



Life is best enjoyed when time periods are evenly divided between labor, sleep, and recreation...all people should spend one-third of their time in recreation which is rebuilding, voluntary activity, never idleness.
Brigham Young



A Recreation and Leisure Guide for Youth and Young Adults with Disabilities in Pennsylvania



Leisure, Recreation, and Sports activities are essential elements of a well-rounded life. This philosophy is also important for people with disabilities of all ages. In addition to the physical and mental health benefits of engagement in recreation and leisure activities, the ability to meet new people based upon a similar interest can expand an individual's potential support system can be extremely helpful throughout the person's life. The following guide provides resource information to assist youth and young adults in exploring and participating in recreation and leisure activities throughout Pennsylvania.





Pennsylvania
Community on Transition Conference

Breaking Boundaries - Achieving Goals

A Recreation and Leisure Guide for Youth and Young Adults with Disabilities in Pennsylvania

CALL 1-800-986-4550



Pennsylvania Recreation & Leisure Line for Individuals with Disabilities

Pennsylvania Recreation & Leisure Line for Individuals with Disabilities provides information to local and statewide activities for children and adults with specific access or assistance requirements including wheelchair accessibility, hearing and vision accommodations, and speech and behavioral considerations.

Information and Referral Specialists have information on accessibility features for a wide range of activities including:

- Athletic programs
- Parks and recreation areas
- Camps and retreats
- Hobby and craft instruction
- Theaters and museums
- Cultural enrichment activities
- Sporting events
- Travel opportunities



Family Village – Leisure and Recreation Resources

<http://www.familyvillage.wisc.edu/recreat.htm>

The Family Village website provides a vast array of information, resources, and communication opportunities for persons with cognitive and other disabilities, their families, and for those that provide them services and support. The section on leisure and recreation resources is divided into subsections that include information on: air travel, visual media, sports, cooking and nutrition, theatre, reading, etc.



National Arts and Disability Center

<http://nadc.ucla.edu/about.cfm>

The mission of the National Arts & Disability Center (NADC) is to promote the full inclusion of audiences and artists with disabilities into all facets of the arts community. Under the administration of the NADC and in collaboration with the National Endowment for the Arts and VSA arts, 26 state arts agencies and their partners conducted statewide activities to advance the employment of artists and administrators with disabilities. The Forums seek to provide artists with disabilities the opportunity to network with other artists and potential arts employers.

Hobby & Collecting Clubs

Many individuals across our country and around the world are engaged in hobbies and collecting as a recreation and leisure activity. In addition to the enjoyment individuals receive from these activities, socializing and making friends can be one of the most rewarding facets of collecting.

There are a variety of collecting and hobby clubs available in Pennsylvania and nationally. . There are groups for collectors of all types of glassware, porcelain, toys and tools. Just about every category imaginable has a club or association. The following links provide information regarding these organizations and a few examples of hobby and collecting organizations.



Association of Collecting Clubs and the National Association of Collectors

<http://www.collectors.org/>



Join A Club.org

<http://joinclub.org/Intro/Intro.asp>



Button Collector's Website

<http://www.buttonsinthetime.com>

Buttons in Time is a website for the button collector and historian. Here you will find buttons for sale, information about the hobby and about specific categories of buttons



The Gardening Club of America

<http://www2.gcamerica.org>

The purpose of The Garden Club of America is to stimulate the knowledge and love of gardening, to share the advantages of association by means of educational meetings, conferences, correspondence and publications, and to restore, improve, and protect the quality of the environment through educational programs and action in the fields of conservation and civic improvement.



I Heart Cooking Clubs

<http://iheartcookingclubs.blogspot.com/>

This is a stress-free cooking club with a revolving roster of chefs. This site provides links to recipes and a blog spot to interact with other foodies.



