



2025 RECREATION AND LEISURE DIRECTORY



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**Doug Flutie Jr.
Foundation for Autism**

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*Building a world where people with autism lead productive lives where they are
included, respected, and actively engaged in their communities.*

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THE RECREATION & LEISURE SERVICES DIRECTORY

2025

The Recreation & Leisure Services Directory is a resource for individuals with disabilities and their families. This directory is intended to assist users in finding physical, social and creative opportunities to enrich one's life.

Programs included in this directory are well known in the Western New York community but have not been personally verified as to their cost and quality. It is best to call the program with any specific questions.

Enjoy your adventures. Play, laugh and dance once a day.

Recreationally,

Kimberly Kadziolka
Parent Network of Western New York

To order more copies of the directory please call (716) 332-4170

For a downloadable version of the directory visit
www.parentnetworkwny.org

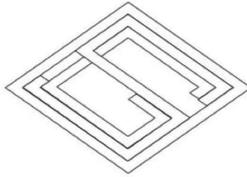
Supporting families and professionals to empower individuals with disabilities to reach their full potential.

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The Singelyn Group
for your donation of water and healthy
snacks for all children!



THE SINGELYN GROUP



TSG MANAGEMENT GROUP INC.

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<i>262 GRIDER ST</i>	<i>BUFFALO</i>
<i>1830 GENESSEE ST</i>	<i>BUFFALO</i>
<i>4987 TRANSIT ROAD</i>	<i>WILLIAMSVILLE</i>
<i>4993 TRANSIT ROAD & RTE 78</i>	<i>DEPEW</i>
<i>5150 SHERIDAN DR</i>	<i>WILLIAMSVILLE</i>
<i>5316 MAIN ST</i>	<i>WILLIAMSVILLE</i>
<i>6035 S PARK AVE</i>	<i>HAMBURG</i>
<i>6890 ERIE RD</i>	<i>DERBY</i>
<i>5087 CAMP RD</i>	<i>HAMBURG</i>
<i>12976 MAIN ST</i>	<i>AKRON</i>
<i>12755 BROADWAY</i>	<i>ALDEN</i>
<i>2156 NIAGARA ST</i>	<i>BUFFALO</i>
<i>453 WILLIAMS ST</i>	<i>BUFFALO</i>
<i>241 W FERRY ST</i>	<i>BUFFALO</i>
<i>390 NIAGARA ST</i>	<i>BUFFALO</i>

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**Everyone relies on someone
who relies on child care.**



Call Child Care Resource Network for
your child care needs at 716-877-6666

wnychildren.org

@WNYChildren

ART PROGRAMS

Arts for Learning WNY

Email: info@artsforlearningwny.org

Phone: (716) 881-0917

Address: 1 Lafayette Square, 2nd Floor, Buffalo 14203

Ages: all ages

Cost: varies

Dates: Monday through Friday

Time: 9 am to 5 pm

Activities: Arts for Learning WNY's mission is to inspire, expand learning, and strengthen our community through engagement with the arts. Offers workshops, residencies and assembly performances.

Website: www.artsforlearningwny.org

Intandem - Fine Arts Program

Email: info@intandem.org

Phone: (716) 375-4747

Address: 1439 Buffalo Street, Olean 14760

Ages: adults

Criteria: Available to people with developmental or intellectual disabilities in Niagara and Cattaraugus Counties.

Activities: Our day-habitation locations in Niagara and Cattaraugus Counties offer daily classes and activities in music, movement, theatre, painting, fiber arts, printmaking, mixed media, collage, jewelry making, papier-mâché, and so much more. Grants provide opportunities to explore different mediums such as ceramics, glass fusing, and mural making. This aid also allows us to welcome guest performers and teaching artists to our spaces, all the while supporting our efforts to expand the availability of the arts, and arts engagement, in the communities where we live and work.

Wheelchair Accessible: Yes

Website: <https://www.intandem.org/programs-support/fine-arts-program/>

Museums for All

Free or reduced admission for those receiving food assistance and presenting an EBT card and photo ID. Search website for participating locations.

Website: www.museums4all.org

FAMILY ACTIVITIES

Animal Adventures

Aquarium of Niagara Falls

Email: info@aquariumofniagara.org

Phone: (716) 285-3575

Address: 701 Whirlpool St., Niagara Falls 14301

Ages: All ages

Cost: Adults \$25, seniors 60+ \$23, children ages 3-12 \$18, infants free

Dates: Year round.

Time: Monday - Thursday 9 am - 3 pm; Friday through Sunday 9 am to 5 pm.

Activities: With our community and partners, we celebrate our natural wonders and inspire people to make a difference for aquatic life.

**Au-some Aquarium

Email: education@aquariumofniagara.org

Phone: (716) 285-3575 Ext 20

Cost: free, registration required

Ages: all ages **Cost:** free, registration required

Dates: Check website for more details; **Time:** 6 - 8 pm

Activities: Sensory friendly environment where families with children on the autism spectrum can meet. Touch tank, art activities, info and gluten free snacks are provided.

Wheelchair Accessible: yes

Website: aquariumofniagara.org

Bird Kingdom

Email: info@birdkingdom.ca

Phone: (905) 356-8888 or (866) 994-0090

Address: 5651 River Road, Niagara Falls L2D 7M7

Ages: all ages **Cost:** \$19.95 per adult, from 13.95 per child (Canadian dollars)

Dates: all year round **Time:** 9:30 am to 5:00 pm (last admission is 4:00 pm)

Activities: Bird Kingdom is the World's Largest Free-Flying Indoor Aviary. Discover hundreds of tropical birds as you explore the pathways throughout the multi-level rainforest. Meet friendly parrots and exotic animals at Bird Kingdom's Animal Encounters.

Wheelchair Accessible: Yes

Website: <https://www.birdkingdom.ca/>

Buffalo Zoo

Phone: (716) 837-3900

Address: 300 Parkside Ave., Buffalo 14214

Ages: all ages

Cost: \$21.95 13-64; \$15.95 2-12; seniors 65+ \$18.95; under 2 years free.

Dates: year round

Time: 10-4 daily (Grounds close at 5pm)

Activities: Social story and sensory bag available on request. Must provide license to borrow sensory bag.

Wheelchair Accessible: Yes

Website: buffalozoo.org

Butterfly Conservatory

Address: 2565 Niagara Parkway, Niagara Falls, Ontario, Canada

Ages: All ages

Cost: Adult (13+ years) \$20; Child (3-12 years) \$13 and (2 & Under) free (Canadian dollars)

Dates: Sunday - Saturday

Time: 10 am to 5 pm, til 6 pm on Saturday

Activities: Make your way through 180 meters of meandering pathways surrounded by towering tropical plants and gorgeous blooms. This tropical oasis is yours to explore! You'll find feeding trays where butterflies gather for an up-close look, specially curated blooms that attract these fascinating creatures, and a picturesque waterfall creating a virtual rain forest atmosphere.

Website: <https://www.niagaraparks.com/visit/attractions/butterfly-conservatory/>

Hidden Valley Animal Adventure

Phone: (585) 535-4100

Address: 2887 Royce Road, Varysburg, NY 14167

Cost: \$21.95 13-64; \$15.95 2-12; seniors 65+ \$18.95; under 2 years free.

Dates: May 3, 2025 - October 13, 2025

Time: 10:30 am - 3:30 pm, weekends only May 3-May 26 and Labor Day through October 13

Activities: Bus guided tours, Self-drive tour, small animal walk-through

Website: www.hiddenvalleyadventure.com

Boating

Chautauqua Belle

Email: thechautauquabelle@gmail.com

Phone: (716) 269-2355

Address: Mayville Dock - 78 Water Street, Mayville 14757; Jamestown Dock - 14 Jones & Gifford Avenue, Jamestown NY 14701, Mayville 14757

Ages: all ages

Cost: \$32.50 adults; \$10 age 3-12; 2 and under free

Dates: Seasonal

Activities: Join us for a round-trip experiential boat ride touring the Chadakoin River and South end of Chautauqua Lake, regaling you with tales from the late 1800's.

Wheelchair Accessible: yes

Website: 269belle.com **Gardens**

Buffalo Botanical Gardens - Erie County

Email: info@buffalogardens.com

Phone: (716) 827-1584

Address: 2655 South Park Avenue, Lackawanna 14218

Ages: all ages

Cost: \$18 Adults, \$16 Seniors (62+) and students (13+), students and children 3-12 \$9.50, Kids 2 and under free

Dates: Year round, Sunday-Saturday, closed on holidays

Time: 10 am - 4pm

Activities: The Buffalo Botanical Gardens is a premier cultural destination that engages visitors through a distinct and unique plant collection.

Wheelchair Accessible: Yes

Website: www.buffalogardens.com

Gym

Family Gym Night

Email: recreation@villageoflewiston.net

Phone: (716) 754-1990

Address: 145 N. 4th Street (Onondaga St. entrance), Lewiston 14092

Ages: Families with children 8th grade and younger **Cost:** Free

Criteria: Time slots available in 45 minute increments. Registration required.

Activities: A space where children and their parents have time and room to interact with one another. It is appropriate for children with varying levels of disabilities but parents are expected to stay with their child.

Website: villageoflewiston.net

Movies

AMC Theaters

Phone: (716) 833-9545

Address: AMC Maple Ridge 8, 4276 Maple Road, Suite C, Amherst 14226

Cost: Normal ticket pricing

Dates: 2nd and 4th Saturday (families) and Wednesday evenings for mature audiences.

Time: check website for viewing times

Wheelchair Accessible: Yes

Website: www.amctheaters.com/programs/sensory-friendly-films

Sensory Friendly Films at FLIX 10

Email: larry@dipsontheatres.com

Phone: (716) 668-1888

Address: 4901 Transit Rd., Depew 14043

Cost: \$11 for both children and adults

Dates: First Saturday of each month

Activities: The lights will be left on and the sound will be turned down. A raffle will be held at each screening.

Wheelchair Accessible: Yes

Website: <https://flix10.dipsontheatres.com/content/Sensory+Friendly+Family+Film+Series>

Museums

Arcade & Attica Railroad

Email: arcadeandatticarr@yahoo.com

Phone: (585) 492-3100

Address: 278 Main Street, Arcade 14009

Dates: Regular excursions run every weekend from Memorial Day weekend until the last full weekend of December. The month of October is Fall foliage month and an extended schedule is available.

Activities: Offering seasonal passenger excursions by one of their two World War II era diesel electric locomotives.

Wheelchair Accessible: Yes

Website: www.aarailroad.com

Buffalo & Erie County Naval & Military Park

Contact: Paul Marzello, Sr.

Email: info@buffalonaivalpark.org **Phone:** (716) 847-1773

Address: One Naval Park Cove, Buffalo 14202

Cost: Adult \$23.00, Youth \$15.00, Senior \$18.00, Veterans \$16.00. Age 4 and under FREE.

Dates: Late March through End of November

Time: 10 am - 5 pm March - September, 10 am - 4 pm October -November

Criteria: When touring most areas of the ships, visitors should expect to traverse narrow passageways, be able to step over significantly raised thresholds, and climb up and down very steep ladders.

Activities: A top family destination in Western New York, located on the waterfront in downtown Buffalo. The military park is the largest inland naval park in the country.

Wheelchair Accessible: No

Website: www.buffalonaivalpark.org

Buffalo Fire Historical Society

Email: bfhsmuseum@verizon.net **Phone:** (716) 892-8400

Address: 1850 William Street, Buffalo 14206

Ages: all ages **Cost:** free

Dates: Saturdays by appointment **Time:** 10 am - 4 pm

Activities: The society's mission is to collect, preserve, exhibit and provide access to information and artifacts relating to the firefighting profession in general, fire safety and fire prevention; and to teach the public about these subjects.

Wheelchair Accessible: Yes

Website: www.bfhsmuseum.com

Buffalo History Museum

Contact: Kelsey Reed

Email: kreed@buffalohistory.org **Phone:** (716) 873-9644

Address: 1 Museum Court, Buffalo 14216 **Ages:** all ages

Cost: The Museum is offering Pay What You Wish admission, recommended admission is \$12 per person. Library appointments are \$15 and free for members. Admission FREE on M&T Third Fridays. **Time:** Wednesday - Saturday 10 am - 5 pm, Sunday 12 - 5pm

Activities: Major collections include the Holland Land Company, President Millard Fillmore, Seneca Indians, Buffalo Bills, the Pan-American Exposition, the Larkin Company, and more.

