://www.ndsaonline.org |
| **National Park Service** | The National Park Service has a listing of national parks with accessible camping areas throughout the United States. The National Park Service offers a Golden Access Passport for individuals who are blind or permanently disabled. This passport is a lifetime entrance pass to national parks, monuments, historic sites, recreation areas and national wildlife areas.  
1849 C Street, NW  
Washington, DC 20240  
(202) 208-6843 -- www.nps.gov |
| **National Sports Center for the Disabled** | Founded in 1970, the National Sports Center for the Disabled's mission is to positively impact the lives of people with any physical or mental challenge through quality adaptive recreation programs in over 20 sports.  
P.O. Box 1290, Winter Park,  
Colorado 80482 USA  
(970) 726-1540 -- (303) 316-1540  
Fax: (970) 726-4112  
Email: info@nscd.org -- www.nscd.org |
National Wheelchair Basketball Association (NWBA)
The NWBA is a non-profit organization which serves as the national governing body for men’s, women’s and youth wheelchair basketball in the United States. It is the nation’s oldest and largest disability sport organization. Over 2,000 member athletes compete on more than 185 teams throughout the United States. The website provides information on programs and game rules and provides access to registration forms.
6165 Lehman Drive, Suite 101
Colorado Springs, CO 80918
(719) 266-4082 -- www.nwba.org

Net Pets
Net Pets, Inc. is an integrated organization with the mission of creating a comprehensive online “pet community”. Available on the website are compiled lists of companion and therapeutic animal providers as well as therapeutic riding programs.
P.O. Box 563
N. Myrtle Beach, SC 29597
(843) 249-5262 -- www.netpets.com

Paralyzed Veterans of America (PVA)
PVA’s Sports and Recreation Program promotes a range of activities for its members and other people with disabilities, with special emphasis on activities that enhance lifetime health and fitness. The PVA hosts the National Veterans Wheelchair games, a Bass Tour and a Trapshoot Circuit as well as “learn to ski” clinics. Also available online are publications, entitled “A Guide to Wheelchair Sport and Recreation” and “Live Life to the Fullest: A Guide to PVA Sports and Recreation Program”.
801 18th Street, NW
Washington, DC 20006-3517
(800) 424-8200 (VOICE) or (800) 462-HEAR (TTY)
www.pva.org

Shake-a-Leg -- Miami
Located in Miami, Florida, this universally accessible watersports center offers sailing and kayaking lessons for wheelchair users.
2600 S. Bay Shore Dr.
Coconut Grove, FL 33133
(305) 858-5550 -- www.shakealegmiami.org
Shake-A-Leg -- Rhode Island

Shake-A-Leg’s mission is to support individuals who experience spinal cord injury and other disabilities to develop the skills needed to live up to their highest potential. Using a combination of traditional and complementary therapeutic services, Shake-A-Leg’s programs foster the development of independent living skills, appropriate goal setting, and a broad enjoyment of life and all it has to offer. Shake-A-Leg operates three major programs: Whole Life Therapy (for Adults and Teens), Adaptive Sailing, and the Confidence Is Cool Children’s camp. The programs are operated during the summer months on the campus of Salve Regina University and Fort Adams State Park in beautiful Newport, Rhode Island.

PO Box 1264
Newport, RI 02840
1-888-ShakeALeg -- (401) 849-8898 -- (401) 848-9072 FAX

Special Olympics International

Known for their competitions for individuals with cognitive disabilities, Special Olympics has expanded to include a health agenda through the Healthy Athletes Initiative. Vision, hearing, and oral health screenings are available at some Special Olympics events.

1325 G Street NW, Suite 500
Washington, DC 20005
(800) 932-4653 -- (202) 628-3630
www.specialolympics.org

United Cerebral Palsy (UCP)

The UCP website contains many resources related to sports and leisure and exercise. Online documents provide valuable information for persons with Cerebral Palsy and neuromuscular disorders.

1660 L Street NW, Suite 700
Washington, DC 20036
(800) 872-5827 -- www.ucp.org

United Spinal Association

United Spinal Association is a 501(c)(3) nonprofit membership organization. Our mission is to provide expertise, create access to resources and strengthen hope thereby enabling people with spinal cord injuries and disorders (SCI/D) to fulfill their potential as active members of their communities. The organization provides information about sports and recreation resources, organizations and equipment both on its website and through Action, the consumer-oriented journal it produces.
United States Association of Blind Athletes (USABA)

75-20 Astoria Blvd.
Jackson Heights, NY  11370
(800) 404-2898 -- (718) 803-3782 -- (718) 803-0414 FAX
http://www.unitedspinal.org/

The mission of the United States Association of Blind Athletes is to increase the number and quality of grassroots-through-competitive, world-class athletic opportunities for Americans who are blind or visually impaired. We do this by providing athlete and coach identification and support, program and event management, and national and international representation. We value the life-enhancing aspects of sports and the opportunity to demonstrate the abilities of people who are blind and visually impaired.

USABA National Office
33 N. Institute St.
Colorado Springs, CO 80903
(719) 630.0422 -- (719) 630.0616 FAX
http://www.usaba.org/

Virginia Contact:  Doug Powell
2923 Pine Springs Rd.
Falls Church, VA 22042
(703) 573.5107 (H)

USA Deaf Sports Federation (USADSF)

Recognized as the only national athletic association to coordinate the participation of American deaf and hard of hearing individuals in international competition, the purpose of the USADSF is to foster and regulate uniform rules of competition; provide social outlets for deaf members and their friends; and; serve as a parent organization for regional sports organizations; conduct annual athletic competitions; and assist in the participation of US teams in the international competition.

102 North Krohn Place
Sioux Falls, South Dakota   57103-1800
(605) 367-5760 -- (605) 367-5761 TTY -- (605) 977-6625 FAX
homeoffice@usdeafsports.org
http://www.usdeafsports.org/

USA Tennis Association

The USA Tennis Association is a good source of information on wheelchair tennis. Available are rules, regulations, and information
Wheelchair Sports, USA

Wheelchair Sports, USA has information on participating in archery, shooting, swimming, table tennis, weight lifting, track and field, as well as specifics on local competition and necessary forms.

P.O. Box 5266
Kendall Park, NJ 08824
(732) 422-4546 -- www.wsusa.org

Wheelin’ Sportsmen National Wild Turkey Federation (NWTF)

Wheelin’ Sportsmen gives persons with disability the chance to experience the outdoors. Whether it’s for the first time or a reintroduction into outdoor activities, Wheelin’ Sportsmen brings back the joy of the wild to those who are disabled. Events include the annual women’s deer hunt, Does for Does, and Ultimate Team-Up where able bodied persons can join in the fun of putting outdoors back into a person’s life. There is no charge to attend a Wheelin’ Sportsmen event.

Wheelin’ Sportsmen Regional Office
101 Biltmore Street
Greenwood, SC 29646
(864) 388-7931 -- www.wheelinsportsmen.org
BlazeSports Club
Virginia Beach

Sponsored by Virginia Beach Parks and Recreation Department, this club hosts many smaller special events for local athletes, as well as two large special events that attract athletes from across the nation. The Mayors Invitational Basketball Tournament is held in late October and the Virginia Beach Tennis Classic is in early May.

(757) 471-5884   --   cwittig@vbgov.com

BlazeSports Club
Washington, D.C.

The Sports & Recreation program at National Rehabilitation Hospital is part of BlazeSports America, a national organization dedicated to maximizing the potential of people with disabilities through sports. Currently, the NRH chapter offers weekly programs in basketball, tennis and rugby. For more information, please call the Therapeutic Recreation Team at (202)877.1434. For the latest schedule of our current program offerings, call The BlazeSports® Line at (202) 877-1819. The website is http://www.nrhrehab.org/body2.cfm?id=1165

Blue Ridge Riders Wheelchair Athletic Association and LEAP Program

Provides opportunities for individuals with physical disabilities to participate in recreational activities and competitive wheelchair sports and organizes both local and national trips.

Recreational Therapy Department  --  Amie Trinca
78 Medical Center Drive --  Fishersville, VA  22939
(540) 332-4050

Easterling-Zacharias Health Insurance

Therapeutic swimming pool, exercise machines, and weight loss programs.