Photo.net

Photo.net is a site for photographers to connect with other photographers, explore photo galleries, discuss photography, share and critique photos, and learn about photography. The site began in 1993 as Philip Greenspun's personal home page at MIT and has grown to become a community of photographers that includes more than 800,000 registered users working to help each other improve.



Scrapbooking.com

<http://scrapbooking.com>

The #1 Free Scrapbooking Online Magazine in the World. Printable 10 years of free archived scrapbooking articles, projects and artist layouts. This site contains everything you need to get you started on this great hobby.

Sports and Physical Activities



Disabled Sports USA

<http://www.dsusa.org>

The mission of Disabled Sports USA is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs.



The National Center on Physical Activity and Disability

<http://www.ncpad.org>

The mission of the National Center on Physical Activity and Disability (NCPAD) is to promote substantial health benefits that can be gained from participating in regular physical activity. The slogan of NCPAD is Exercise is for EVERY body, and every person can gain some health benefit from being more physically active. This website provides information and resources that can enable people with disabilities to become as physically active as they choose to be.



HOPE Network

<http://www.hoopsclassic.org/hopenetwork/>

HOPE Network is a non-profit organization supported through community fundraising activities, private donations, and grants. HOPE Network is comprised of special services and programs including Healthsports, Research and Education.

Healthsports offers sports, fitness, and recreation opportunities for persons with disabilities to be active in life. Pediatric and adult populations are served in a manner that integrates the able-bodied family and friends into the activity. Programs are held throughout the western Pennsylvania area thereby easing access to the event for the numerous participants while also promoting community education regarding abilities of the participants.

Some of the activities include:

- aerobics
- basketball(wheelchair)
- cycling
- fishing
- fitness & conditioning
- golf
- musical theater arts
- quad rugby
- self defense
- snow skiing
- track (racing)
- water skiing

Educational programs are offered to the general community for enhancing knowledge of life with a physical disability, for prevention of traumatic injuries, and/or for motivational purposes. The various platforms focus on improving everyone's knowledge and lifestyle. Everyone is welcome!



Special Olympics Pennsylvania

<http://www.specialolympicspa.org/>

The mission of Special Olympics PA is to provide year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community. All training and competition opportunities are provided free of charge to the athletes and their families, enabling everyone to experience the benefits of Special Olympics that extend well beyond the playing field.



Three Rivers Adaptive Sports

<http://www.traspa.org>

Three Rivers Adaptive Sports (TRAS) stands by the idea "If I can do this, I can do anything." Since our start in 1989 we have supported the belief that sports, recreation and physical fitness are an integral and important part of everyone's life



American Corn Hole Association

<http://www.playcornhole.org/whatis.shtml>

Cornhole or Corn Toss is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21 points. A corn bag in the hole scores 3 points, while one on the platform scores 1 point.

There are many backyard games that people like to play at birthday parties, barbecues, family reunions, and other events where people get together and enjoy time with their friends and families. Traditionally, a lot of people played frisbee and horseshoes, as well as croquet and some other similar backyard games. However, the cornhole game is also popular in many areas of the country, and it has some benefits that the other games do not have. The largest of these benefits is the idea that almost anyone of any age can play the cornhole game and enjoy it. The rules are easy to follow and the game is not difficult, making it very popular with a lot of individuals.



Pennsylvania Parks and Recreation

<http://www.dcnr.state.pa.us/stateparks/recreation/index.aspx>

Pennsylvania State Parks are packed with fun year-round! Our State Parks offer a variety of activities for persons of all ages. Trails abound for hiking, rollerblading, horseback riding, bicycling and mountain biking. Water fun includes swimming, scuba diving, whitewater boating, sailing, canoeing, and motor boating.



Like to picnic, hunt, fish, or camp? Do you prefer theaters, natural areas, or wildlife watching? Or do you like winter fun such as ice skating, sledding, snowmobiling, downhill or cross-country skiing? There is something for everyone in Pennsylvania's Parks! And the good news is, Pennsylvania has a longstanding commitment to the [ADA accessibility](#) of its parks.