Wheelchair Accessible: Yes

Website: www.buffalohistory.org

Buffalo Museum of Science

Contact: Marisa Wigglesworth

Phone: (716) 896-5200

Address: 1020 Humboldt Parkway, Buffalo 14211

Ages: all ages

Cost: Adults \$19, Seniors 62+ \$17, Students & Military w. ID \$16, Children 2-17 \$17, Members and Children under 2 free

Dates: all year round

Time: Monday to Sunday 10 am-4 pm; Weds 10 am-9 pm

Activities: Since 2010, the BMS has been on an aggressive path to renovate all of the museum's permanent exhibit experiences, transforming its former diorama-based exhibits into eight highly interactive and immersive science studio exhibit spaces.

Wheelchair Accessible: Yes

Website: www.sciencebuff.org

Buffalo Niagara Heritage Village

Email: guestservices@bnhv.org

Phone: (716) 689-1440

Address: 3755 Tonawanda Creek Road, West Amherst 14228

Ages: all ages

Dates: May through September. Check website for special events.

Activities: Our mission is to preserve, interpret, and exhibit the agricultural history and rural heritage of the Buffalo Niagara region.

Website: www.bnhv.org/bnhv-events

Chautauqua Institution

Email: ticketoffice@chq.org

Phone: 1-800-836-ARTS (2787)

Address: One Ames Avenue, Chautauqua 14722

Dates: seasonal

Time: Welcome Center - Tuesday-Friday 10:00 am - 4:00 pm

Activities: Chautauqua is dedicated to the exploration of the best in human values and the enrichment of life through a program that explores the important religious, social and political issues of our times; stimulates provocative, thoughtful involvement of individuals and families in creative response to such issues; and promotes excellence and creativity in the appreciation, performance and teaching of the arts.

Wheelchair Accessible: yes

Website: chq.org

Darwin R. Barker Historical Museum

Contact: Sara Hart

Phone: (716) 672-2114

Address: 7 Day Street, Fredonia 14063

Ages: all ages

Dates/Time: Tuesdays 4-8 pm, Fridays and Saturdays 1-5 pm

Activities: The Barker Historical Museum is located in the heart of Fredonia, New York. The Museum includes an archive, two research libraries, and rotating exhibitions.

Website: www.barkermuseum.org

Dunkirk Historical Museum

Email: contact@dunkirkhistoricalmuseum.org

Phone: (716) 366-3797

Address: 513 Washington Avenue, Dunkirk 14048

Ages: all

Dates: Monday, Wednesday and Friday **Time:** 9 am - 12 pm

Activities: Provides arts programs to its diverse cultural and ethnic community, including artistic expressions focusing on storytelling, quilting, painting, photography, puppetry, pottery, dancing and music, all of these seeking to improve the communication .

Website: www.dunkirkhistoricalmuseum.org

Explore & More Children's Museum

Phone: (716) 655-5131 **Address:** 130 Main Street, Buffalo 14202

Ages: birth to 12 years **Cost:** ages 1 & up \$15, under 1 FREE

Dates: Open Play Wednesday -Sunday **Time:** 10 am to 4 pm

Activities: Through three-floors of educational play zones, this community-focused museum is the only children's museum FOR and ABOUT Western New York, paying homage to the very attributes that make us so proud to be from this unique region.

Website: www.exploreandmore.org

***Au-Some Evenings at Explore & More Museum**

Email: accessibility@exploreandmore.org **Ages:** all ages **Cost:** Free

Dates: 2nd Friday of month **Time:** 5:30 - 7:30 **Criteria:** Registration req.

Activities: In addition to a fun night of play with access to the museum space and exhibits, we have special programming for families! The evening features themed Art Studio projects, sensory exploration in our Tinkering Tank, therapy animals from the SPCA and student volunteers from SUNY Buffalo State's Exceptional Education program.

Website: <https://exploreandmore.org/education/au-some-evenings/#register-now>

Wheelchair Accessible: Yes

Genesee Country Village & Museum

Contact: Elizabeth A. Wehle **Email:** info@gcv.org

Phone: (585) 538-6822

Address: 1410 Flint Hill Road, Mumford 14511

Cost: Adults \$11, Youth (3-12) - \$8 and children under 3 are free. Also part of the Museums for All.

Dates: Winter weekends January 11 - March 16. May1 - August 31 -

Wednesday through Sundays. September 11-November 13 Friday - Sunday

Time: 11 am to 3 pm Winter; May 1 - August 31 10 am to 4 pm. September 11 - October 12 10 am - 4 pm. October 17-November 14 11 am to 3 pm.

Activities: The mission is to inspire excitement and curiosity about the past and an appreciation for its relevance today. Visitors experience how life in small towns has changed over time through engaging and enjoyable encounters.

Wheelchair access, ASL interpretation, audio tour, a sensory guide and braille menus are available. A trolley is available many weekends and guest transport can be provided if requested.

Wheelchair Accessible: yes

Website: www.gcv.org

Herschel Carousel Factory Museum

Email: info@carrouselmuseum.org **Phone:** (716) 693-1885

Address: 180 Thompson Street, North Tonawanda 14120 **Ages:** all ages

Cost: Adult \$12, Students \$9, Seniors \$9, Children 2-16 \$6 and under 2 are free.

Dates: April 5, 2025 - December 30, 2025.

Time: Wednesdays - Sundays 10am - 4pm

Activities: A premier national historic site and community resource for providing family recreation and learning that fosters an appreciation for the unique heritage of the carousel and related industries in the Niagara Region. Admission includes two ride tokens.

Website: www.carrouselmuseum.org

Jell-O Gallery Museum

Email: jellohistory@gmail.com **Phone:** (585) 768-7433

Address: 23 E. Main Street, Le Roy 14482

Ages: all ages **Cost:** Adults \$6, Children age 6-11 \$1.50, Age 5 and under FREE

Dates: May - December

Time: Thursdays - Saturdays 10 am - 4 pm, Sunday 1 - 4 pm

Activities: Follow the JELL-O brick road to the JELL-O Gallery and see where it all began! JELL-O was invented here in Genesee County in 1897 and this museum is dedicated to all things JELL-O, including the history and marketing of "America's Most Famous Dessert."

Website: jellogallery.org

Maid of the Mist

Phone: (716) 284-8897

Address: 1 Prospect St., Niagara Falls 14303

Cost: \$30.25 adults; \$19.75 age 6-12; age 5 and under free with paid adult

Dates: Season starts May 18, 2025

Time: Check website for details

Activities: A Maid of the Mist boat tour is perfect for groups of all sizes.

Wheelchair Accessible: Yes

Website: maidofthemist.com

Medina Railroad Museum

Contact: Janien Klotzbach

Email: medinarailroad@gmail.com

Phone: (585) 798-6106 for tickets: (716) 948-0505

Address: 530 West Avenue, Medina 14103

Cost: Adults \$9, Seniors \$8, Children under 18 \$7, Under 2 are free

Dates: Wednesday through Sunday

Time: 10 am - 5 pm

Activities: Your Train Ticket also allows entry into our huge Train Museum. Our museum is filled with railroad artifacts. It has one of the biggest model-train layouts in the country. Check website for special events.

Website: www.medinarailroad.com

Penn Dixie Fossil Park & Nature Reserve

Contact: Sarah Einhouse

Email: sepenndixie@gmail.com

Phone: (716) 627-4560

Address: 4050 North Street, Blasdell 14219

Cost: Adults \$17; Seniors (62+) \$16 students and military \$16, children 3-17 \$14, members and children under 3 are free.

Dates: Open weekends May - September; weekdays mid June - Labor Day

Time: 9:00 am to 4:30 pm

Activities: This classic geologic 54-acre site has been ranked the No.1 Fossil Park in the United States and provides opportunities to collect and keep all the fossils you find.

Wheelchair Accessible: Yes

Website: www.penndixie.org

Strong National Museum of Play

Email: info@museumofplay.org

Phone: (585) 263-2700 **Address:** One Manhattan Square, Rochester 14607

Cost: Basic admissions for adults and children 2-15 \$25. Friday evenings are 1/2 price. Butterfly Garden and Skyline are add-ons to the basic admission.

Dates: Open daily **Time:** 10am - 5pm, open til 8 pm in Friday and Saturdays

Activities: The Strong is a highly interactive, collections-based educational institution devoted to the study and exploration of play. The Strong explores play in order to encourage learning, creativity, and discovery and to illuminate the American experience in particular and human experience in general.

Wheelchair Accessible: Yes

Website: www.museumofplay.org

Theater

Alleyway Theatre

Email: email@alleyway.com

Phone: (716) 852-2600

Address: One Curtain Up Alley, Buffalo 14202

Cost: varies

Time: year round

Activities: A professional theatre company and collaborative incubator for bold, visceral new theatre. Education & development programs foster the talents of emergent artists from Western New York and beyond ... embracing fearlessness, theatricality, humanity, & authenticity.

Wheelchair Accessible: Yes

Website: alleyway.com

Buffalo State Performing Arts Center - Rockwell Hall

Email: rhpac@buffalostate.edu

Phone: (716) 878-3005

Address: 1300 Elmwood Avenue, Buffalo 14222

Activities: The arts are the heart of a community. The Performing Arts Center (PAC), with more than 180 events and 50,000 patrons a year, is proud of the contribution it makes to the cultural vitality of SUNY Buffalo State and Western New York.

Wheelchair Accessible: Yes

Website: www.buffalostatepac.org



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- Computer Technology
- Dance
- Sensory Room
- Living Classrooms (STEM)
- Archery
- Educational Programs

Children ages 8-17
can attend two
sessions in July
and August!



Irish Classical Theatre

Phone: (716) 853-4282

Address: 625 Main Street, Buffalo 14203

Ages: varies

Cost: Check website for current schedule

Activities: The Irish Classical Theatre Company is a performing arts theatre located in Buffalo, NY. It presents outstanding productions at The Andrews Theatre, Western New York's only true theatre-in-the-round. In this intimate setting, you're never more than 12 feet from the stage.

Wheelchair Accessible: Yes

Website: www.irishclassical.com

Musicalfare Theatre

Email: musicalfare@daemen.edu

Phone: (716) 839-8540

Address: 4380 Main St., Ste 123 (c/o Daemen College); Moving Fall of 2025 - Shea's 710 Theatre, Amherst 14226

Activities: MusicalFare Theatre is a not-for-profit professional musical theatre company dedicated to becoming a significant regional theatre with national prominence by developing and presenting world premiere musicals, re-imagined classic musicals and regional premieres.

Website: musicalfare.com

Shakespeare in the Park

Contact: Saul Elkin

Email: info@shakespeareindelawarepark.org

Phone: (716) 856-4533

Address: Delaware Park - 199 Lincoln Parkway, Buffalo 14222

Level seating by the sound stage on a first come first serve basis.

Cost: Free (Donations accepted)

Dates: Twelfth Night - June 19 - July 13, 2025; Richard III - July 24 - August 17, 2025.

Criteria: Come Celebrate Shakespeare in the Park's 50th Season in 2025!

Activities: Shakespeare in Delaware Park is a not-for-profit professional theatre company that provides free, high-quality public theatre to enrich, educate, and entertain diverse audiences through the works of William Shakespeare.

Wheelchair Accessible: No

Website: shakespeareindelawarepark.org

Shea's Performing Arts Center

Phone: (716) 847-1410

Address: 646 Main Street, Buffalo 14202

Activities: To restore and maintain Shea's Buffalo Theatre for present and future generations to enjoy as a working historic theatre providing a wide variety of live performing arts experiences for our patrons and innovative and effective educational experiences fostering an appreciation of live theatre by area youth.

Wheelchair Accessible: No

Website: www.sheas.org

Theatre of Youth Sensory Performance Series

Contact: Kayla

Email: admin@theatreofyouth.org **Phone:** (716) 884-4400 x304

Address: 203 Allen Street, Buffalo 14201

Ages: all ages **Cost:** \$5

Dates/Times: Check website for events - Spring 2025 - Don't Let the Pidgeon Drive the Bus! The Musical! May 4th @ 10 am

Criteria: Noise muffling headsets and a calming space are available. **Activities:** Theatre of Youth (TOY) welcomes you to enjoy a performance in a sensory-friendly environment. Your children can sit where they are most comfortable and move around as they need, all while enjoying the magic of live theatre.