1311 Palmyra Ave.  --  Richmond, VA  23227
(804) 358-1000

Easter Seals Virginia

Easter Seals Virginia provides programs, services, consultation, advocacy, and education for children and adults with disabilities,
Eddie’s Club

Eddie’s Club, Inc. is a non-profit 501(C)(3) organization geared towards giving youngsters, ages 4-21 with any form of disability, an opportunity to participate in a supervised, volunteer based, activity and recreational programs.

P.O. Box 523493 -- Springfield, VA 22152
(703) 551-0652 -- cell (703) 304-2330

Hunter Holmes McGuire Veterans Administration (VA) Medical Center

Spinal Cord Injury and Disorder Unit (128) -- The Center offers recreation therapy and services for veterans with visual impairments, spinal cord injuries and related disorders.

1201 Broadrock Blvd. -- Richmond, VA 23249
(804) 675-5000

Mid-Atlantic Wheelchair Athletic Association

The Mid-Atlantic Wheelchair Athletic Association sponsors several programs, including the Mid-Atlantic Wheelchair Games and the Shenandoah Valley High Rollers Wheelchair Basketball team. Mid-Atlantic Wheelchair Games in a sporting event that brings in competitors from all along the East coast. Events include basketball, weightlifting, swimming, billiards, bowling, track, and field.

Stephen Bridge
Box 103, WWRC -- Fishersville, VA 22939
(540) 332-7184 -- (540) 332-7394 FAX

Paralyzed Veterans Association (PVA) Mid-Atlantic Chapter

This organization provides recreational activities such as basketball, fishing, hunting and skiing to disabled veterans.

11620 Busy Street -- Richmond, VA 23236
(804) 378-0017 -- (800) 852-7369
www.pva.org/aboutpva/chap/virginia.htm
Sheltering Arms
Physical Rehabilitation Centers

Sheltering Arms provides a complete range of physical rehabilitation and total wellness services including:

- **Club Rec**: A day recreation program that offers full-day organized recreational programming and opportunities for community reintegration, health and wellness.

- **Fitness Center and Pool**: Operates like a traditional health club only it is specially designed to meet the needs of individuals with limited movement. Membership is required.

- **Special Events**: Announcements of upcoming events where Recreational Therapists are present and adaptive recreation equipment is provided are sent out. Events include socials/parties, water sports, golf clinics/tournaments, adaptive hunting/fishing programs, and bowling clinics/tournaments.

- **Individual Recreation Therapy Services**: One-on-one instruction by a Certified Recreational Therapist in learning/re-learning recreational or leisure activities using appropriate adaptations. Assistance is also provided with returning to activities of interest or developing new leisure interests.

8254 Atlee Road -- Mechanicsville, VA 23116
(804) 764-5275 -- [www.shelteringarms.com](http://www.shelteringarms.com)

Sky Anchor

Sky Anchor, is a non-profit group based in Surry County that runs a disability awareness program and provides sports and outdoor recreational opportunities for people with disabilities.

Dennis C. Evans (Papa Tertle), President
8627 Colonial Trail West -- P. O. Box 7
Spring Grove, VA 23881
(757) 866.8791 -- [www.skyanchor.org/](http://www.skyanchor.org/)
nevans@erols.com

SMART Ones, Inc.

SMART provides the special needs community with current information on service resources available to them in the Tidewater area. SMART acts as a liaison between individuals with special needs and those providing services. This information will be
personalized to the individual. It will include the requested information as well as resources and materials based on the individual’s handicap, age, interests, and area of residence. Continued support, resources, and information will be provided through our newsletters, lectures, social gatherings and our web site.

Smart-One, Inc.
11 Liberty Circle
Newport News, VA  23602
smart_OneInc@msn.com -- www.smartoneinc.net

Special Olympics Virginia

Special Olympics training and competition is open to any person with mental retardation who is at least eight years of age and who registers to participate. Events include basketball, swimming/aquatics, skiing, bowling, track and field, power lifting, tennis, softball, and many other activities.

State Office: Special Olympics Virginia
3212 Skipwith Rd., Suite 100
Richmond, VA  23294
(804) 346-5544 -- (804) 932-GOLD
www.specialolympicsva.org
North: Patrick Hammke, Section Dir. -- 1-800-526-5131
Northwest: Daniel Leake, Section Dir. -- 1-800-526-6133
Central: David Thomason, Section Dir. -- 1-800-932-4653
Southeast: Debbie Rooney, Section Dir. -- 1-877-874-7462
Southwest: Nancy Harman, Section Dir. -- 1-800-526-6132

Sportable

Richmond Adaptive Sports and Recreation for Individuals with Physical Disabilities ages five and up.
PO Box 7046 -- Richmond, VA 23221
804-918-1977 -- e-mail: info@sportable.org
www.sportable.org

Sun Wheeler Sports

Sun Wheeler Sports, AKA Sun Wheelers, Incorporated, is a non-profit organization of mobility-impaired athletes and their supporters. It is dedicated to raising awareness of wheelchair athletics and the organizations that sponsor adaptive sports programs on the local, regional, national and international levels. Adaptive sports include basketball, bowling, hand-cycling, skiing, softball, shooting, tennis, track and field and triathlons.

4164 Virginia Beach Blvd. -- Virginia Beach, VA 23452
(757) 486-3789 -- www.geocities.com/sun_wheelers
The Therapeutic Riding Association of Virginia (TRAV) is a not-for-profit organization formed in 1986 to foster the concepts of therapeutic horsemanship for people with disabilities. There are 20 member centers of the North American Riding for the Handicapped Assoc. (NARHA), certifying instructors and complying with accreditation standards and procedures. TRAV individual members include program administrators, instructors, therapists, volunteers, parents, riders and other therapeutic riding enthusiasts.

P. O. Box 531 -- Upperville, VA 20184
(703) 508-7046
mjbeckman@gmail.com (Mary Jo Beckman)
www.travinc.org/index.htm

Wheelin’ Sportsmen gives disabled persons the chance to experience outdoor activities whether its for the first time or a reintroduction, and brings back the joy of the wild. Events include the annual women's deer hunt, Does for Does, and Ultimate Team-Up where able bodied persons can join in the fun of putting outdoors back into a person's life. There is no charge to attend these events.

Dee Dee Garvin, Regional Director
101 Biltmore Street -- Greenwood, SC 29646
(864) 388-7931 -- www.nwtf.org

Health Promotion for People with Disabilities Project.
P.O. Box 2448, 10th Fl. -- Richmond, Virginia 23218
(804) 864-7877

The Partnership provides information and resources for persons with disabilities and their families. Among these are summer camps available for children with special needs in Virginia.

700 East Franklin Street, 10th Fl.
Richmond, Virginia 23284
(804) 828-3876 -- (800) 828-1120 TTY
www.vcu.edu/partnership
The Virginia Recreation and Park Society is an affiliate of the National Recreation and Park Association. This organization can lead you to local Parks and Recreation Divisions in each county. County programs may offer classes and programs including therapeutic recreation programs.

6038 Cold Harbor Road -- Mechanicsville, VA  23111
(804) 730-9447

Clinical Recreational Therapy Services are provided through Medical Rehabilitation Services for students/patients at WWRC. The Recreation Services Department offers a wide range of recreational facilities and activities in a modern, therapeutic environment. Choices range from highly-competitive athletics for the able-bodied and persons in wheelchairs, to noncompetitive sporting games and the creative arts. Structured and unstructured activities are designed to afford all participants in rehabilitation programs with opportunities to become involved. Indoor facilities include: auditorium, four-lane bowling alley, indoor rifle and archery range, billiard table, table tennis, gymnasium, darkroom, weight room, wheelchair-ramp equipped swimming pool, and craft and game rooms. Outdoor facilities include: basketball, volleyball and tennis courts; horseshoe pits, softball field, lake with fishing piers and boathouse.

In addition, the Woodrow Wilson Rehab Center Trail Project is an accessible fitness and mobility trail that is open to the public. The Trail traverses the scenic woodlands surrounding the WWRC Lake area and is the first phase in a long-range plan for creating a universally-designed community trail system to offer recreational and active living options for all potential users within the Augusta County. WWRC is creating this trail system to provide additional environmental supports for physical activity within our campus so that WWRC clients, visitors, staff and residents of the surrounding community will be encouraged to take steps toward reducing the chronic health problems associated with inactivity as well as enjoying the recreational benefits of the outdoor environment.