Fishing in Pennsylvania

Whether you're new to fishing or have been fishing since you were very young, you're sure to find just the right spot in Pennsylvania's waters. There are more than 85,000 miles of streams and rivers, along with 4,000 inland lakes and ponds covering 160,000 acres, plus 470,000 acres of Lake Erie. What does this mean to you? There's plenty of good fishing nearby!

Pennsylvania is home to many popular game fish, including trout, bass, musky, walleye, steelhead, panfish and many more! Trout streams, ice fishing, water trails -- it's easy to find and explore fishing opportunities. The Pennsylvania Fish & Boat Commission has also designated lakes and water areas that have fishing piers or other accommodations to provide angling opportunities for persons with disabilities. Learn more about fishing in Pennsylvania by visiting the webpage of the Pennsylvania Fish & Boar Commission at <http://fishandboat.com/>.



Golf Sites

<http://www.golfdigest.com/golf-instruction/golf-beginners-tips-section>
<http://www-golf.us/golf-clubs-for-teenagers>



Yoga Sites

<http://www.yogaforbeginners.com/>
http://kidshealth.org/teen/food_fitness/exercise/yoga.html

Social Activities



Facebook

<http://www.facebook.com>

Millions of people use Facebook everyday to keep up with friends, upload an unlimited number of photos, share links and videos, and learn more about the people they meet.



Geocaching

<http://www.geocaching.com>

Geocaching is a real-world outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enabled devices and then share their experiences online

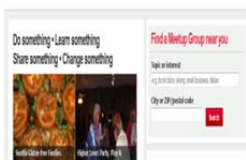


Meet up.com

www.meetup.com

Do something • Learn something • Share something • Change something

If the words above appeal to you, you may be interested in learning more about a networking site called Meetup.com. Meetup helps groups of people with shared interests plan meetings and form offline clubs in local communities around the world. Whether you are interested in chess, rock music, sci-fi movies, jogging, photography, or anything else, you can use this website to help you find others who share your interests. The website can help you to **find** a Meetup Group or **start** a Meetup Group near you.



Volunteering



Philadelphia Cares

<http://www.philacares.com/index.html>

Greater Philadelphia Cares supports the creation of vibrant communities by motivating people to volunteer their time, talents, and resources. We provide a clear path to service for all, enhancing the impact of non-profit agencies throughout the Greater Philadelphia region.



Pittsburgh Cares

<http://www.pittsburghcares.org/>

Pittsburgh Cares, an affiliate of the Hands-On Network and Points of Light Institute, strives to offer a flexible approach to volunteering by partnering with nonprofit agencies and offering service opportunities to people of all ages. We work to provide volunteers with a high-quality experience that fuels further action, and we envision a day when everyone is inspired and equipped to be the change they wish to see in the world.



Points of Light Institute

<http://www.pointsoflight.org>

The volunteer-focused arm of Points of Light Institute, is the largest volunteer network in the nation and includes more than 250 Hands-On Action Centers in 16 countries. Hands-On includes a powerful network of more than 70,000 corporate, faith and nonprofit organizations that are answering the call to serve and creating meaningful change in their communities.



Volunteer Match

<http://www.volunteermatch.org/>

Bringing good people and good causes together is what we do. Volunteer Match offers resources to get you started and keep you going. They help you find a cause that needs your help, because it's good to be beautiful.

Clubs and Organizations



4-H Clubs

<http://www.4-h.org/>; or <http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>

Click on GET INVOLVED, then click on Find 4-H.

4-H is a national youth organization that empowers young people to reach their full potential and prepares them to step up to the challenges in their community and the world. 4-H reaches every corner of our nation, from urban neighborhoods to rural farming communities.

Young people who are a part of 4-H have the opportunity to explore all types of science, health, and citizenship programming. Using research-based programming around positive youth development, 4-H youth get the hands-on real world experience they need to become leaders. These opportunities are delivered through 4-H clubs and camps, as well as in-school and after-school, and through adult mentorships .