Wheelchair Accessible: Yes

Website: <https://theatreofyouth.org/sensory-friendly/>

Unique Theatre Company

Contact: Beth Geyer

Email: suzunique@gmail.com **Phone:** (716) 982-7755

Address: 545 Elmwood Avenue, Buffalo 14222

Ages: All ages depending on needs of the theatre **Dates:** Varies

Criteria: Unique Theatre Co. enlists local actors to work with people of all abilities. We provide experience with backstage work, playwriting, costume and set design as well as acting. Our shows are performed annually, and our classes are held throughout the year

Website: uniquetheatrecompany.com

MUSIC, DANCE & DRAMA

Arts

Art Park of Lewiston

Email: boxoffice@artpark.net

Phone: (716) 754-4375 box office/ (716) 754-9000 administration

Address: 450 South 4th Street, Lewiston 14092

Ages: all ages; **Cost:** varies **Dates:** Various throughout the year.

Time: Mon-Fri 10am-4pm, park/trails - dawn to dusk

Activities: Artpark & Company fosters a transformative world of artistic engagement that explores the human experience, cultivates creativity, and encourages curiosity. Our work is informed by a long tradition of discovery, an expectation of artistic excellence, and an awareness of the inspiration of singular natural splendor.

Wheelchair Accessible: Yes

Website: artpark.net

Dance

Danceability, Inc.

Email: danceabilitywny@gmail.com

Phone: (716) 651-0094

Address: 3859 George Urban Blvd., Suite 600, Cheektowaga 14225

Ages: 3+ **Cost:** Varies by program. Self Direction budget accepted.

Dates: September through May **Time:** 3-8 pm

Criteria: Willingness to move with music to promote physical, social, and emotional wellness. Dance & Movement classes, Full season fitness frenzy, 6-week caregiver & me and 6 week theater classes.

Activities: Danceability is an individualized dance, fitness and movement program serving the special needs community. Our studio is led by qualified staff and dedicated volunteers who create a nurturing environment that empowers our students to flourish and grow while promoting a healthy lifestyle and we have a little fun along the way.

Wheelchair Accessible: Yes

Website: www.danceabilityinc.org

Graceful & Gifted Dance Program

Email: timetodancestudiof@gmail.com

Phone: (716) 946-7909

Address: 2423 Hyde Park Blvd., Niagara Falls 14305

Ages: All ages **Dates:** Tuesdays **Time:** Various

Activities: Our vision is to create an inclusive and welcoming studio where everyone can access the magic of dance. Our dance program utilizes dance movement therapy. Classes are offered for ambulatory and non-ambulatory individuals.

Website: timetodancestudios.com/classes/graceful-gifted

Moving Miracles Dance Program (Division of Sasi)

Email: info@movingmiracles.org **Phone:** (716) 656-1321

Address: 954 Union Road Suite 1, West Seneca 14224

Ages: 16+ **Cost:** Cost varies by class; monthly payment options available.

Dates: Full time program begins in September and runs through May. Dates and times depend on your choice of program.

Criteria: We provide supervised, personalized exercise programs for teens and adults with special needs that are designed to be fun and effective, in a supportive environment.

Activities: The program curriculum targets resistance, endurance and cardio training resulting in distinct physical, cognitive, social & developmental benefits.

Wheelchair Accessible: Yes

Website: www.movingmiracles.org

Star Legacy Dance Class

Email: legacydance17@gmail.com

Phone: (716) 299-0146

Address: 7502 Porter Road, Niagara Falls 14301

Ages: Ages 5 and up

Cost: Sliding scale

Dates: September - May

Time: Monday - Friday 4:30 pm-8pm

Criteria: Children with intellectual disabilities

Activities: To help children express themselves through music and movement.

Website: legacydancewny.com

Music

BPO Kids for Exceptional Kids

Contact: rpudlewski@bpo.com

Email: rpudlewski@bpo.com

Phone: (716) 242-7822

Address: 3 Symphony Circle, Buffalo 14201

Ages: all ages

Cost: Check website for updated pricing

Dates: Check website for events

Activities: BPO Kids for Exceptional Kids works to make the BPO Kids family concerts more acceptable and comfortable for all children, specifically those with autism spectrum disorders.

Wheelchair Accessible: Yes

Website: bpo.org

Buffalo Niagara Music Therapy Services

Contact: Elyse Kochmanski

Email: ekochmanski@bnmusictherapy.com

Phone: (716) 243-2776

Address: 2211 Sheridan Drive, Suite 204, Town of Tonawanda 14223

Ages: All ages

Cost: Varies

Dates: By appointment - home/facility visits can be arranged.

Time: Various

Activities: Provides individual or group therapy and adaptive music lessons. They provide services in home and at their clinic location in Tonawanda

Website: www.bnmusictherapy.com

Community Music School of Buffalo

Contact: Paula Waara

Phone: (716) 884-4887 **Address:** 217 East Delevan Avenue, Buffalo 14208

Ages: All ages

Cost: Annual registration \$30; \$35/30 minute lesson; \$68/60 minute lesson. Financial aid is available. **Date/Time:** Mon-Fri 10 am - 8:30 pm

Criteria: Our board-certified music therapists offers the following individual adaptive lessons that are inclusive for all people with varying abilities for the following instruments: piano, voice, guitar, ukulele, electric bass, saxophone, and clarinet.

Activities: Individual and group classes and lessons in music, adult and teen classes, active ensembles and music therapy. Summer camps are also available.

Website: <https://communitymusicbuffalo.org/programs/individual-adaptive-lessons/>

Drum 4 Health

Contact: Carol Zimmerman

Email: carolyn@drum4health.net **Phone:** (716) 491-0031

Address: 190 Wabash Avenue, Kenmore 14217

Ages: Kids of all ages, 2 - 102+ **Cost:** Varies

Dates: By appointment

Activities: Recreational music making/drum circles via a variety of drums and percussion instruments.

Wheelchair Accessible: Yes

Website: www.drum4health.net

Theater

Inclusive Theater of WNY

Email: inclusivetheaterofwny@gmail.com

Phone: (716) 218-8129

Address: Buffalo

Ages: all ages

Criteria: ITOWNY depends on Volunteers in different aspects of the production and administration including ushering, backstage, marketing, directing, and fundraising.

Activities: Inclusive Theater of WNY (ITOWNY) is a performing and visual arts company, that is dedicated to advancing artists of all forms and levels of ability – including artists with disabilities – to encourage the change of socially constructed images and misconceptions that exist of people from diverse backgrounds and groups.

Wheelchair Accessible: Yes

Website: inclusivetheaterofwny.com

PARKS

Access Pass

Cost: \$10 for passes purchased online or via mail

Criteria: Available for: U.S. citizens or permanent residents of the United States who have been medically determined to have a permanent disability.(This need not be a 100 percent disability.)

Activities: The lifetime Access Pass provides a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services.

Website: <https://www.fws.gov/service/federal-recreation-passes>



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Reserve America

Phone: (518) 885-4282

Dates: year round

Activities: ReserveAmerica.com provides convenient access to all things outdoors. A leading destination for discovering, exploring, and booking campsites, cabins, yurts, and other rental options, the site guides millions of visitors in planning their outdoor adventures each year.

Website: www.reserveamerica.com

Nature Preserves

Audubon Community Nature Center

Contact: Leigh Rovegno

Email: info@auduboncnc.org

Phone: (716) 569-2345

Address: 1600 Riverside Road, Jamestown 14701

Ages: all ages

Cost: Adults \$6, children age 3-15 \$2, maximum cost for families \$15, members and children under 2 are free.

Dates: Year round

Time: Monday - Saturday 10-4:30pm, Sunday 1-4:30pm

Activities: The Audubon Community Nature Center is a 600-acre wetland preserve that includes over five miles of trails, a native tree arboretum, picnic areas, a natural play space, and educational gardens for you to explore daily from dawn until dusk.

Wheelchair Accessible: Yes

Website: www.auduboncnc.org

Buffalo Audubon Society & Beaver Meadow Audubon Center

Contact: Ed Sirianno

Email: ed@buffaloaudubon.org

Phone: (585) 457-3228

Address: 1610 Welch Road, North Java 14113

Ages: all ages

Dates: Tuesday-Saturday, closed on major holidays

Time: 10am-4pm

Activities: Beaver Meadow is a 324-acre nature preserve that features its namesake beaver meadow with glacial kettle ponds, wetlands, with a boardwalk trail, wooded uplands, meadows, a hawk watch, an arboretum, and eight miles of marked and groomed trails.

Wheelchair Accessible: Yes

Website: www.buffaloaudubon.org

Losson Trails

Phone: (716) 656-2220

Address: Stiglmeier Park, 810 Losson Road, Cheektowaga 14227

Activities: Stiglmeier Park is a 308 acre recreation facility in the Southeastern quarter of the town of Cheektowaga which hosts 15 nature trails, each with varying distances. There is a wooden boardwalk that is wheelchair accessible. Open to the public.

Wheelchair Accessible: Yes

Website: <https://tocny.org/documents/losson-nature-trails/>

Pfeiffer Nature Center Eshelman Property

Contact: Michael Cole

Email: naturalist@pfeiffernaturecenter.org

Phone: (716) 933-0187

Address: 1420 Yuba Dam Road, Portville 14770

Ages: all ages

Cost: free, donations welcomed

Dates: January through September

Time: dusk til dawn

Activities: 460 acres and has 3+ miles of trails through wetlands and secondary growth forest. Historically a small farm, this property has a variety of habitat, successional forest, wetlands, and mixed areas. Birders especially enjoy this property during migration

Website: www.pfeiffernaturecenter.org

Reinstein Woods Nature Preserve

Email: reinsteinwoods@dec.ny.gov

Phone: (716) 683-5959

Address: 93 Honorine Drive, Depew 14043

Ages: All ages

Cost: Free, donations welcome

Dates: Year Round. Trails open from sunrise to sunset.

Time: Education Center M-F 9am-4:30pm, Sat 1-4:30pm; Closed Sundays and state holidays.

Activities: Reinstein Woods is a 292-acre complex of forests, ponds and wetlands. We offer a variety of opportunities to explore and learn about nature for people of all ages and abilities. Free guided tours of the woods are available.

Wheelchair Accessible: Yes

Website: reinsteinwoods.org

Roger Tory Peterson Institute of Natural History

Contact: Twan Leenders

Email: info@rtpi.org

Phone: (716) 665-2473

Address: 311 Curtis Street, Jamestown 14701

Ages: all ages

Cost: Adults \$12, Seniors/Military/Students \$10

Dates: Wednesday - Saturday. By appointment on Mondays and Tuesdays.

Time: Wednesday-Saturday 10 am - 4 pm, Monday and Tuesday by apt.

Criteria: In 1984, the Roger Tory Peterson Institute of Natural History was founded in Peterson's hometown of Jamestown, New York, as an educational institution charged with preserving Peterson's lifetime body of work.

Activities: Home to the largest collection of Roger Tory Peterson's work, the Roger Tory Peterson Institute is a leader for the study, exhibition and nurturing of art that matters to the planet.

Website: www.rtpi.org

Tiff Nature Preserve

Email: tiffreservations@sciencebuff.org **Phone:** (716)825-6397

Address: 1200 Fuhrmann Boulevard, Buffalo 14203

Cost: No fee - donations appreciated. **Dates:** Trails open daily - dawn til dusk

Time: Visitor Center Wed-Sun 10am-4pm

Activities: Tiff Nature Preserve is a 264-acre nature refuge dedicated to conservation and environmental education. Guided walks, groups, and workshops.

Wheelchair Accessible: Yes

Website: tiff.org

State Parks

Allegany State Park

Contact: Erik Kulleseid

Phone: (716) 354-2182

Address: 2373 ASP, Route 1, Salamanca 14779

Ages: all ages

Cost: Vehicle fee \$7

Dates: Sunrise to Sunset

Activities: With more than 250 parks and historic sites in the New York State park system, there are more than 2,000 miles of trails just waiting to be explored. From easy walks on carriage roads to rugged backcountry treks, camping, fishing and more.