(540) 332-7184
Toll Free: (800) 345-WWRC (ext. 7184)
(540) 332-7355 FAX
http://wwrc.virginia.gov/
Specific Recreation Activities

**Archery**

**United Foundation for Disabled Archers**
If you are a physically challenged archer looking for a unique bowhunting adventure, the United Foundation For Disabled Archers (UFFDA) has the opportunity you have been searching for. Each year UFFDA sponsors bowhunts at various locations across America.

P.O. Box 251 -- 20 NE 9th Ave.
Glenwood, MN 65334
(320) 634-3660
e-mail: chad@evl.net
www.uffdaclub.com

**Arts**

**VSA Arts of Virginia**
The DaVinci Project in Richmond offers experiences in music, dance, drama, creative writing and visual arts to Virginians with disabilities. The program offers open studio during the week and Saturday Arts Workshops that are staffed by professional artists. Anyone with a disability may apply. There is no fee to participate and art supplies are provided free of charge, though donations are appreciated.

Nancy Gray, Executive Director
1715 W. Main St. -- PO Box 27862
Richmond, VA 23261
(804) 358-4991 -- (804) 358-4992 FAX

**Baseball**

**Little League Challenger Division**
The Challenger Division was established in 1989 as a separate division of Little League Baseball to enable boys and girls with physical and mental disabiities, ages 5-18 (or the completion of high school), to enjoy the
game of baseball. Teams are set up according to abilities, rather than age, and can include as many as 15-20 players, who can participate in one of three levels: Tee-Ball, Coach-Pitch, or Player Pitch.

(570) 326-1921, ext 212
e-mail: jferguson@littleleague.org

Miracle League of Richmond, VA
The Miracle League is a national organization determined to bring the game of baseball to children with disabilities around the globe. It serves children between ages of 3 to 21 who have any physical or mental disability. Richmond’s local Little League complexes currently have leagues for our challenged youth. The Miracle League enhances the existing programs by providing a safe flat surface for our children and young adults to play on.

Karen Pusey, Director
7527 Hidden Lake Circle
Mechanicsville, VA 23111
(804) 779-7862 or (804) 229-4966

Basketball

Charlottesville Cardinals
The team was created to provide athletes with disabilities an opportunity for exercise and competitive recreation, and to educate the general public concerning the capabilities of individuals with disabilities.

Contact: Rick Shifflett at ricks@ntelos.net.  
815 Cherry Avenue
Charlottesville, VA 22903
(434) 971-9629 -- www.cardinalsbasketball.com

National Wheelchair Basketball Association (NWBA)
The NWBA is a non-profit organization which serves as the national governing body for men’s, women’s and youth wheelchair basketball in the United States. Over 2,000 member athletes compete on more than 185 teams throughout the United States. The website provides information on programs and game rules and provides access to registration forms.

6165 Lehman Drive, Suite 101
Colorado Springs, CO 80918
(719) 266-4082 -- www.nwba.org
Billiards

Virginia Beach Sun Wheelers
Sun Wheelers Inc.
4164 Virginia Beach Blvd., Ste. 100
Virginia Beach, VA 23452
(757)486-3789 -- (757)486-4216 FAX
www.geocities.com/sun_wheelers/bball.html

National Wheelchair Poolplayer Association (NWPA) Inc.
The NWPA has worked with other groups, organizations and tournaments to update rules to include wheelchair players around the world. The NWPA has information on tournaments and yearly schedules as well as contacts to purchase shooting aids.
4370 Majestic Lane
Fairfax, VA 22033
(703) 817-1215 -- www.nwpainc.com

The Triple
The Triple offers an accessible place for individuals for wheelchair-users to play billiards. It has on-street parking, accessible entry and restrooms, and an easy access route.
3306 W. Broad Street
Richmond, VA

Boating / Rowing / Sailing

American Canoe Association Kayaking/Disabled Paddlers
The American Canoe Association offers training courses on canoeing for individuals with disabilities and is a good resource for information on canoeing.
7432 Alban Station Blvd., Suite B-232
Springfield, VA 22159-2311

Sail Hampton Roads Adaptive Sailing Program
Sail Hampton Roads Adaptive Sailing Program works to promote independence and freedom for persons with disabilities and to encourage participation and competition with able-bodied sailors. Adapted and accessible Sonar keel boats are available to accommodate individuals with vary-
Bowling

American Blind Bowling Association (ABBA)
The American Blind Bowling Association (ABBA) is the official North American sanctioning organization for blind ten pin bowlers. It has over 2000 members in more than 125 leagues across the United States and Canada.

Jim Fleming
1735 Blair Rd SW
Roanoke, VA  24015
(540) 982-3838
abbapres@aol.com
http://www.geocities.com/blindbowlers/abba

American Wheelchair Bowling Association (AWBA)
The AWBA is a non-profit organization for wheelchair bowlers dedicated to encouraging, developing, and regulating wheelchair bowling and wheelchair bowling leagues.

2912 County Woods Lane
Palm Harbor, FL  34683-6417
(727) 734-0023  --  www.awba.org

U.S. Rowing Association
Provides information on adaptive rowing as well as motivational stories. See http://www.usrowing.org/Adaptive/General Adaptive Features/index.aspx for more information.

2 Wall St.
Princeton, NJ  08540

U.S. Sailing Association: Sailors with Disabilities
Committee on Sailors With Disabilities was created by US Sailing as a part of its efforts to promote sailing and sailboat racing to everyone.

http://ussailing.org/swsn/

Hampton Roads Community Sailing Center, Inc.
P.O. Box 131
Hampton, VA 23669
(757) 651-4273  --  www.sailhamptonroads.com
Cycling / Hand-cycling

**Club Rec Strikers Bowling League**  
This is a bowling league for individuals with disabilities and their caregivers/companions  
Contact Valerie Newman at Sheltering Arms  
AMF Bowling Lanes -- 8037 Shrader Rd.  
Richmond, VA  
(804) 560-7230

**Sunset Bowl**  
Recently renovated, the Sunset offers superior accessibility inside and out, including parking, access routes, entries, restrooms, and lanes for individuals who use wheelchairs.  
6540 W. Broad Street  
Richmond, VA 23230  
(804) 282-0537

**U.S. Deaf Cycling Association**  
Bobby Skedsmo, Chair  
2625 Copa Del Oro Drive  
Union City, CA 94587  
(510) 471-9011 -- (510) 471-6064 FAX  
[www.deafcycling.org](http://www.deafcycling.org)

**United States Handcycling Federation (USHF)**  
The USHF has information on handcycling including basic training techniques, types of races, and handcycling maintenance. Clinics are available for those interested in handcycling for the first time.  
P.O. Box 2245  
Evergreen, CO 80437  
(303) 679-2770 -- [www.ushf.org](http://www.ushf.org)

Dance

**DanceAbilities**  
DanceAbilities, Ltd. is a 501c 3 nonprofit organization specializing in movement therapy for children and young adults with mild to moderate physical/cognitive delays and with disabilities such as Autism, Down Syndrome, ADHD and Smith Magenis Syndrome. The therapy promotes the integration of the “whole” child by providing the tools to
Fencing

Fishing and Hunting

understand the language of movement and discover true movement potentials!

Lynne Bauer, BIS, LPTA, CMA, RSMT
12487 Rose Path Circle -- Fairfax, VA 22033
(703) 218-0751 -- dance@danceabilities.com

Salle Green
Salle Green offers wheelchair fencing to individuals of all levels. Equipment provided with registration fee.
11058 Washington Highway (US Highway 1)
Suite 3 -- Glen Allen, VA
(804) 241-0972 -- www.sallegreen.com

Virginia Department of Game and Inland Fisheries
The Virginia Department of Game and Inland Fisheries provide persons with disabilities a special lifetime hunting license and fishing license for $5.00 each. Also available are permits to hunt from a vehicle and a permit to hunt with a crossbow. Licenses are available at most sporting good stores.

Fishing -- Provides information about accessible boat ramps, fishing piers, and restrooms in each county and city -- www.dgif.state.va.us/fishing

Hunting -- Permanently disabled residents can receive a special lifetime license to hunt; available only through the Richmond Office. Annual bear, deer, turkey license and all applicable special licenses, stamps or permits are required in addition to this hunting license.