4-H Mission - *4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.*

4-H Vision - *A world in which youth and adults learn, grow and work together as catalysts for positive change.*



Exercise and Fitness Clubs

www.fitness.com/find_gym/state-PA

<http://www.wellness.com/find/health-club/pa>

Good health and fitness regimens are important to people of all ages, genders, disability status, or family status. Not everyone needs or enjoys the same type of workout or facilities. However, there are many of types of fitness clubs to choose from.

Some health and fitness centers offer many types of exercise--yoga, weight lifting, exercise machines, swimming, basketball, and others. Others are more specialized:

Sports and Racquetball Clubs

If you're a competitive fitness enthusiast, you may want to try a health club that concentrates on organized sports and team activities. Some fitness clubs offer sports such as racquetball, tennis, squash and Wallyball in on-site courts, as well as track and field training. You may have the opportunity to join a team, club or compete in tournaments and marathons. Clinics and lessons often are included with membership and provided by professional instructors.

Fitness Centers for Females

Some young women feel self-conscious in workout clothes or need more gender-specific equipment and exercise routines. Working out with members of the opposite sex sometimes can hinder their progress. Those who prefer a "female-only" atmosphere can choose from facilities that offer dietary support and exercise programs designed specifically for women in an all-female environment.

Youth Memberships and Classes

Many fitness clubs offer youth and family memberships. Youth of all ages can participate in swimming, aerobics and exercise classes, or participate in group activities such as tennis or racquetball. Age requirements and membership details vary from club to club.

Before selecting a fitness center or an exercise program, be sure to consult with your physician, particularly if you have a disability. The following websites can help you to find out about fitness opportunities and resources near you:



Book Clubs

<http://www.book-clubs-resource.com/>

A book club, also called a reading group, is a collection of readers who participate in the regular discussion of books. Traditionally, a book club consists of several members who meet in person each month to talk about a specific work.

However, the advent of web forums and email has made it possible for book clubs to exist online. While both traditional and online book clubs offer readers the opportunity to participate in spirited discussions, each type has its own set of advantages.

Traditional book clubs offer the benefit of having all members in the same room, which makes for a much more personal experience. Since most traditional book clubs are small in size, each member typically has more control over what books are selected to read (often members will vote on a list of suggested titles that have been submitted or take turns selecting). However, it is often difficult to organize and maintain a book club that meets regularly.

Challenges may include recruiting quality members and establishing a regular meeting time and place --especially if members have busy schedules. Smaller book clubs may also limit the diversity of views and perspectives that enter into the discussion.

Online book clubs offer several advantages over the traditional reading group model. Due to the vastness of the web and the variety of book clubs available, readers who turn to the Internet to find a book club enjoy a much wider selection of clubs, including many dedicated to a specialized interest or genre. In addition, online book clubs can be more convenient, as many of them are available at any time of day. Of course, there are also disadvantages associated with online book clubs. For instance, the intimacy of a personal discussion is lost, along with the social interaction that is often a part of the traditional book club experience.

Whether you're looking to start your own book club, find a book club, participate in one online, or just learn more about what a book club is.



The Next Chapter Book Club

<http://www.nextchapterbookclub.org>

The Next Chapter Book Club is committed to providing adolescents and adults with intellectual disabilities literacy and social interaction experiences that encourage friendship and lifelong learning within a community-based setting.

The NCBC model promotes social connectedness, literacy learning, and community inclusion. The premise is simple. A group of 5 to 8 people with intellectual disabilities and a wide range of reading skills gather with two trained volunteer facilitators in a local bookstore or café to read aloud and discuss a book for one hour a week. Much like members of any other book club, NCBC members choose the book they want to read and how they would like to structure their club. Members are learning and making friends and having a lot of fun doing it.