Wheelchair Accessible: Yes

Website: parks.ny.gov/parks

Iroquois National Wildlife Refuge

Email: iroquois@fws.gov

Phone: (585) 948-5445

Address: 1101 Casey Road, Basom 14013

Cost: free **Time:** sunrise to sunset

Criteria: To plan for your trip you should contact the refuge headquarters to gather pertinent information on the refuge and surrounding area.

Activities: Iroquois National Wildlife Refuge, located mid-way between Rochester and Buffalo, NY has been described as one of the best kept secrets of Western New York. Teeming with wildlife and wild lands the refuge offers opportunities for the public to experience. Activities include biking, cross country skiing, hunting, ranger-led programs, birding, fishing, ice fishing, show-shoeing, boating, hiking photography and more.

Website: www.fws.gov/refuge/iroquois

Lake Erie State Park

Email: lakeeriesp@parks.ny.gov **Phone:** (716) 792-9214

Address: 5838 Rt. 5, Brocton, NY 14716

Cost: Vehicle fee \$7

Dates: Trails open daily from dawn until dusk

Activities: High bluffs overlooking Lake Erie provide a breathtaking view for the visitor to Lake Erie State Park. Lake Erie features a shoreline covering over three quarters of a mile bordering the shallowest of the Great Lakes

Wheelchair Accessible: Yes

Website: <https://parks.ny.gov/parks/lakeerie>

Letchworth State Park

Phone: (585) 493-3600

Address: 1 Letchworth State Park, Castile 14427

Cost: \$10 per vehicle; All buses \$35

Dates: Trails open daily from dawn until dusk

Time: Daily hours 6am-11pm

Criteria: The A.N.T. provides a safe and inclusive area for individuals with autism or other related disabilities. The accessible mile long trail hosts eight different sensory stations for individuals and families of individuals to experience and explore nature.

Activities: Letchworth State Park, renowned as the "Grand Canyon of the East," is one of the most scenically magnificent areas in the eastern U.S. The Genesee River roars through the gorge over three major waterfalls between cliffs--as high as 600 feet in some places--surrounded by lush forests.

Wheelchair Accessible: Yes

Website: parks.ny.gov/parks

Vintage Rides

Olcott Beach Carousel Park

Address: 5979 Main Street, Olcott 14126

Ages: All ages

Cost: All rides \$0.25

Dates: July through Labor Day

Time: Saturday, Sunday 12- 6 pm through June, Friday through Sunday 12-6 pm through Labor Day

Criteria: Kiddie rides are for children up to 52 inches, no exceptions.

Activities: Vintage kiddie park with Magic Show at 2 pm onstage

Website: <https://olcottbeachcarouselpark.org/>

PEER SOCIAL EVENTS

Collaborative Community Mission

Email: collabcomm.mission@gmail.com

Time: Check website for more details.

Criteria: Check website for upcoming events

Activities: To foster relationships among a diverse community of caregivers and professionals that promote learning and child development through accessible programming, resources, and expertise. Activities such as social groups, yoga, music connection, and more! Check website for new monthly events.

Website: www.collaborativecommunitymission.org

Fantastic Friends of Western New York

Contact: Debbie Cordone

Email: fantasticfriendswny@gmail.com

Phone: (716) 608-6234

Address: 1284 French Rd., Depew 14043

Ages: 10+ **Cost:** Check Facebook for events

Activities: Fantastic Friends hosts a fun monthly events for our special needs members ages 10-teens and volunteer "buddies". Members are always paired with a 1:1 buddy at each event, who help them interact with other Fantastic Friends and participate in all events.

Website: www.fantasticfriendswny.org

Friends United of WNY

Contact: Mary

Email: friendsunited192@gmail.com **Phone:** (716) 421-9974

Address: PO Box 1154, West Seneca 14224

Ages: Adults

Criteria: Bowling and culinary classes, dances and more!

Activities: Friends United Together, Inc. (FUTI) was created to help people with disabilities receive training in daily living skills, to form friendships, develop social skills and to keep active and healthy through sports and social activities!

Website: futiwny.org

Sensational Fun

Email: info@sensationalfun.org

Phone: (716) 674-7001

Address: 2881 Southwestern Blvd., Unit 1, Orchard Park 14127

Ages: no age limits

Cost: Depends on program - from \$5 and up.

Dates: Tue, Thu 12-7; Wed, Fri, Sat 12-5; Sun 10:30-3.

Time: Check website for details by event

Criteria: Equipment has weight limits of 175-320 lbs.

Activities: We provide a family oriented play place where children with special needs can learn and interact with others, while still being themselves in a safe, engaging, and fun environment. Events include Gym classes, Disney Balls with Characters, respite and socials.

Wheelchair Accessible: Yes

Website: www.sensationalfun.org

PLAYGROUNDS

Indoor

Billy Beez

Phone: (716) 989-5012

Address: 1 Walden Galleria, Unit TH271, Buffalo 14225 **Ages:** All ages

Cost: Ages 1-17 \$22.95, Infant (0-11 mo) Free with paid child or \$13.95 Infant & Adult; Adult 1st \$4.95, Adult 2nd \$6.95, Senior (65+) Free with paid child

Dates: Monday - Thursday, 11 am to 6:30 pm; Friday 11-8 pm; Saturday 10-9 pm; Sunday 10-7 pm

Activities: Slides, Ballistics Arena, Sports courts, Mini Beez, Games, Tunnels & More

Website: <https://billybeezus.com/location/walden-galleria/>

Climb & Play Café

Email: climandplaybuffalo@usa.com

Phone: (716) 398-5649

Address: 3701 McKinley Parkway, McKinley Mall, Blasdell 14219

Cost: \$10 open play; \$25 monthly pass, \$59 3-month pass

Dates: Monday to Sunday

Time: Sunday - Thursday, 9 am - 5 pm; Friday & Saturday 9 am - 7 pm

Activities: Indoor maze and climbing play structure with ball pits, an area for little climbers and a cozy lounge with TVs. Video game zone for kids 8+

Website: <https://www.climbandplaybuffalo.com/>

Friendship Fortress

Email: friendshipfortresswny@gmail.com

Phone: (716) 276-8461

Address: 1590 Hopkins Road #199, Buffalo 14221

Ages: children up to 8 years old

Cost: \$15 / child and \$5 per adult

Dates: Monday - Thursday 9 am to 6 pm, Friday 9 am to 7:30 pm, Saturday 9 am to 7:30 pm, Sunday 9 am to 4:30 pm

Activities: Visit Friendship Fortress Play Cafe for a couple hours or a whole day of fun! At Friendship we have areas for Children up to 8 years old, where parents can enjoy a wonderful cup of coffee, treats, and lunch fare while they supervise their little ones. We have areas for all ages of development that are designed for independent or social play.

Website: www.wnyfriendshipfortress.com

Friendship Village Play Café

Address: 5450 Camp Road, Hamburg 14075

Cost: \$20 per child for open play, includes 1 adult; \$5 for each additional adult.

Dates: Monday-Thursday 10 am -\to 1 pm; Friday-Sunday 10 am to 3 pm.

Activities: We offer a variety of different services including Weekly Gymnastics classes for the little ones and all-day open play for all ages, whether they want to bounce around in our bounce houses, climb our indoor tree house, or play in our village shops.

Website: <https://www.friendshipvillageplay.com/>

FunCity Adventure Park

Email: funcitybuffalo@gmail.com **Phone:** (716) 288-7075

Address: 3781 Union Road, Cheektowaga 14225

Cost: 2 hours \$28.99/Toddler 2 hour \$21.99; All day General \$33.00/Toddlers \$24.99 Jump socks \$3.50

Dates: Sun-Thur, 12 pm to 9 pm; Friday 12 pm - 10 pm; Sat 10 am - 10:30 pm

Activities: Trampoline Courts, Dodge Ball, Arcade Machines, Bumper Ball, Basketball, Battle Beam, Ninja Course, Foam Pit, Climbing and Playground.

Website: <https://www.funcitybuffalo.com/>

Get Air

Phone: (716) 205-3794 **Address:** 3637 Union Road, Cheektowaga 14225

Cost: Big Jumpers - \$28.99 3 Hour Jump; \$25.99 2 Hour Jump; \$18.99 1 Hour Jump, \$21.99 3 Hour; Little Air (under 46 inches); \$22.99 3 Hours.\$19.99 2 Hour Little Air; \$12,99 1 Hour Little Air \$4 socks

Day/Time: Monday - Thursday, 10 am to 8 pm; Friday & Saturday 10 am to 10 pm; Sunday 8 am to 8 pm

Activities: Trampolines, dodgeball, ninja activities, kiddie court, foam pit, slamball, jackline, fidget ladder and massage chairs.

Website: <https://getairsports.com/buffalo/>

Little Buffalo

Email: littlebuffaloplay@gmail.com **Phone:** (716) 427-3668

Address: 633 Hertel Avenue, Buffalo 14207

Ages: Children 0-7 years of age.

Cost: Must reserve on website - \$15/1.5 hour of play or \$295 per month; Classes start at \$30, Camps \$295, Parties available to book.

Dates: Monday - Saturday, check website calendar for more information.

Activities: Boutique indoor playspace for kids. Gross motor playground, pretend and dramatic play, sensory play. Open Play Time, Play School Drop-Off Program (2.5-5 years); Summer camps and special events

Website: <https://www.littlebuffaloplay.com/>

Sweet Charlotte's Open Play

Email: sweetcharlottes@yahoo.com

Address: 10255 Main Street, Suite 9, Clarence 14031

Ages: children under 10

Cost: \$15 for first child. Discount for each additional child

Dates/Times: Thurs 10 - 11:30 am, Fri 10-11:30, 12-1:30 pm, and Sat 9:30 - 11 am.

Criteria: Reservations required.

Activities: A relaxed and safe environment where ALL children are welcome and encouraged to explore our space using their own imagination and creativity to play in a way that makes them happy. Crafts are also available for busy little hands.

Website: www.sweetcharlottes.org/play

Urban Air

Phone: (716) 568-7083

Address: 1 Walden Galleria, Buffalo 14225

Cost: \$14.99 under 5 with height requirements, \$27.99 Deluxe Ticket, \$36.49 Ultimate Ticket, Socks \$3.99

Criteria: Open Play Wed - Fri 4 pm to 8 pm; Sat-Tue 10 am to 8 pm

Activities: Trampoline courts, Mini-golf, Trapeze, Spin Zone Bumper Cars, Virtual Reality, Go-Kart Trac, Bowling, Climbing Walls, Playground, Warrior Course

Website: <https://www.urbanair.com/new-york-buffalo/>

Village Play

Email: info@village-play.com

Phone: (716) 544-2188

Address: 651 Oakwood Avenue, East Aurora 14052

Cost: \$18 for 2 hours of play

Dates: Monday through Saturday

Time: Book time via website

Criteria: 1 or 2 hours of open lay

Activities: We offer a screen free play space full of natural wood toys and décor with soft colors to harness organic creativity. Village Play encourages active and imaginative play. Birthday party rentals and camps are available as well.

Website: <https://www.village-play.com/>

Outdoor

A Playground for All at Chestnut Ridge Park

Contact: Gordon Panek

Email: gpanek@chestnutridgeconservancy.org

Address: 6121 Chestnut Ridge Road, Orchard Park 14127

Activities: Together with the Erie County Parks Department, the Chestnut Ridge Conservancy is engaging in a very ambitious project for the purchase and installation of a significant new playground at Chestnut Ridge Park which will be fully accessible for children of all needs and abilities and have play equipment for children of all ages and abilities.

Wheelchair Accessible: Yes

Website: chestnutridgeconservancy.org

Billy Wilson Park

Email: parksadmin@amherst.ny.us

Address: 1290 Hopkins Road, Williamsville 14221

Wheelchair Accessible: Yes

Website: www.amherst.ny.us

Ellicott Creek Park

Address: 1 Ellicott Creek Drive, Tonawanda 14150

Mason's Mission Playgrounds

Activities: All children, not just those with special needs, can use all the equipment. We're creating a playground where none otherwise exists – adding to the quality of life of all WNY families. Disabled other adults can use the equipment, too. So wheelchair-bound parents can still enjoy a day at the park with their kids!