Totally and permanently disabled residents receive a special lifetime license to trap; available only through the Richmond Office.

Virginia Department of Game and Inland Fisheries
Wildlife Division
4010 West Broad St. -- P.O. Box 11104
Richmond, VA 23230-1104
(800) 367-1000 (Voice / TTY)
www.dgif.state.va.us/hunting/where_to_hunt
<table>
<thead>
<tr>
<th>National Rifle Association (NRA) -- Disabled Shooting Services</th>
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</thead>
<tbody>
<tr>
<td>The NRA has a program designed specifically for individuals with disabilities. The program includes assistive devices, instruction, an accessible indoor range and is a wonderful source of information.</td>
</tr>
<tr>
<td>(704) 267-1495 -- <a href="http://www.nrahq.org/compete">www.nrahq.org/compete</a></td>
</tr>
</tbody>
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<thead>
<tr>
<th>Flying</th>
</tr>
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<tbody>
<tr>
<td><strong>International Wheelchair Aviators (IWA)</strong></td>
</tr>
<tr>
<td>WA is a worldwide group of disabled and able bodied pilots interested in aviation and flying. Members have different disabilities including paraplegia, quadriplegia, amputee, multiple sclerosis, spina bifida, polio and others. Through their hard work and persistence and the help of a tolerant FAA medical system, hundreds have been given the opportunity to fly, many able to resume flying careers and others to fly for the first time. Over the past 25 years several hundred IWA members have flown thousands of hours all over the world and in many different types of aircraft using hand controls or whatever was necessary to operate the aircraft as pilot in command.</td>
</tr>
<tr>
<td>P.O. Box 2799</td>
</tr>
<tr>
<td>Bear City, CA  92314</td>
</tr>
<tr>
<td>(909) 585-9663 -- (909) 585-7156 FAX</td>
</tr>
<tr>
<td><a href="http://www.wheelchairaviators.org/index.html">http://www.wheelchairaviators.org/index.html</a></td>
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<thead>
<tr>
<th>Football</th>
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<tbody>
<tr>
<td><strong>United States Flag Football for the Deaf</strong></td>
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<tr>
<td>Alex Calofar, Commissioner</td>
</tr>
<tr>
<td>(440) 352-0587 TTY -- (603) 687-9283 FAX</td>
</tr>
<tr>
<td><a href="http://www.usffd.org">www.usffd.org</a></td>
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<thead>
<tr>
<th>Golf</th>
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<tbody>
<tr>
<td><strong>Eastern Amputee Golf Association (EAGA)</strong></td>
</tr>
<tr>
<td>The EAGA is a non-profit, non-partisan, and non-sectarian, 501(c)(3) charitable organization. It comprises the following states: ME, NH, VT, MA, RI, CT, NY, NJ, PA, MD, DE, VA, WV, and Washington, DC. The EAGA objectives are to assist in the rehabilitation of amputees and provide for their needs.</td>
</tr>
</tbody>
</table>

Recreational Resources for People with Disabilities -- Fall 2006
general welfare, both physical and psychological, through the medium of golf and its associated activities.
2015 Amherst Drive
Bethlehem, PA 18015-5606
(888) 868-0992 -- www.eaga.org

United States Golf Association (USGA)
The USGA has modified the Rules of Golf for golfers with disabilities. The modifications are intended to allow the disabled golfer to play equitably with an able-bodied individual or a golfer with disability. The modified rules can be found on the USGA web site.
P.O. Box 708
Far Hills, NJ 07931
(908) 234-2300
www.usga.org/rules/golfers_with_disabilities.html

United States Deaf Golf Foundation
James Haynes
(301) 464-9581
e-mail: jhynesjr@aol.com -- www.usdeafgolf.org

Cameron Run Regional Park
Cameron Run Regional Park has an accessible course, pool and picnic area.
4001 Eisenhower Avenue
Alexandria, VA 22304
(703) 960-0767 -- www.nvrpa.org

Centreville Mini Golf & Games
Centreville Mini Golf & Games has 8 accessible golf holes, video and redemption games and accessible laser tag.
6206 Multiplex Drive
Centreville, VA 20121
(703) 502-7888

Champions Go-Kart Tracks & Family Fun Center
Champions Go-Kart Tracks & Family Fun Center has accessible course in addition to Go-Karts, bumper boats, arcade and batting cages.
13585 Minnieville Road
Woodbridge, VA
(703) 730-3866
**Clarendon Kaleidoscope**  
Clarendon Kaleidoscope offers an accessible 18-hole outdoor miniature golf course, indoor bumper cars, air hockey, and an arcade.  
2900 N. 10th St.  
Arlington, VA  
(703) 812-3320

**Fairfax County Park Authority**  
Fairfax County Park has accessible golf carts and courses  
(703) 246-5563  --  (703) 324-8563 (Voice)  
(703) 691-0324 (TTY)

**First Tee Golf** (accessible driving range only)  
400 West School Street  
Richmond, VA

**Jefferson District Park**  
Jefferson District Park has an accessible miniature golf course as well as a standard 9-hole golf course.  
7900 Lee Highway  
Falls Church, VA  22042  
(703) 573-0444  --  www.teetimes.com

**Magic Putting Place**  
Magic Putting Place offers a 36-hole golf course with an accessible picnic area.  
8902 Mathis Avenue  
Manassas, VA  20110  
(703) 257-7888

**Putters Paradise**  
Putters Paradise has an indoor course that is partially accessible (half the holes), and adapted golf clubs.  
22330 Sterling Boulevard  
North Sterling, VA  
(703) 430-1200
**Hockey**

**American Amputee Hockey Association**

The American Amputee Hockey Association (AAHA) is a non-profit sports organization founded in 2000 to develop opportunities for amputee and other disabled athletes to learn and play competitive hockey. The AAHA is a member of the Disabled Hockey Section of USA Hockey and is working to promote a fun and safe environment for the growth of hockey in the United States and to lead the international effort to make Standing (Amputee) Hockey a Winter Paralympic Sport. Amputee Hockey is identical to typical amateur ice hockey, with the notable exception the athletes are missing one or more of their upper or lower extremities.

American Amputee Hockey Association  
150 York Street  
Stoughton, Massachusetts 02072  
(781) 297-1393 -- (781) 341-8715 FAX  
www.amputeehockey.org

**United States Sled Hockey**

Through its affiliation with USA Hockey Inc., U.S. Paralympics and various community-base disability sports organizations, the primary mission of The United States Sled Hockey Association is to foster the advancement of sled hockey for all individuals, disabled and able bodied, male and female, without prejudice or discrimination. The organization pledges, through progressive leadership and mutual cooperation, to ensure meaningful opportunities and enjoyable experiences for competitors in a sportsmanlike
Motorcycling

MacGregor Roller Hockey
MacGregor Roller Hockey is for children & adults who use wheelchairs. People with all levels of ability are invited to participate. Necessary equipment is provided.
11904 Turman Circle
Fredericksburg, VA 22407-6729
(540) 786-6036

USA Wheelchair Hockey Association
7216 39th Ave., North
Minneapolis, MN 55427
(763) 535-4736
e-mail: hockey@usewha.org -- www.usewha.org

National Handicap Motorcyclist Association
35-34 84 Street #F8
Jackson Heights, NY 11372

American Motorcycle Association
Provides inspirational stories and resources for riders with disabilities.
13515 Yarmouth Dr.
Pickerington, OH 43147
(800) AMA-JOIN -- (614) 856-1920 FAX
http://www.ama-cycle.org/roadride/
DISBresourcelistings.asp

Disabled Riders of America
A website and organization with the mission “To pursue and protect the interests of disabled motorcyclists; to develop a better awareness of disabled rider issues, by both disabled and non-disabled riders alike. To provide assistance where possible to disabled riders and to create

environment, both within the United States and internationally.