Address 1: 6570 Campbell Blvd, Lockport 14094

Address 2: Green Acres School, 205 Yorkshire Road, Tonawanda 14150

Address 3: H.O. Brumsted Elementary School, 173 Canada Street, Holland 14080

Wheelchair Accessible: Yes

Website: masonsmissionfoundation.org

Motion Junction

Address: 2640 Outhouse Road, Canandaigua 14424

West Dawson Park

Address: Columbia Avenue off of Transit Road, Depew, NY 14043

Activities: All children, not just those with special needs, can use all the equipment. We're creating a playground where none otherwise exists – adding to the quality of life of all WNY families. Disabled other adults can use the equipment, too. So wheelchair-bound parents can still enjoy a day at the park with their kids!

Wheelchair Accessible: Yes

Winchester Academy Inclusive/Adaptive Playground

Address: 650 Harlem Road, West Seneca, NY 14224

Wheelchair Accessible: Yes

RECREATION DEPARTMENTS

Town of Amherst Youth & Recreation Department

Contact: Michele Holmes or Jared Burns **Phone:** (716) 631-7132

Email: mholmes@amherst.ny.us or jburns@amhers.ny.us

Address: 1615 Amherst Manor Drive, Williamsville 14221

Cost: Varies by class.

Dates: Varies by program **Time:** varies by program

Activities: Classes include Adaptive Recreation for Teens ages 13-18, Adaptive Culinary Arts - Teens 13-18; Adaptive Wellness, Recreation, and Social Club ages 18+ and Independent Living Skills - Cooking. Check the website for more details.

Wheelchair Accessible: Yes

Website: www.amherstyouthandrec.org

Aurora Dept. of Parks & Recreation

Contact: Chris Musshafen, Recreation Director

Email: recreation@townofaurora.com

Phone: (716) 652-8866

Address: 575 Oakwood Avenue, East Aurora 14052

Criteria: Check website for more detailed information on programs available.

Website: www.aurorany.myrec.com

Cattaraugus County Youth Recreation

Phone: (716) 938-9206

Address: 1 Leo Moss Drive, Suite 7610, Olean 14760

Ages: 0-21 years

Criteria: Check website for more detailed information on programs available.

Website: www.cattco.org/youth-bureau/youth-bureau

City of Lackawanna Recreation Department

Contact: Brian Lasko, Director

Email: recreation@lackny.com

Phone: (716) 827-6457

Address: 714 Ridge Road, Room 219, Lackawanna 14218

Criteria: Check website for more detailed information on programs available.

Website: www.lackawannany.gov/government/recreation/

Dunkirk Youth and Recreation Department

Contact: Alexis Tofil, Dept. Coordinator

Email: atofil@cityofdunkirk.com

Phone: (716) 366-9877

Address: 338 Central Avenue, 2nd Floor, Dunkirk 14048

Criteria: The Dunkirk Recreation Department offers a variety of leagues and activities for all ages to enjoy.

Website: https://www.cityofdunkirk.com/government/departments/youth_and_recreation/inedx.php

Erie County Recreation Department

Phone: (716) 858-8355

Activities: See website for listing of parks and activities.

Website: erie.gov/parks

Genesee County Youth Bureau

Email: genesee.youthbureau@dfa.state.ny.us

Phone: (585) 344-3690

Address: 5130 E Main Street, Batavia 14020

Criteria: Check website for more detailed information on programs available.

Activities: Programs and activities are provided in the area of Youth Empowerment, Cultural Enrichment, Recreation, and Education.

Website: <https://www.geneseeny.gov/Department-Content/Youth-Bureau>

Grand Island Parks & Recreation

Email: recreation@grand-island.ny.us

Phone: (716) 773-9680

Address: 3278 Whitehaven Road, Grand Island 14072

Criteria: Adaptive programs include bowling, creative crafters and creative movement fit and fun.

Activities: Swimming, volleyball, basketball, holiday events and more

Website: <https://grandislandny.myrec.com/info/default.aspx>

Hamburg Recreation Department

Phone: (716) 646-5145

Address: 4540 Southwestern Blvd., Hamburg 14075

Criteria: Check website for more detailed information on programs available.

Activities: Adaptive, Youth and Adult Recreation available.

Website: <https://www.townofhamburgny.gov/203/Youth-Recreation-Senior-Services>

North Tonawanda Department of Youth, Recreation and Parks

Contact: Alex Domaradzki

Email: alexd@northtonawanda.org

Phone: (716) 695-8520 ext 5500

Address: 500 Wheatfield St. - Keller Bldg., North Tonawanda 14120

Dates: varies by program and if you are a resident of North Tonawanda

Time: varies by program and if you are a resident of North Tonawanda

Criteria: varies by program and if you are a resident of North Tonawanda

Activities: Year round sports activities and community events.

Website: <https://www.ntyouthcenter.com/>

Olean Recreation Department

Email: kshewairy@cityofolean.org

Phone: (716) 376-5698

Address: 101 East State Street, Olean 14760

Criteria: Check website for more detailed information on programs available

Activities: Various sports and events.

Website: <https://cityofolean.org/departments/youth-recreation/>

Orchard Park Recreation Department

Email: oprec@orchardparkny.org

Phone: (716) 662-6450

Address: 200 North Lake Drive, Orchard Park 14127

Criteria: Check website for more detailed information on programs available.

Activities: Various sports and events available. Adaptive swim offered, Special olympics developmental program.

Website: <https://www.oprec.org/Youth-Teen-Programs>

Tonawanda Youth, Parks & Recreation Dept.

Phone: (716) 831-1001

Address: 299 Decatur Avenue, Town of Tonawanda 14223

Activities: Check website for current activities.

Website: <https://www.tonawanda.ny.us/youth-parks-recreation.html>

Town of Alden Recreation

Contact: Michelle Gadd

Email: michelle.gadd@erie.gov

Phone: (716) 937-7393

Criteria: The Alden Recreation Department provides a year round recreation program for youth, adults and Sr. citizens using Alden Town Parks, Alden Community / Sr. Center, Town Hall and Alden Central School facilities.

Activities: Year round sports activities and community events.

Website: <https://www4.erie.gov/alden/recreation>

Town of Cambria Parks and Recreation Department

Email: townclerk@townofcambria.com

Phone: (716) 433-7664

Address: 4160 Upper Mountain Road, Sanborn 14132

Criteria: Check website for more detailed information on programs available.

Activities: The Town of Cambria offers Summer Day Recreation and Baseball Programs for the youth of our community ages 5 years through 15 years.

Website: townofcambria.com/Parks-Recreation

Town of Cheektowaga Youth & Recreational Services

Phone: (716) 897-7207

Address: 275 Alexander Avenue, Cheektowaga 14211

Website: <https://tocny.org/departments/youth-recreational-services/>

Town of Clarence Recreation Department

Contact: Clifford Trapper **Email:** ctrapper@clarence.ny.us

Phone: (716) 407-2162 **Address:** 10510 Main Street, Clarence, NY 14031

Criteria: The Recreation Department provides a wide variety of opportunities for indoor and outdoor activities.

Activities: Year round sports activities and community events.

Website: <https://www4.erie.gov/clarence/recreation-department>

Town of Collins

Phone: (716) 532-2006

Website: <https://www.townofcollins.com/Departments/Youth-Recreation>



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PEOPLE

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Whether it's the over 17,000 people with intellectual and developmental disabilities we support or our over 800 team members across 18 counties: *people* are always at the center of everything we do.



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560 Delaware Ave Buffalo, NY 14202

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www.personcenteredservices.com

Town of Hamburg Adaptive Sports & Activities

Contact: Marc Collins

Email: mcollins@townofhamburgny.gov

Phone: (716) 646-5145 EXT- 4304

Address: 4540 Southwestern Boulevard, Hamburg 14075

Activities: Saturday recreation program, social nights, football clinic at Buffalo Bills Field House, Softball, Golf Clinics, Adaptive swimming

Website: <https://www.townofhamburgny.gov/203/Youth-Recreation-Senior-Services>

Town of Lewiston Recreation Department

Email: lewportsports@yahoo.com

Phone: (716) 754-8213

Address: 1375 Ridge Road, Lewiston 14092

Criteria: Check website for more detailed information on programs available.

Activities: Year round sports activities and community events.

Website: <https://townoflewistonrec.us/>

Town of Porter Recreation

Phone: (716) 745-3730

Address: 3265 Creek Road, Youngstown 14174

Criteria: Check website for more detailed information on programs available.

Activities: Year round sports activities and community events.

Website: www.townofporter.net/recreation

Town of Tonawanda

Phone: (716) 831-1006

Address: 299 Decatur Road, Tonawanda 14223

Ages: youth

Website: <https://www.tonawanda.ny.us/youth-parks-recreation.html>

Town of Wheatfield Recreation Department

Email: debbier@wheatfield.ny.us

Phone: (716) 731-3942

Address: 6812 Nash Road, North Tonawanda 14120

Criteria: Check website for more detailed information on programs available.

Activities: Year round sports activities and community events.

Website: www.wheatfield.ny.us/159/Recreation

West Seneca Recreation Department

Email: recdept@twsny.org

Phone: (716) 674-6086

Address: 1300 Union Rd., West Seneca 14224

Criteria: Check website for more detailed information on programs available.

Activities: Softball, swimming, camps, basketball, and many other sports and holiday activities

Website: <https://westsenecany.myrec.com/info/default.aspx>

Wyoming County Youth Bureau

Phone: (585) 786-8850

Address: 8 Perry Avenue, Warsaw 14569

Criteria: Check website for more detailed information on programs available.

Website: wyomingco.net/226/youth-bureau

RESPITE

Aspire Respite Programs

Email: intake@aspirewny.org

Phone: (716) 838-0047

Address: 2356 North Forest Road, Getzville 14068

Ages: all ages

Cost: free

Dates: Afterschool, Hourly, and Saturday Recreational respite

Criteria: Must be waiver enrolled.

Activities: Diverse cultural sports and general leisure time activities. On-site respite with some community outings.

Wheelchair Accessible: Yes

Website: <https://www.arceriecounty.org/home-and-community-based>

Boys & Girls Clubs of Buffalo

Email: info@bgcbuffalo.org

Phone: (716) 825-1016

Address: 282 Babcock Street, Buffalo 14210

Ages: 5 to 13

Cost: \$250 per semester

Time: Afterschool program

Criteria: Check website for more detailed information on programs available.

Activities: The Clubs provide a safe, structured environment for socializing and play, learning and growing and fostering positive character values and attitudes.

Website: bgcbuffalo.org

Community Services for Every 1

Email: info@csevery1.com **Phone:** (716) 883-8888

Address: 180 Oak Street, Buffalo 14203

Criteria: Must be waiver enrolled.

Activities: Our Respite Programs offer planned short-term and time-limited opportunities for families and care providers to have some personal time.

Wheelchair Accessible: Yes

Website: <https://www.csevery1.com/referrals/children-and-youth-services/respite-2/>

Cradle Beach Respite (Weekend Program)

Email: gclark@cradlebeach.org

Phone: (716) 549-6307

Address: 8038 Old Lakeshore Road, Angola 14006 **Ages:** 8+

Cost: Home & Community Medicaid Waiver Program

Dates: January - May, September - December, August (18+)

Time: 7pm Friday-3pm Sunday

Criteria: Developmentally disabled individuals living with family in WNY.

Activities: Weekend respite & recreation; various sessions throughout the year.

Wheelchair Accessible: Yes

Website: www.cradlebeach.org

People Inc.

Phone: (716) 817-7400

Address: 1219 North Forest Road, Williamsville 14221

Ages: all ages **Cost:** free **Dates:** Varies **Time:** Various

Criteria: Must be waiver enrolled.

Activities: Afterschool, after work, vacation, and recreation respite available. Please check website for more details.

Wheelchair Accessible: Yes

Website: <https://www.people-inc.org/respite/>

sasi Recreation Respite

Email: info@sasinc.org

Phone: (716) 805-1555

Address: 960 W Maple Ct., Elma NY 14059

Criteria: Recreation is offered on both weekday evenings and weekends.

Activities: Recreation respite offers a variety of evening and weekend activities around WNY. Transportation is provided to and from the event from central meeting locations. Past outings include dances, bowling, festivals, movies, and shopping. This program allows people to have opportunities for socialization and recreation in various community settings.

Website: www.sasinc.org/Services/Community-Services/

SCIENCE

Challenger Learning Center

Phone: (716) 434-3196

Address: 160 Washburn Street, Lockport 14094

Cost: Please check website for more information on programs, dates and cost.

Activities: The mission of the Challenger Learning Center is to engage students and teachers in dynamic, hands-on exploration and discovery opportunities that strengthen knowledge in science, technology, engineering, mathematics (STEM), inspire students to pursue careers in these fields, and provide an outlet to learn and apply important life skills.

Website: <https://www.clclockport.org/>

SPORTS

Baseball

Central Amherst Little League Challenger Baseball

Contact: David Whalen

Email: challenger@centralamherst.com

Phone: (716) 565-9338

Address: 480 Wehrle Drive, Amherst

Ages: Minors - 4-10 years; Majors - 11-18 years; Seniors 19+ years

Cost: Registration is \$75

Dates: Season May through July

Criteria: Registration closes on 3/31/2025

Activities: We are WNY's only recognized baseball program for players with disabilities by Little League Baseball (Williamsport, PA). We play baseball that allows athletes to experience the game as it's intended to be played in a safe, comforting, fun environment.

Baseball/Softball

EMW Elma/Marilla/Wales "Dream League"

Email: sahruth90@gmail.com

Phone: (716) 907-9313

Address: Creek Road Park, Elma 14059

Ages: ages 5 to 21 **Cost:** 35

Dates: April 15, 2025 through July 15, 2025.

Activities: In the Dream League, every player bats every inning, batters swing until they get a hit (with or without assistance), players are safe on the bases, there are no outs and every player scores a run each inning.

Website: www.emwbaseball.org/dreamleague

Biking

iCan Bike

Email: wnylearntoride@gmail.com

Phone: (716) 677-9100

Address: The R.O.C.K., 425 Meyer Road, West Seneca 14224

Ages: 8+

Cost: 250

Dates: July 14-18, 2025

Time: 75 minutes each day - varies

Criteria: Have a diagnosed disability, a minimum inseam of 20 inches, weigh less than 220 pounds, be able to walk without assistive devices, be able to side-step quickly, and be able to willingly wear a properly fitted helmet.

Activities: Using adaptive bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a two-wheel bicycle.

Website: <https://www.thechampionprojectwny.com/icanbike>

Boating

Excalibur Leisure Skills Center, Inc.

Contact: Jim Catalano

Email: jim@excaliburls.com

Phone: (716) 831-3188

Address: Sun Life Marina, 1111 Fuhrmann Blvd., Buffalo 14203

Dates: Monday-Friday

Time: 2-hour excursions at different times throughout the day

Activities: Excalibur is dedicated to providing adaptive boating and fishing opportunities for developmentally challenged and disadvantaged persons. Fishing and boating excursions available. Please tell our office which you are interested in.

Wheelchair Accessible: Yes

Website: <https://excaliburls.com/boating-excursions/>

Bowling

Allie Brandt Lanes

Email: alliebrandtlanes@gmail.com

Phone: (716) 433-5976

Address: 6510 Lincoln Avenue, Lockport 14094

Ages: all ages

Cost: Check website for updated pricing

Dates: Year round

Activities: There are 36 lanes with bumper bowling. Challenger Sports runs for 24 weeks, starting in October. Challenger league on Thursdays

Wheelchair Accessible: Yes

Website: www.alliebrandtlanes.com

AMF Airport Lanes

Phone: (716) 632-0655

Address: 3754 Genesee Street, Cheektowaga 14225

Ages: all ages

Cost: varies

Dates: Various

Time: Various

Activities: Bowling with adaptive equipment (bumpers and ramps available). Lanes have wheelchair accessibility.

Wheelchair Accessible: Yes

Website: www.amf.com/location/amf-airport-lanes

AMF Lancaster Lanes

Phone: (716) 668-1000

Address: 4913 Transit Road, Depew 14043

Ages: all ages

Cost: varies

Dates: Various

Time: Various

Activities: Bowling with adaptive equipment (bumpers and ramps available). Lanes have wheelchair accessibility.

Wheelchair Accessible: Yes

Website: www.amf.com/location/amf-lancaster-lanes

Bennington Lanes

Email: frostyacres119@yahoo.com

Phone: (585) 591-2314

Address: 1374 Clinton Street Road, Attica 14011

Ages: All ages

Cost: Varies by activity

Dates: Year round

Activities: Bowling ramp available

Wheelchair Accessible: Yes

Website: www.facebook.com/pg/bennington-lanes

Bowling League for Special Needs

Contact: Vienna Haak

Email: vahaak@yahoo.com

Phone: (716) 773-0062

Address: Mallwitz's Island Lanes - 1887 White Haven Rd., Grand Island 14072

Cost: \$10 registration; \$7 for two games and shoe rental.

Dates: September - April

Time: Saturdays 11 am - 12:30

Criteria: Any age individual with special needs

Activities: Bowling

Website: www.islandlanes.com/junior.htm

Classic Lanes

Phone: (716) 873-3383

Address: 1840 Military Road, Kenmore 14217

Activities: Bowling with adaptive equipment (bumpers and ramps available).
Lanes have wheelchair accessibility.

Wheelchair Accessible: Yes

Website: www.classiclanesny.com

Good Times of Olean

Email: christine@goodtimesolean.com

Phone: (716) 379-8210

Address: 800R E. State Street, Olean 14760

Activities: Bumper bowling, arcade, mini-golf available

Wheelchair Accessible: Yes

Website: www.gtofood.com

Jamestown Bowling Co.

Email: management@jamestownbowling.com

Phone: (716) 483-1818

Address: 850 Foote Avenue, Jamestown 14701

Activities: Bumper bowling is available

Wheelchair Accessible: Yes

Website: <https://www.facebook.com/people/Jamestown-Bowling-Co/100057657151322/>

Kenmore Lanes

Email: kenmorelanes@yahoo.com

Phone: (716) 875-5340

Address: 1691 Kenmore Avenue, Kenmore 14217

Activities: Bowling with adaptive equipment (bumpers and ramps available). Lanes have complete wheelchair accessibility.

Wheelchair Accessible: Yes

Website: <https://www.facebook.com/kenmorelanesny/>

Letchworth Pines

Email: kevin@letchworthpines.com

Phone: (585) 468-2166

Address: 6985 Fillmore Road, Portageville 14536

Activities: Bumper bowling and ramps available for bowlers

Wheelchair Accessible: Yes

Website: www.letchworthpines.com

Transit Lanes

Phone: (716) 632-3838

Address: 7850 Transit Road, Williamsville 14221

Activities: Bowling with adaptive equipment (bumpers and ramps available). Lanes have wheelchair accessibility.

Wheelchair Accessible: Yes

Website: www.transitlanes.net

Wimbledon Lanes

Email: wimbledonlanes@gmail.com

Phone: (716) 674-3333

Address: 220 Center Road, West Seneca 14224

Activities: Bowling with adaptive equipment (bumpers available). No ramp available - welcome to bring your own.

Wheelchair Accessible: No

Website: www.wimbledonlanes.com

Cheerleading

Buffalo Envy All Stars Adaptive Cheerleading

Email: buffalo.envy@aol.com

Phone: (716) 822-2572

Address: 2600 Hamburg Turnpike, Space "H", Lackawanna 14218

Ages: No age limit

Cost: Varies - Independent Health FlexFit card accepted

Dates: Year-round (training classes in May and June, season July - April)

Time: Hours vary, closed on Sundays

Activities: Athletes learn tumbling, dancing, stunting, and other cheerleading skills. The team practices once a week and has the opportunity to perform at several local and regional cheerleading competitions.

Wheelchair Accessible: Yes

Website: <http://www.buffaloenvyallstars.com/adaptive-cheer-program.html>

Golf

The First Tee of WNY

Email: contact link via website

Phone: (716) 250-3355

Address: Paddock Chevrolet Golf Dome, 175 Brompton Road, Tonawanda, NY

Ages: 5 - 18

Cost: Camps and leagues start at \$50. Go to website for more details on dates, prices and locations.

Activities: A youth development program that offers learning opportunities to WNY youths. Programs are conducted in partnership with local golf facilities, elementary & middle schools and organizations serving youth.

Wheelchair Accessible: Yes

Website: www.thefirstteewesternny.org

Gymnastics

Flips Gymnastics & Sport

Phone: (716) 433-8811 **Address:** 6017 S. Transit Road, Lockport 14094

Ages: Preschoolers to children over 12

Cost: check website for more information

Activities: Flips has the largest facility in Western New York fully equipped with mats, beams, bars and much more to provide great activities for your children. Our amazing, spacious facility allows for us to care for over 35 different community organizations, making us a positive force in the community.

Website: <https://www.flipkids.com/>

Horseback Riding

Buffalo Therapeutic Riding Center, Inc. (BTRC)

Email: becandbtrc@aol.com

Phone: (716) 877-9295

Address: 950 Amherst Street, Buffalo 14216

Ages: 5-18 years cannot exceed 150 pounds

Cost: Scholarships are available

Dates: Monday afternoons 3:30 pm to 7:30 pm, April through November

Activities: The only indoor riding facility in the City of Buffalo, this program offers classes for mentally and emotionally impaired, learning disabled and developmentally challenged children.

Wheelchair Accessible: Yes

Website: www.thebtrc.org

Centaur Stride Therapeutic Riding Facility

Email: info@centaurstride.org **Phone:** (716) 326-4318

Address: 8488 Jones Road, Sherman 14781

Cost: \$35/lesson **Time:** Scheduling by appt. only

Criteria: Programs are open to all in an integrated setting (some restrictions apply).

Activities: Horseback riding to accommodate various disabilities, while focusing on safety, integration and challenge. Experiential learning to focus on social skills and group dynamics in a natural environment.

Wheelchair Accessible: Yes

Website: www.centaurstride.org

High Hurdles Therapeutic Riding

Contact: Shelby Dytschkowskyj

Email: shelby.dytschkowskyj@sasinc.org

Phone: (716) 496-5551

Address: 13339 Route 39, Sardinia 14134

Ages: 3+

Cost: 8-week session: \$250; Full season: \$900

Dates: Sessions run March through November;

Time: Varies per session; times available throughout the day

Activities: Therapeutic riding and horsemanship for individuals who are physically, cognitively and emotionally challenged. Also, hands on field trips are available.

Wheelchair Accessible: Yes

Website: www.sasinc.org/creative-opportunities/High-Hurdles

Lothlorien Therapeutic Riding Center

Email: program.ltrc@gmail.com

Phone: (716) 655-1335

Address: 15 Reiter Road, East Aurora 14052

Ages: 3+

Cost: Lessons \$65; 4 wk \$260; 6 wk \$390; 8 wk \$520 Tuition assistance and family discounts available.

Dates: April through November riding sessions

Criteria: Must have the ability to ride

Activities: Recreational adaptive horseback riding for adults and children (3 and up) with special needs.

Wheelchair Accessible: Yes

Website: www.lothlorientrc.org

Ice Skating

Gliding Stars of WNY

Email: infogs@glidingstars.org **Phone:** (716) 608-8345

Address: 911 Robins Drive, Niagara Falls 14301

Ages: 18 months+

Cost: Contact for cost (OPWDD Eligible)

Dates/Time: Northtowns - Hyde Park Ice Pavilion in Niagara Falls - Sundays, 4:30 to 6pm; Southtowns - Leisure Rinks in West Seneca, Saturdays 2:30 to 4 pm.

Criteria: Gliding Stars is a non-profit organization that provides adaptive ice skating programs to individuals of all ages with physical, mental, and/or emotional challenges.

Activities: Adaptive Ice Skating Program that serves individuals with disabilities in WNY. Nationwide including chapters in OH, PA, NY and FL.

Wheelchair Accessible: Yes

Website: www.glidingstars.org/gliding-stars-wny/

Buffalo Sabres Sled Hockey

Contact: Matthew Murray **Phone:** (716) 704-5355

Address: Northtown Center, Amherst or Cornerstone Arena, Lockport, or Buffalo State Arena **Ages:** 5 and up

Cost: check website for current information **Dates:** September through March

Time: Saturdays and Sundays with travel for games and tournaments

Criteria: Must be able to sit upright

Activities: Alternative style of hockey for those with disabilities is played on a sled with the same rules of ice hockey.