Joe Lambert, President
2236 E. 46th St.,
Davenport, IA 52807
(563) 344-9064 Home -- (309) 762-7716 Work
http://www.usahockey.com/ussha/
better informed and more enthusiastic relations between the general public, the media and motorcyclists. To organize and hold events and encourage participation of both disabled and non-disabled riders. To promote discussion of matters pertaining to motorcycling among members and support for and within the disabled rider community.”

http://www.dra.thewyz.com/

**Quad Rugby: East Coast Cripplers**
Practice sessions every Friday night.

Colleen R. Wittig, CTRS, Recreation Supervisor  
Seatack Community Recreation Center  
141 S. Birdneck Road  
Virginia Beach, VA 23451  
(757) 437 - 4858 -- (757) 437- FAX

**United States Quad Rugby Association (USQRA)**
Players must have a combination of upper and lower extremity impairment to be considered as eligible to participate. Most of the players have sustained cervical level spinal injuries and have some type of quadriplegia as a result. The USQRA provides instructional clinics from April to October. Several south and north Atlantic regional teams exist and can be contacted through USQRA.

5821 White Cypress Drive  
Lake Worth, Florida 33467-6230  
(561) 964-1712 -- www.quadrugby.com

**Handicapped Scuba Association International (HSAI)**
The HSAI operates as an independent diver training and certifying agency. The diver education programs and Instructor Training Course are internationally recognized. Also available is a “Dive Buddy Program” which offers able-bodied divers an opportunity to expand their underwater world to include sharing it with a handicapped partner.

1104 El Prado  
San Clemente, CA 92672-4637  
(949) 498-4540 -- www.hsascuba.com
**Skiing / Snow Sports**

**The Dive Shop**
The Dive Shop offers Adaptive Scuba diving classes.
9020 West Broad Street
Richmond, VA 23294
(804) 270-0700
info@TheDiveShopRichmond.com

---

**Outdoor Independence Training Center/Massanutten Adaptive Snow Sports**
Massanutten Adaptive Snow Sports has extensive adaptive equipment to serve those with cognitive and physical disabilities. Guiding for the blind and visually impaired is also available.
P.O. Box 4668
Charlottesville, VA 22905
(434) 295-3979 -- www.therapeuticadventures.com

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**Wintergreen Adaptive Skiing**
Wintergreen Adaptive Skiing provides the opportunity for those with disabilities to participate in activities on the snow such as Alpine Skiing. Equipment such as outriggers, bi-skis and mono-skis are available.
Michael Zuckerman
615 Paul’s Creek Road
Afton, VA 22920
(434) 325-2007 -- www.skiwas.org

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**Soccer**

**American Amputee Soccer Association**
The American Amputee Soccer Association is a 501(c)3 non-profit organization. Its mission is: (1) To promote social interactivity, self-esteem and self-confidence among adult, and especially among new and youthful amputees, through recreational and competitive amputee soccer programs; and (2) to identify, develop, and train athletes to represent the United States in elite International amputee soccer competition, and in Paralympic competition when the sport achieves that status.
E-mail: rgh@ampsoccer.org
www.ampsoccer.org
**Sportable Strikers Power Soccer**  
Power soccer is the first competitive sport specifically designed for power wheelchair users. The team is sponsored by Sportable and the Richmond Strikers.  
Kristen Lessig, CEO, SPORTABLE  
P.O. Box 7046  
Richmond, VA  23221  
(804) 677-1467  --  klessig@sportable.org  
www.sportable.org

**TOPSoccer**  
US Youth Soccer TOPSoccer, an outreach soccer program, is a community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, ages 4-19, with a mental or physical disability.

The following 15 VYSA-affiliated soccer clubs and associations have now established TOPSoccer Programs:

- Alexandria Soccer Assoc.
- Arlington Soccer Assoc.
- Burke Athletic Club
- Colonial Heights Soccer Assoc.
- Danville Soccer Club
- Warrenton Youth Soccer Assoc.
- Fluvanna Youth Soccer Assoc.
- Loudoun Youth Soccer Assoc.
- Manassas Area Soccer Assoc.
- McLean Youth Soccer
- Prince William Soccer Inc.
- Tazewell Fire Soccer Club
- ValleyAFC (Roanoke)
- VA Rush (Virginia Beach)
- Vienna Youth Soccer

To find out more about these TOPSoccer Programs, contact:  
Dave Williams, VYSA TOPSoccer Chairman  

**Softball**

**National Wheelchair Softball Association**  
The National Wheelchair Softball Association is available for those interested in beginning or continuing to participate in wheelchair softball. The website has more information on the association and opportunities within.  
www.wheelchairsoftball.com
Swimming and Aquatics

Special Olympics International
Rick Klatt, Director of Aquatics
3535 N. Corneha Ave.
Fresno, CA 93722
(551) 276-6396 office
www.bizweb.lightspeed.net/~dolphins

United States Wheelchair Swimming
229 Miller St.
Middleboro, MA 02346
(408) 267-0200

USA Swimming
One Olympic Plaza
Colorado Springs, CO 80809
(719) 578-4578 office -- www.usa-swimming.org

Tennis / Racquet Sports

International Foundation for Wheelchair Tennis
2203 Timberloch Place, Suite 126
The Woodlands, TX 77380
www.itftennis.com/wheelchair/

National Foundation for Wheelchair Tennis
940 Calle Amanecer, Suite B
San Clemente, CA 92672

Track and Field

United States of America Deaf Track and Field
Thomas E. Withrow
(301) 464-1284 -- e-mail: tewithrow@aol.com
www.usadtf.org

Volleyball

Disabled Volleyball
Disabled Sports USA
451 Hungerford Drive, Suite 100
Rockville, MD 20850
(301) 217-0960 -- (301) 217-0968 FAX
www.usavolleyball.org/disabled/
<table>
<thead>
<tr>
<th>Water Sports</th>
<th><strong>Outdoor Independence Training Center</strong></th>
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<tbody>
<tr>
<td></td>
<td>The Center provides therapeutic water adventures including fly fishing, rowing, rafting, canoeing, sailing, and kayaking to individuals, families and groups.</td>
</tr>
<tr>
<td></td>
<td>Outdoor Independence Training Center, Adaptive Water Sports</td>
</tr>
<tr>
<td></td>
<td>P.O. Box 4668 -- Charlottesville, VA 22905</td>
</tr>
<tr>
<td></td>
<td>(434) 295-3979 -- <a href="http://ww.therapeuticadventures.com">ww.therapeuticadventures.com</a></td>
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<thead>
<tr>
<th>Weightlifting</th>
<th><strong>United States Wheelchair Weightlifting Federation</strong></th>
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<tbody>
<tr>
<td></td>
<td>39 Michael Place</td>
</tr>
<tr>
<td></td>
<td>Levittown, PA 19057</td>
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<td></td>
<td>(215) 945-1964</td>
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<thead>
<tr>
<th>Whitewater Rafting</th>
<th><strong>Richmond Raft Company</strong></th>
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<tbody>
<tr>
<td></td>
<td>Offers whitewater rafting trips and river rafting tours on the James River. Can provide accommodations for wheelchair users and other individuals with disabilities.</td>
</tr>
<tr>
<td></td>
<td>4400 East Main St.</td>
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<tr>
<td></td>
<td>Richmond, VA 23231</td>
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<tr>
<td></td>
<td>(804) 222-RAFT (7238) -- (800) 540-7238</td>
</tr>
<tr>
<td></td>
<td>(804) 222-1709 FAX</td>
</tr>
<tr>
<td></td>
<td>e-mail: <a href="mailto:raft@richmondraft.com">raft@richmondraft.com</a></td>
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<tr>
<th>Wilderness Sports</th>
<th><strong>Outdoor Independence Training Center</strong></th>
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<tbody>
<tr>
<td></td>
<td>The Center offers outdoor wilderness activities for individual, families, and groups including backpacking, camping, mountain biking, rock climbing, adventure climbing, ropes courses and team building.</td>
</tr>
<tr>
<td></td>
<td>Outdoor Independence Training Center; Adaptive Wilderness Sports</td>
</tr>
<tr>
<td></td>
<td>P.O. Box 4668 -- Charlottesville, VA 22905</td>
</tr>
<tr>
<td></td>
<td>(434) 295-3979 -- <a href="http://ww.therapeuticadventures.com">ww.therapeuticadventures.com</a></td>
</tr>
</tbody>
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<thead>
<tr>
<th>Outdoor Independence Training Center</th>
<th><strong>U.S. Aquatic Association of the Deaf Water Polo (USAAD)</strong></th>
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<tbody>
<tr>
<td></td>
<td>Duane Styles</td>
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<tr>
<td></td>
<td>1238 Manchester St. -- National City, CA 91950</td>
</tr>
<tr>
<td></td>
<td>e-mail: <a href="mailto:dstyles890@aol.com">dstyles890@aol.com</a></td>
</tr>
</tbody>
</table>
Net Pets, Inc.

Net Pets, Inc. is an international organization with the mission of creating a comprehensive online “pet community”. Available on the website are compiled lists of all therapeutic and handicapped riding centers in the United States. Listed below are all Riding Centers in Virginia, listed by city.

P.O. Box 563
N. Myrtle Beach, SC 29597
(843) 249-5262

A non-profit organization supporting and fostering therapeutic horseman-ship for people with disabilities. There are 20 member centers in Virginia.

P.O. Box 531
Upperville, VA 20184
www.travinc.org

Abingdon
A Leg Up Therapeutic Riding Center
15271 Foxchase Lane -- Abingdon, VA 24210
(276) 628-8492

Afton
Gallastar Equine Center
722 Greenfield Mountain Farms -- Afton, VA 22920
(804) 361-9214

Ashburn
LifeHorse at Stonelea Farm
21510 Tithables Cr. -- Ashburn, VA 20148
(703) 729-6442
Ashland
Pole Green Park Equestrian Center
13017 Taylor Complex Lane  --  Ashland, VA  23005
(804) 779-7943

Bedford
Astride with Pride
1913 Bell Town Rd.  --  Bedford, VA  24523
(540) 587-0668

Center for Rehabilitation and Development
101-K Turnpike Rd.  --  Bedford, VA  24523
(540) 587-6808

Blacksburg
Advantage Ranch Center for Equine Interactive Concepts
2182 Mt. Tabor Rd.  --  Blacksburg, VA  24060
(540) 951-8545

Charlottesville
Kluge Children’s Rehabilitation Center
2270 Ivy Rd.  --  Charlottesville, VA  22901
(804) 924-8200

Chesapeake
Triple R Ranch Special Equestrians
3531 Bunch Walnuts Rd.  --  Chesapeake, VA  23322-2899
(757) 421-3104

Chesterfield
Horseplay
Chesterfield County Parks and Recreation
P.O. Box 40  --  Chesterfield, VA  23832
(804) 748-1623

Make A Child Smile
11877 River Rd.  --  Chesterfield, VA  23838
(804) 748-7613

Clifton
Fairfax 4-H Therapeutic Riding Program
P.O. Box 184  --  Clifton, VA  22024
(703) 802-6330
Northern Virginia Therapeutic Riding Program
P.O. Box 184 -- Clifton, VA 20124
(703) 764-0269 -- NVTRP@bellatlantic.net

**Columbia**
Coles Creek Crossing
3501 Tabscott Rd. -- Columbia, VA 23038
(804) 457-9146

**Crozet**
Charlottesville Area Riding Therapy
5924 Fried Farm Rd. -- Crozet, VA 22932
(800) 250-3391 -- cart@cartcrozet.org

**Cumberland**
Make A Child Smile, Inc.
246 Cartersville Rd. -- Cumberland, VA 23040
(804) 492-5572

**Edinburg**
Endless Possibilities Equestrian Center
1630 Chapman Landing Rd. -- Edinburg, VA 22824
(540) 459-8768

**Fredericksburg**
Hazelwild’s Farm
5325 Harrison Rd. -- Fredericksburg, VA 22407
(540) 891-8751

**Glen Allen**
Ride On, Inc.
P.O. Box 5101 -- Glen Allen, VA 23058
(804) 741-1482

**Great Falls**
Lift Me Up
P.O. Box 104 -- Great Falls, VA 22066
(703) 759-6221 -- pitch13@aol.com

**Lawrenceville**
Main Event Therapeutic Center
1294 Iron Bridge Rd. -- Lawrenceville, VA 23868
(804) 848-8222
Leesburg
Loudoun Therapeutic Riding Foundation
41793 Tutt Lane  --  Leesburg, VA  20176
(703) 771-2689  --  jhart@ltrf.org

Lorton
Roslin Ridge Farm
9903 Old Colchester Rd.  --  Lorton, VA  2079
(703) 550-0700

Manassas
Rainbow Center 4-H Therapeutic Equestrian Program
8033 Ashton Ave., Suite 105  --  Manassas, VA  20109
(703) 469-8962

Max Meadows
Power of The Dream Therapeutic Riding
188 Brock Ave.  --  PO Box 249
Max Meadows, VA  24360  --  (540) 637-6381

Natural Bridge
Hoofbeats Therapeutic Riding Center at Liberty Hill Farm
20 Liberty Lane  --  Natural Bridge, VA  24578
(540) 291-4663

New Kent
Cumberland Landing Therapeutic Riding Center
P.O. Box 150  --  New Kent, VA  23124
(804) 966-2242

Port Republic
Shenandoah Center for Therapeutic Riding
Rt 1 Box 899  --  Port Republic, VA  24471
(703) 234-8231

Powhatan
Hunter’s Ridge Equestrian Center
2507 Mill Rd.  --  Powhatan, VA  23139
(804) 598-2780

Mesa Vista Farm
2502 Gennito Rd.  --  Powhatan, VA  23139
(804) 598-1543  --  mangers@mesavistafarm.com
www.mesavistafarm.com/pages/1/index/htm
Passage International Riding Academy  
1956 Mill Quarter Rd. -- Powhatan, VA 23139  
(804) 598-6009

**Roanoke**  
Roanoke Valley Therapeutic Riding Program  
P.O. Box 4429 -- Roanoke, VA 24015  
(540) 334-5825

**Sedley**  
Graz’n Acres Therapeutic Riding Center  
14492 Ivor Rd. -- Sedley, VA 23878  
(757) 653-9615

**Staunton**  
Ride With Pride  
Rte 5 Box 92 -- Staunton, VA 24401  
(703) 337-7636

**The Plains**  
Virginia Regional Therapeutic Riding Center  
7306 John Marshall Hwy. -- The Plains, VA 20198  
(540) 253-5643

**Virginia Beach**  
EQUI-KIDS Therapeutic Riding Program  
P.O. Box 4095 -- Virginia Beach, VA 23454  
(757) 425-8833 -- eqkids@aol.com

**Williamsburg**  
Dream Catchers at the Cori Sikich Therapeutic Riding Center  
P.O. Box 1261 -- Williamsburg, VA 23187-1261  
(804) 871-8267

**Woodstock**  
Massanutten Clinical Riding Center for Children  
P.O. Box 813 -- Woodstock, VA 22664  
(540) 984-8415
Community Centers and Recreational Facilities

The facilities listed in this section were evaluated by Compliance Alliance for wheelchair accessibility as part of a grant from the Christopher and Dana Reeve Paralysis Resource Center. Information provided was from facility audits performed in March 2006.

In accordance with the UF Rating System (developed by Compliance Alliance), we have applied these ratings as they pertain to access by people with mobility related impairments. Contained below is the list of 10 of the 28 facilities surveyed within the inner city Richmond area that we have determined to be considered accessible, as described by federal ADA guidelines.

A Gold rating represents establishments that not only meet the needs of the individuals represented in this category, but provide a very user-friendly environment and access to goods and/or services to the greatest extent possible. When displayed in gold or by the number 1, the gold rating allows individuals such as a person with quadriplegia, or other comparable limitations to maximize their independence.

**Gold Rated Facilities**

- Connor Brothers Community Center
  Hull Street Road - Richmond, VA

- Pine Camp Community Center
  4901 Old Brook Road - Richmond, VA

- Sunset Bowl
  6540 W Broad Street - Richmond, VA
A silver rating represents establishments that indicates a moderate or reasonable level of accessibility and provides a more basic level of access to goods and/or services. When displayed in silver or by the number 2, the silver rating allows individuals such as a person with paraplegia or other, comparable limitations to be reasonably independent although, may on occasion, require some assistance.

**Silver Rated Facilities**

- Humphrey Calder Community Center  
  414 Thompson Street Richmond, VA  
- Randolph Community Center  
  1415 Grayland Avenue  
- Calhoun Community Center  
  436 Calhoun Street - Richmond, VA  
- The Triple Billiards  
  3306 W Broad Street - Richmond, VA  
- Richmond YMCA & Community Center  
  4207 Old Brook Road - Richmond, VA

A bronze rating represents establishments that offer a very minimal or low level of accessibility and generally indicates minimized independence. Often due to structural limitations such as small steps, narrow restroom stalls, or steeper grades, the bronze rating indicates minimal or limited access to goods and/or services. When displayed in bronze or by the number 3, the bronze rating allows individuals such as a person who uses a cane, a scooter, or a walker to maintain their independence. Others may generally require some assistance.