Wheelchair Accessible: Yes

Website: www.buffalosabresledhockey.org

Buffalo Sabres Thunder Ice Hockey

Contact: Michael Steffan

Email: bsthockey2008@gmail.com

Phone: (716) 691-4530

Address: North Buffalo Rink, 156 Tacoma Avenue, Buffalo 14216

Ages: Dependent on skating ability and experience

Cost: \$100 fee

Dates: October - April

Criteria: To play hockey for the Buffalo Sabres Thunder, a player should be comfortable skating on ice and be able to feel comfortable in the use of the protective hockey equipment. Previous skating experience is recommended.

Activities: Provides individuals with developmental disabilities the unique opportunity to play ice hockey. A coed, non-checking ice hockey team with individuals who love hockey and have some ice skating experience.

Wheelchair Accessible: Yes

Website: www.wnyspecialhockey.com

Cornerstone Ice Arena

Phone: (716) 438-7698

Address: 1 Grigg Lewis Way, Lockport 14094

Ages: all ages

Activities: Offers public skating, learn to skate for adults and kids, figure skating, sled hockey, youth and adult hockey and ice bumper cars.

Website: cornerstoneicearena.com

Martial Arts

Master Khechens Martial Arts Academy

Contact: Kevin Wright

Email: wright@buffalokicks.com **Phone:** 716-648-3668

Address: Various locations - Buffalo, Cheektowaga, Hamburg, Niagara Falls and Williamsville **Ages:** 3+

Cost: Please contact for more information.

Criteria: Can work with individuals with behavior needs and disabilities.

Activities: Master Khechen's Martial Arts Academy offers cutting edge martial arts, self-defense and fitness classes in the Buffalo, NY and Charlotte, NC areas. We have programs and classes to suit all ages from our Preschoolers and Children's Martial Arts classes, to our Teen and Adult Kickboxing and Self Defense classes. Our exciting programs, motivated instructors and professional facilities are the reason why hundreds of families have made us Western New York's top Martial Arts Training Center.

Website: <https://masterkhechen.com/>

We are transforming communities to include everyone by partnering with people with disabilities, their families and those who support them.



starbridgeinc.org.



Multiple Sports

Challenged Athletes Participating in Sports (CAPS)

Email: zero7kevin@verizon.net

Phone: (716) 418-3698

Address: 240 Glencove Rd., Town of Tonawanda 14223

Ages: All ages

Criteria: The season begins with baseball in May and runs until September, ending with a banquet. We then start our Fall/Winter session starting with The Fundamentals of Football. We then move indoors at the Boys & Girls Club for soccer, hockey and basketball.

Activities: We have been operating as Challenger Baseball since 1990, but have expanded to other sports.

Wheelchair Accessible: Yes

Website: www.capswny.com

Cheektowaga Adapted Recreation Program

Contact: Amy McMahan

Email: yservices@tocny.org **Phone:** (716) 897-7207

Address: 275 Alexander Ave., Buffalo 14211

Ages: 5-21 (Developmental); 5-16 (Learning)

Cost: Various; Rates are OPWDD eligible **Dates:** October through May

Criteria: Youth with developmental disabilities between ages 5-21, and youth with learning disabilities ages 5-16.

Activities: A variety of adapted recreational activities and social opportunities for youth with developmental and learning disabilities.

Website: <https://tocny.org/departments/youth-recreational-services/>

Greater Buffalo Adaptive Sports (formerly The Sled Hockey Foundation)

Contact: Norm Page, President

Email: community@greaterbuffloadaptivesports.org

Phone: (716) 984-2585

Address: 9 Sagebrush Lane, Lancaster 14086

Ages: Youth, Adults and Veterans

Criteria: Youth, Adults and Veterans welcome. Sports include Sled Hockey, Lacrosse, Curling, Tennis and wheelchair football.

Activities: Greater Buffalo Adaptive Sports was formed to provide adults and children with physical, developmental, and intellectual disabilities with the opportunity to participate in sports, make friends, and grow. Now, we offer a variety of programs, always looking to expand and to serve a new group of athletes.

Wheelchair Accessible: Yes

Website: greaterbuffloadaptivesports.org

SABAH

Email: info@sabahinc.org

Phone: (716) 362-9600

Address: 2607 Niagara Street, Buffalo 14207

Criteria: SABAH continues to be dedicated to the mission of enriching the quality of life for individuals challenged by physical, cognitive, and/or emotional disability by providing education and therapeutic recreation, promoting fitness, and developing social and

Activities: Adaptive Ice Hockey, Ice Skating, Summer Skates, Fit & Fun for Adults with Disabilities, Summer Athletes Bold at Heart and other events. Check website for more detail.

Wheelchair Accessible: Yes

Website: www.sabahinc.org

YMCA Challenger Sports - Genesee County Sports

Contact: Emily Hirsch

Email: ehirsch@glowymca.org

Phone: (585) 344-1664

Address: 211 East Main Street, Batavia 14020

Ages: ages 5-21

Cost: \$25

Activities: Challenger Sports is a program for kids ages 5-21 with both physical and learning disabilities. The YMCA sensed there was a need in the community for a sports program for kids with disabilities.

Website: glowymca.org/programs/sports/challenger-sports/

Young Athletes Program - Special Olympics Western Region

Contact: Daniel Kuberka

Email: dkuberka@nyso.org

Phone: (716) 580-3346

Address: 2821 Wehrle Drive, Suite 7, Williamsville 14221

Ages: up to age 7

Activities: A sport and play program for children with and without intellectual disabilities (ID), up to age 7. It introduces basic sport skills and offers families, teachers, caregivers and people from the community the chance to share the joy of sports with all children.

Website: www.specialolympics-ny.org/regions/western/

Rock Climbing

Niagara Climbing Center

Email: climbing@niagaraclimbingcenter.com

Phone: (716) 695-1248

Address: 1333 Strad Avenue, North Tonawanda 14120

Cost: Starting at \$25 for a day pass; \$10 for kids under 5 years old. \$5 Shoe rental required. Monthly passes are discounted.

Date/Time: Mon-Fri 4pm-10pm, Saturdays 10am-10pm, Sundays 12pm-6pm

Activities: Stretch your mind and body in a controlled and fun indoor rock climbing environment. Niagara Climbing Center can bring the 24 foot high portable climbing wall to you. Professionally trained staff is provided by the Center. Yoga program and training program available as well. Check website for more details.

Wheelchair Accessible: Yes

Website: www.niagaraclimbingcenter.com

Running

RACIN! Rollin' Athletic Club Inclusion Network

Email: frank.a.cammarata@erie.gov

Phone: (716) 858-6233

Address: 95 Franklin Street - Rm 625, Buffalo 14202

Ages: All ages

Criteria: For athletes with impairments that need extra support to run.

Activities: The mission of RACIN! Is to improve the physical, social and emotional lives of people with developmental disabilities through regular physical activity and involvement in the local racing scene. Together, we run, walk and roll!

Wheelchair Accessible: Yes

Website: www.buffaloracin.org

Scuba Diving

Phoenix SCUBA & Water Sports

Email: dive@phoenixscuba.com **Phone:** (716) 939-3889

Address: 619 Ridge Road, Lackawanna 14218

Date/Time: Tues-Fri 2pm-6pm, Saturdays 10am-2pm

Activities: Adaptive SCUBA Diving for the physically disabled with cognitive challenges.

Wheelchair Accessible: Yes

Website: www.phoenixscubabuffalo.com

Skiing

Bill Lounsbury Adapted Ski Program

Email: info@lounsburyadaptive.org

Phone: (716) 699-3504 (ski season only)

Address: 6557 Holiday Valley Road, Ellicottville 14731

Ages: 5+ **Cost:** 2 hour lesson is \$100

Dates: December 26th through mid-March (The Penguin Paddle is in February)

Criteria: Call for details; cost includes lift ticket, two hours of private instruction and equipment use

Activities: Adapted ski programs for physically and mentally challenged individuals. We can accommodate a wide variety of disabilities, including people with wheelchairs.

Wheelchair Accessible: Yes

Website: lounsburyadaptive.org

Buffalo Ski Club

Phone: (716) 941-5654

Address: 7414 State Road, Colden 14033

Ages: varies

Cost: Grow membership \$500 annually, Play membership \$1000 annually

Dates: seasonal

Time: sat-sun 9am-4pm

Activities: Buffalo Ski Club brings together three ski areas — Sitzmarker Ski Club, Ski Tamarack and Buffalo Ski Club—and covers 300 acres with 43 trails ranging in terrain from expert to beginner.

Website: www.buffaloskopicenter.com

Hills Angels Adaptive Snow Sports Program

Email: office@buffaloskopicenter.com

Phone: (716) 941-5654

Address: Buffalo Ski Club

PO Box 608 (Mail Only), Orchard Park 14127

Cost: 7 week sessions - \$300 members, \$400 non members

Dates: Saturdays and Sundays

Criteria: Join the Hills Angels adaptive coaches for two hour sessions designed for children and adults with physical disabilities and developmental delays.

Activities: Staff work with participants and their companions to tailor sessions to the skier or snow boarders needs. Our goal is to train participants and companions with the skills to ski independently.

Website: <https://www.buffaloskopicenter.com/hills-angels/>

Holimont's Phoenix Adaptive Program

Email: snowsports@holimont.com

Phone: (716) 699-8159

Address: Holimont - 6921 Route 242, Ellicottville 14731

Cost: Various (Lift and equipment rentals)

Dates: Lessons offered during the season, open to members and non-members, a special 4-day Christmas Camp

Time: Various, Single lessons offered Saturdays and Sundays

Criteria: Adaptive ski/snowboard program focusing on the instruction and guidance for adults and children with disabilities.

Activities: Staffed by dedicated volunteers and trained instructors, this program provides a safe, compassionate skiing environment. Each student is matched up with an instructor and a volunteer.

Wheelchair Accessible: Yes

Website: <https://holimont.com/programs/phoenix-adaptive/>

Kissing Bridge Adaptive Ski Program

Phone: (716) 592-4963 ext 2230

Address: 10296 State Road, Glenwood, NY 14069 **Ages:** all ages

Cost: seasonal passes and lessons offered, prices vary

Time: Tues-Wed 10am-9pm, Thu-Fri 10am-10pm, Sat 8am-10pm, Sun 8am-8pm

Activities: Kissing Bridge has 39 slopes across 700+ acres. There's terrain that caters to all skill levels, from beginner to intermediate riders, plus several challenging slopes for expert levels. Our nine lifts provide the opportunities to explore the hillside trails and shred through several terrain parks.

Website: www.kbski.com

Soccer

Soccer Shots Empower Program

Email: buffalo@soccershots.com **Phone:** (716) 408-3071

Address: 225 Delaware Avenue, Buffalo 14202

Ages: ages 2-8 **Cost:** Programs start at \$136

Dates: Check website for different locations, pricing, and time frames.

Time: seasonal

Activities: Soccer Shots offers three core programs to meet the developmental needs of children ages 2 to 8. It's way more than just learning the game of soccer. We aim to build character, skills and confidence while also having a whole lot of FUN. We're committed to providing safe, positive experiences through the game of soccer.

Website: www.soccershots.com/buffalo/

West Seneca Soccer Club

Contact: David Milazzo

Email: dmilazzo@westsenecasoccer.org

Address: 3747 Seneca Street, West Seneca 14224

Ages: 4 and older

Cost: Contact program

Time: May-August

Activities: Our House League program is a recreational soccer program which focuses on learning the game of soccer and developing skills through training and game play.

Website: <https://westsenecasoccer.org/house-league/>

Softball

Touching Bases Softball League

Contact: Brenda Christopher

Email: bc.touchingbases@gmail.com

Address: Walden Pond Park, Lancaster

Ages: 18+

Cost: \$50 for the season and it includes the team uniform, a hot dog roast party, end of the year banquet and a trophy.

Dates: July 31st - August 29th, Monday and Tuesday evenings

Time: 6-8 pm

Activities: We are a co-ed softball league made up of amazing adults with a wide variety of disABILITIES.