**Bronze Rated Facilities**

- Downtown YMCA  
  2 West Franklin Street - Richmond, VA  
- Manchester YMCA  
  7540 Hull Street Road - Richmond, VA
County Departments of Parks and Recreation

In accordance with the standards set forth in the American with Disabilities Act, many County Divisions of Parks and Recreation provide leisure opportunities and recreation programs that are open and accessible to all citizens in the County regardless of physical or mental ability. Persons with disabilities are encouraged to recreate with their peers by taking any class offered. Staff is typically available to assist with making arrangements and a three week advance notice is recommended in order to make reasonable accommodations. Possible ADA accommodations include sign interpreters, alternative information formats, program modifications and inclusion support. In addition, Divisions of Parks and Recreation may offer therapeutic recreation programs specifically designed for individuals with disabilities.

Parks & Recreation
401 McIntire Road, Rm. 118 -- Charlottesville, VA 22902
(434) 296-5844 -- 434) 293-0299 FAX
http://www.albemarle.org/department.asp?section_id=1827&department=parks

For assistance in coordinating access to facilities or inclusion in departmental programs and services, please contact our staff at least two weeks prior to an event, activity or registration deadline.

Luber Run Center
300 North Park Dr. -- Arlington, VA 22203
(703) 228-4740 -- (703) 228-4743 TTY
(703) 228-4757 FAX -- e-mail: lstule@arlingtonva.us
www.co.arlington.va.us/Departments/ParksRecreation/ParksRecreationMain.aspx
Chesterfield County

Chesterfield County Park Offices
6801 Wagners Way -- Chesterfield, VA
(804) 748-1623
www.co.chesterfield.va.us/HumanServices/ParksandRecreation/programs

ADA/Inclusion Specialists are available to assist with provision of accommodations and/or alternative information formats in accordance with the Americans with Disabilities Act. Contact them at least 10 working days prior to the registration deadline or event (whichever is earlier). Specific adaptive recreation programs are also available, including aquatics, gymnastics, and wheelchair basketball. The Park Authority offers accessible parks and facilities to all of Fairfax County’s citizens. For specific accessibility information or to obtain a copy of the Accessibility Guide or Accessibility Information, please call 703-324-8563 or download it at: http://www.fairfax county.gov/parks/ada/downloads/accessguide.pdf.

ADA Inclusion Specialists
(703) 324 8563 -- (703) 803-3354 TTY

Therapeutic Recreation Services
(703) 324-5532 -- (703) 222-9693 TTY

www.fairfaxcounty.gov/parks/

Fairfax

Franklin County

Franklin County Parks & Recreation
2150 Sontag Rd. -- Rocky Mount, VA 24151
(540) 483-9293 -- www.franklincountyva.org/parks/

Frederick County

Frederick County Parks and Recreation Department strives to make its' programs and facilities accessible to all individuals. If you need assistance or special arrangements to participate, please call our office by the registration deadline or at least 5 working days prior to the beginning of the program so we can make the necessary accommodations.

107 N. Kent Street, Winchester, VA 22601
(540) 665-5600 -- (540) 665-9687 FAX
www.co.frederick.va.us/parkandrecreation/
ParkandRec.htm
Hanover County

Has both inclusion specialists and therapeutic recreation programs, including Youth Therapeutic Horseback riding, Social and Dance, and Community Connection.

Parks & Recreation Department
13017 Taylor Complex Lane
Ashland, VA  23005
(804) 365-4695  --  (804) 356-4696 FAX

Pole Green Park Community Center
8996 Pole Green Park Lane
Mechanicsville, VA 23116
(804) 779-7948  --  (804) 779-7318 FAX
www.co.hanover.va.us/parksrec/.

Harrisonburg

The Harrisonburg Department of Parks and Recreation offers several programs for people with disabilities, including: the Can-teen program (co-sponsored by Harrisonburg-Rockingham ARC), a social program for teens and adults with developmental disabili-ties; and Camp Unali, a camp for kids who are cancer survivors or who have sickle cell. Our Department also has adaptive weightlifting machines open to the public.

Harrisonburg Department of Parks and Recreation
305 S Dogwood Dr.  --  Harrisonburg, VA  22801
(540)433-2474  --  (540)433-9169 FAX

Henrico County

The County of Henrico Division of Recreation and Parks offer’s a variety of activities, programs, and services. Whether you’re looking for a creative outlet, a challenging adventure, or a means to stay fit and healthy, we have something for you. From golf to gardening, a living history museum to nature programs, Canoeing and the Henrico Theater Company, the Division of Recreation and Parks strives to meet the leisure needs of all Henrico County residents.

Assistance and accommodations are available upon request by contacting the Therapeutic Recreation Office at (804) 501-5112 or (804) 501-7489.

Division of Recreation and Parks
(804) 501-PARK ( 7275 ) --  www.co.henrico.va.us/rec
Questions on Inclusion or Therapeutic Recreation programs please contact:
Danah Kaigler, Coordinator at (757) 259-4170.
5300 Palmer Lane, Suite 1A -- Williamsburg, VA 23188
parks&rec@james-city.va.us
(757) 259-3200
www.james-city.va.us/recreation/index.html

Loudoun County

Loudoun County Department of Parks, Recreation and Community Services Adaptive Recreation Programs
215 Depot Court, S.E. -- P.O. Box 7000
Leesburg, VA 20177
(703) 772-5013 -- e-mail: mauger@loudoun.gov
www.co.loudoun.va.us/prcs/

Lynchburg

Challenged Sports Exchange (C.S.E.)
The Challenged Sports Exchange (C.S.E.) is a program designed to offer individuals with physical and/or mental challenges the opportunity to participate in sports and leisure activities. The C.S.E. is a program of the Parks and Recreation Department in partnership with The ARC of Central Virginia. Age restrictions and fees vary depending on the activity. C.S.E. offers adaptive sports activities as well as leisure activities including ceramic classes, craft activities, Naturalist programs and Adventure Club activities throughout the year. For more information about how to register and participate, contact: Barb Franz, the C.S.E. Coordinator at (434) 455-5880.

Montgomery County

Montgomery County Parks and Recreation Department
Montgomery County Government Center
755 Roanoke Street, Suite 1E
Christiansburg VA, 24073-3174
540) 382-6975 -- (540) 382-4596 FAX
mdclark@ntelos.net
www.montva.com/departments/parks/
Richmond City

The Richmond Department of Parks, Recreation and Community Facilities offers a variety of sports, recreational and cultural activities for children and adults. The department makes available affordable, accessible and enjoyable activities for all children and also reduces fees based on ability to pay. Please discuss your needs with our staff.

The Richmond Department of Parks, Recreation and Community Facilities provides opportunities and recreation programs open and accessible to all citizens regardless of sex, religion, socioeconomic status and/or level of physical or mental ability. If you have a special need, staff has the skills and experience to assist you by providing support or reasonable accommodations, if necessary. In most cases, there will be no additional charge if you want to bring a friend or family member to assist your participation for some programs. Please give at least three weeks notice prior to the class or program start date to make reasonable accommodations. It is our intent to provide a safe, successful and enjoyable experience for all.

900 East Broad St. -- Richmond, Virginia 23219
(804) 646-7000 -- (804) 646-6931 FAX
www.ci.richmond.va.us/parks/

Roanoke County

The Department of Parks, Recreation and Tourism in Roanoke County welcomes people of ALL abilities into all facilities, programs and events. TRS staff will make every reasonable effort to provide adaptations or accommodations for individuals with disabilities. All requests must be made at least two weeks prior to the event through TRS staff at (540) 772-7529 ext 2.

Therapeutic Recreation Services
Brambleton Recreation Ctr. -- 3738 Brambleton Ave. SW
Roanoke, VA 24018
(540) 772-7529 ext 226 -- (540) 772-7548 TTY

Specific Therapeutic Recreation Programs include:
- Mingle: A socialization group designed for young adults with disabilities, ages 18-30, to spend time with peers and participate in recreation and leisure activities.
- Developmental Disabilities Programs
- Roanoke Valley VIP Program (for the visually impaired)
- Roanoke Fun & Leisure Group (for Individuals with Acquired Head Injuries)
- T.R.I.P.S.Program (for individuals with psychiatric disabilities)
- Sign Language Classes
- HANDS Group Meetings

Program Transportation:
Limited transportation is available to selected Therapeutic Recreation Services activities for $1.50 per trip. Call the staff during registration for availability. Please provide your own transportation if it is available.

Spotsylvania County
PO Box 28  --  Spotsylvania, VA 22553
e-mail: parksandrec@spotsylvania.va.us
(540) 507-7529  --  (540) 898-9089 FAX
www.spotsylvania.va.us/departments/parksandrec/

Stafford County
Adaptive Recreation Programs are available and specially designed to stimulate cognitive, motor, and socialization skills for children with disabilities. Programs include adaptive aquatics (ages 4-12), Camp Morning Star, Adaptive Gymnastics, and Camp Bright (ages 3-15). For additional information regarding accommodations and support provided to facilitate participation for individuals with disabilities, please contact:
Department of Parks and Recreation
(540) 658-4871

York County
York County Department of Community Service, Division of Parks and Recreation
100 County Drive, Post Office Box 532
Yorktown, VA  23690
(757) 890-3500
www.yorkcounty.gov/parksandrec/index.html
The National Park Service has a complete compilation of national parks with accessibility throughout the United States. Below is a list of parks in Virginia describing their degree of accessibility. Information on the Golden Access Passport which is available to people who are blind or have permanent disabilities is also provided.

(202) 343-3674  --  www.nps.gov

For citizens or permanent residents of the United States who are blind or permanently disabled.

The Golden Access Passport is a lifetime entrance pass to national parks, as well as sites managed by the U. S. Fish and Wildlife Service, the U. S. Forest Service, and the Bureau of Land Management. The Golden Access Passport admits the pass signee and any accompanying passengers in a private vehicle if a park has a per vehicle entrance fee. Where a per person entrance fee is charged, the Golden Access Passport admits the pass signee, spouse and children.

The Golden Access Passport also provides a 50% discount on federal use fees charged for facilities and services such as camping, swimming, parking, boat launching, and tours. In some cases where use fees are charged, only the pass signee will be given the 50% price reduction. The Passport is nontransferable and does NOT cover or reduce special recreation permit fees or fees charged by concessionaires.

A Golden Access Passport must be obtained IN PERSON at a federal area where an entrance fee is charged. It is available only to citizens or permanent residents of the United States who are medically determined to be blind or permanently disabled. You may obtain a Golden Access Passport by showing proof of medically determined permanent disability, or eligibility for receiving benefits under federal law.
Assateague Island National Seashore

All visitor centers, most nature trails, bathhouses and wayside exhibits are accessible. The seashore has established two accessible campsites which may be reserved. Beach wheelchairs with balloon tires are seasonally available for use on the ocean side beach.

Maryland District Visitor Information -- (410) 641-1441
National Seashore Camping -- (410) 641-3030
Virginia District Visitor Information -- (757) 336-6577

Appomattox Court House National Historic Monument

Parking areas, the Courthouse/Visitor Center, bookstore, restrooms, drinking fountains and living history programs are accessible. A braille map and folder, captioned slide program and large print brochures are available on request. Wheelchairs are available for use in the historic village.

PO Box 218 -- Appomattox, VA 24522
(434) 352-8987

Blue Ridge Parkway

Some park facilities are completely accessible and others have minimal accessibility standards. Call ahead for specific information on the Parkway spots you plan to visit.

Located in Virginia and North Carolina -- Park Office
199 Hemphill Knob Road
Asheville, NC 28803
(828) 271-4779

Booker T. Washington National Monument

Visitor center facilities and the historic area are partially wheelchair accessible. Two picnic tables are accessible. One wheelchair is available for free use on a first-come, first-served basis.

12130 Booker T. Washington Hwy. -- Hardy, Virginia 24101
(540) 721-2094

Colonial National Historic Park

Most exhibits and museums are accessible to individuals with disabilities. Wheelchairs are available upon request. There is a detailed description of accessibility on the National Park Service website.

George Washington Birthplace

The park is accessible to people who use wheelchairs.
1732 Popes Creek Rd. -- Colonial Beach, VA 22443-5115
(804) 224-1732
<table>
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<tr>
<th>Location</th>
<th>Description</th>
<th>Contact Information</th>
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<tr>
<td><strong>Great Falls Park</strong></td>
<td>Accessible parking is available. Visitor Center and falls overlook #2 (200 yards from Visitor Center) are wheelchair accessible. Washington Memorial Parkway -- McLean, VA 22101 (703) 285-2965</td>
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<tr>
<td><strong>Jamestown National Historic Site</strong></td>
<td>Most exhibits and the museum are wheelchair accessible. Wheelchairs are available upon request at the NPS visitor center. P.O. Box 210 -- Yorktown, VA 23690 (757) 229-1733</td>
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<tr>
<td><strong>Lyndon Baines Johnson Memorial Grove on the Potomac</strong></td>
<td>There is accessible parking available at the LBJ Memorial. Trails in the grove are paved and accessible. George Washington Memorial Parkway McLean, VA 22101 (703) 289-2500</td>
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<tr>
<td><strong>Maggie L. Walker National Historic Site</strong></td>
<td>The visitor center and first floor are wheelchair accessible. 600 North 2nd St. -- Richmond, VA (804) 771-2017</td>
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<tr>
<td><strong>Natural Tunnel State Park</strong></td>
<td>The Visitor Center, parking lot and restroom are accessible. The overlook, campground, picnic area, swimming pool and trails are also accessible. A detailed description is on the web site listed below. 1-800-933-PARK <a href="http://www.dcr.state.va.us/parks/naturalt.htm">www.dcr.state.va.us/parks/naturalt.htm</a></td>
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<tr>
<td><strong>Overmountain Victory National Historic Trail</strong></td>
<td>Access varies along the trail corridor. Many public facilities are equipped for wheelchair access. Smaller facilities may not be. 2635 Park Rd. -- Blacksburg, SC 29702 (864) 936-3477</td>
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<tr>
<td><strong>Petersburg National Battlefield</strong></td>
<td>The visitor center is accessible to people using wheelchairs. 1539 Hickory Hill Rd. -- Petersburg, VA 23803-4721 (804) 732-3531</td>
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<td>Park</td>
<td>Information</td>
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<tr>
<td>Prince William Forest</td>
<td>The visitor center has reserved parking and is ramp accessible. Restrooms, exhibit area, bookstore, information desk and drinking fountain are wheelchair-accessible. Oak Ridge Campground has an amphitheater, numerous campsites and the B-loop restroom with shower facilities which is wheelchair-accessible. Rangers present evening slide shows in spring, summer and fall. Turkey Run Ridge Campground, campsites, the restroom and parking areas are wheelchair-accessible. Cabin Camp 1, numerous buildings are wheelchair-accessible. While not all facilities are fully accessible, park rangers are happy to assist any visitor with special needs. 18100 Park Headquarters Rd. -- Triangle, Virginia 22172 (703) 221-7181</td>
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<tr>
<td>Richmond National Battlefield Park</td>
<td>Park units are wheelchair accessible. Wheelchairs are available at the Fort Harrison Visitor Ctr. and the Civil War Visitor Ctr. at Tredegar Iron Works. 3215 East Broad St. -- Richmond, VA 23223 (804) 226-1981</td>
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<tr>
<td>Shenandoah National Park</td>
<td>Most facilities and services in the park are accessible or accessible with assistance. Detailed information is provided on the park website. Limber-lost Trail is the park’s first wheelchair accessible trail and very popular for parents with strollers and anyone looking for a special experience and leisurely stroll rather than a hike. 3655 US Highway 211 East -- Luray, VA 22835 (540) 999-3500</td>
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<tr>
<td>Wolftrap National Park for the Performing Arts</td>
<td>Accessible parking areas are available for shows at the Filene Center and the Children’s Theatre-in-the-Woods, call (703) 255-1820. Hearing loops and wheelchairs are available for Filene Center shows. Ask any ranger or usher for assistance. 1551 Trap Rd. -- Vienna, VA 22182 (703) 255-1800</td>
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