Swimming

Au-Some Swimmers

Email: info@jccbuffalo.org

Address: Jewish Community Center of Greater Buffalo

Cost: Offers private or group lessons.

Time: Check website for details by event

Criteria: A learn to swim program for children with autism spectrum disorders.

Activities: The JCC of Greater Buffalo is proud to serve the WNY Community by organizing swim programs for numerous groups, including our Au-Some swim lesson program for children with special needs.

Website: jccbuffalo.org

Clarence Learn to Swim Adaptive Program

Email: clarencadaptiveswim@gmail.com

Address: Either at Clarence Middle or Clarence High Schools, Clarence

Ages: 4-9 (Level; one); 8-16 (Level two)

Cost: Approximately \$17 per class paid up front.

Dates: Fall (Sept-Nov), Winter (Jan-March), Spring (April-June), Summer (July-Aug roughly 4-5 weeks)

Criteria: Check back in the fall, as the program is on hold until then.

Activities: Adaptive Learn-to-Swim is reserved for children with a classified disability or significant medical condition. These lessons are open to the public, no significant paperwork is required. Coach Becca may reach out for more information on your child.

Website: <https://www.gomotionapp.com/team/cmnycsc/page/faqs/program-descriptions>

Niagara Aquatics Adaptive LTS

Email: danielleandalora@gmail.com

Phone: (716) 857-0755

Address: Sweet Home High School, 1901 Sweet Home Road, Amherst 14228

Ages: all ages

Cost: Call for pricing

Dates: call for more information

Criteria: Our mission is to teach children with special needs how to be safe in the water.

Activities: Adaptive swim classes

Website: niagaraaquatics.com

WNY Adaptive Water Sports

Email: adrienne@thechampionprojectwny.com

Phone: (716) 364-8219

Address: 3621 Stony Point Road, Grand Island 14072

Cost: No charge however, some SCUBA instruction may have associated fees and donations are graciously accepted.

Criteria: All of our activities are open to people with a physical or mental disability as well as their families and/or caretakers.

Activities: Programs include Sailing, Paddling (Kayak and Canoe), Waterskiing (including Tubing, boating, and a day at the beach), SCUBA and Fishing.

Website: <https://wnyadaptivewatersports.org/>

SUMMER PROGRAMMING - Camps

Camp Abilities

Contact: Lauren J. Lieberman

Email: campabilitiesbrockport01@gmail.com

Phone: (585) 395-5361

Address: 350 New Campus Drive, Brockport 14420

Ages: various

Cost: Summer camp

Dates: June 31-July 1st

Activities: Empower children and teens with visual impairments to be physically active and productive members of their schools, towns, cities, and communities, as well as to improve the health and well-being of people with sensory impairments.

Wheelchair Accessible: Yes

Website: www.campabilities.org

Camp Eagr

Phone: (585) 442-4430 Ext. 2741

Address: YMCA Camp Kenan, Barker

Ages: 8-17 and siblings

Cost: Overnight Camp-\$750 with scholarships available; Day Camp \$265; \$35 registration fee

Dates: July 20-26, 2025 - overnight camp; July 21 - 25, 2025 Day Camp

Criteria: Registration on website

Activities: Children from all over the Northeast, regardless of their seizure control, can experience a camp complete with swimming, hiking, canoeing, arts and crafts, nature, wall climbing and horseback riding with other kids with epilepsy.

Website: <https://www.epiny.org/epilepsy/camp-eagr/>

Camp Get-A-Way (Camp Bristol Hills)

Email: hello@cgaw.org

Address: 4437 Kear Road, Canandaigua 14424

Ages: families of all ages

Criteria: Offering Day and Overnight sessions for families to connect and recharge.

Activities: We know that living with mental, emotional, and behavioral health challenges can feel overwhelming and waitlists for services are long. Our day camp sessions offer the perfect space for your family to experience a taste of the help, hope, and fun of Camp Get-A-Way.

Website: www.cgaw.org

Camp Turner

Contact: John Mann

Email: campturner@olvcharities.org **Phone:** (716) 354-4555

Address: PO BOX 264, (9150 ASP 3), Salamanca 14779 **Ages:** 7-16

Cost: Starts at \$399; different sessions offered. Financial assistance through www.friendsofcampturner.org

Dates: July to Mid August; registrations open in December of the prior year

Activities: Camp Turner offers a traditional overnight camping program for boys and girls from ages 7 – 16. The camp is located the gorgeous, pastoral hills of Allegany State Park in the woods amidst pristine streams and lakes.

Wheelchair Accessible: Yes

Website: www.campturner.com

Cheektowaga Summer Day Camps

Email: yrservices@tocny.org **Phone:** (716) 344-3960

Address: 275 Alexander Avenue, Buffalo 14211

Ages: 4-12, teen club 13-15

Cost: Chktg res. \$960/ 6 wks or \$175/ wk, Non-res. \$1195/ 6 wks or \$246/ wk; OPWDD Eligible

Dates: July - August (Monday - Friday) **Time:** 8:30 am - 3:30 pm

Criteria: Limited availability for one-on-one assistance.

Activities: Six week Integrated Day Camp and Teen Club at Alexander Community Center, Neighborhood Day Camp at Dartwood Community Center.

Wheelchair Accessible: Yes

Website: tocny.org

Cradle Beach Camp

Contact: Gabriele Clark

Email: gclark@cradlebeach.org

Phone: (716) 549-6307 ext. 206

Address: 8038 Old Lake Shore Road, Angola 14006 **Ages:** 8-16

Cost: Based on family income/sliding fee scale

Dates: July - August (sessions vary in length)

Criteria: Children must be able to take care of personal needs

Activities: Residential camp designed for children with disabilities and those who come from economically disadvantaged backgrounds. Provides a healthy environment and organized activities to promote socialization, self-worth, and decision making.

Wheelchair Accessible: Yes

Website: www.cradlebeach.org

Maker's Art Camp

Email: makersartcamp@gmail.com

Address: 5138 Lower Mountain Road, Lockport 14094

Ages: 5 - 16 years

Cost: \$225 per child for the week; \$45 per child per day for one day only art camp

Dates: Camp Week Ages 5-8 - July 21 - July 24; 9-12 July 28-31. One Day Art Ages 5-10, July 21 and July 28; Ages 11-16 July 22 and July 29

Time: 8 am to 12 pm week camps; 1-4 pm day camp

Criteria: Space is limited!

Activities: To provide a summertime space for kids to explore their imagination while learning new art skills. Children will practice with many different art materials, techniques, and styles. One day art camps available

Website: <https://www.makersartcamp.com/>

Summer Programming and Kindergarten Readiness Classes & Camps Associated Physical & Occupational Therapists

Contact: Katie Konrad

Email: kkonrad@apot-wny.com

Phone: (716) 874-6175

Address: 3767 Delaware Road, Kenmore 14217

Cost: Summer Camp is \$375 per week; Kindergarten Readiness Classes offered free

Dates: Check website for more details

Time: Mon-Fri 9am-4:30pm

Criteria: Summer programming, kindergarten readiness and parent education

Activities: APOT is a local, women-owned, therapist-owned PT & OT organization working with kids across WNY. In addition to PT and OT therapies, kindergarten readiness and parent education groups, and summer programs are available.

Wheelchair Accessible: Yes

Website: <https://www.apot-wny.com/services>

VACATIONS

Exceptional Vacations

Phone: (866) 748-8747

Address: 9070 Kimberly Blvd., Suite 50, Boca Ration, FL 33434

Ages: all ages

Cost: check website for events and pricing

Dates: varies by event

Time: varies by event

Criteria: Exceptional Vacations Provides High Quality Vacations for Individuals with Developmental Disabilities and Other Special Needs.

Activities: We provide a wonderful opportunity for personal growth, normalization and socialization in a safe and fun atmosphere. We have professional staff committed to providing our travelers with the experience of a lifetime.

Wheelchair Accessible: Yes

Website: www.exceptional-vacations.com

New Directions Travel

Email: hello@newdirectionstravel.org

Phone: (805) 967-2841

Address: 5276 Hollister Ave., Suite 207, Santa Barbara, CA 93111

Activities: New Directions for people with disabilities, inc. (New Directions Travel) is a non-profit organization providing leisure and educational travel opportunities for adults who have mild to moderate intellectual and or developmental disabilities.

Website: www.newdirectionstravel.org

People and Places

Email: vacations@people-and-places.org

Phone: (716) 937-1813

Address: P O Box 117, Marilla NY 14102

Ages: Age 18 and older

Cost: Varies

Criteria: We provide small group, year-round vacation opportunities for persons with developmental and intellectual disabilities. On each trip eight vacationers travel the world along with two People and Places escorts.

Activities: We encourage adults with developmental and intellectual disabilities to realize their potential as individuals.. to grow.. to change.. and to experience a life with a full range of opportunities.

Website: www.people-and-places.org

Search Beyond Adventures

Phone: (800) 800-9979

Address: 4603 Bloomington Avenue, Minneapolis MN 5405

Ages: 18+

Criteria: To join Search Beyond Adventures tour participants must be at least 18 years of age and capable of traveling in the community. We are unable to accept people who are medically unstable or physically violent.

B: We have five program divisions. Our main Search Beyond Adventures tours is the largest and offers tours all over the world.

Wheelchair Accessible: Yes

Website: www.searchbeyond.com

The Guided Tour, Inc.

Email: director@guidedtour.com

Phone: (215) 782-1370

Address: 7900 Old York Road - Ste 111-B, Elkins Park, PA 19027

Ages: 17+

Activities: Men and women with developmental challenges, autism, down syndrome, and other special needs have achieved greater independence through travel experiences provided by The Guided Tour, Inc.

Wheelchair Accessible: Yes

Website: www.guidedtour.com



JOHN R. OISHEI
Children's Hospital

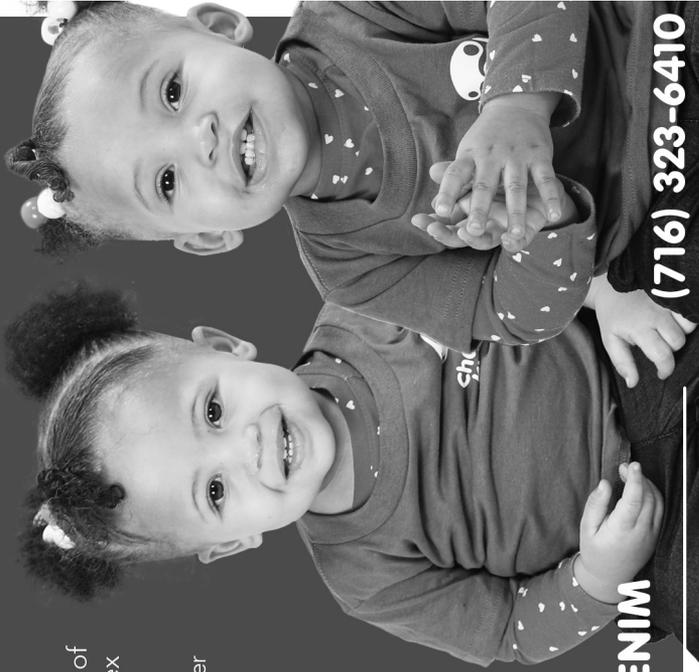
Robert Warner Center for Developmental Pediatrics and Rehabilitation

We work together with families to ensure a positive quality of life for children with developmental disabilities and complex healthcare needs. **Some of our programs include:**

The Children's Guild Foundation Autism Spectrum Disorder Center
Aquatic Therapy • Comprehensive Developmental Program
Down Syndrome Program • Early Developmental Program
Feeding Program • Occupational Therapy
...and more!

FOR

KIDS LIKE DREAM AND DENIM



(716) 323-6410

USEFUL WEBSITES

www.parentnetworkwny.org

The Parent Network of Western New York

www.erie.gov/ecod

Erie County Office for People with Disabilities

www.buffaloplace.com

The Buffalo Place

www.beenews.com

The Bee News

www.iloveny.com

I Love New York

www.ddawny.org

The Developmental Disabilities Alliance of Western New York

Find the help you need throughout Western New York.
Use our search form to filter results by keywords, and/or location.

211wny.org

Thank you for Exhibiting!

Help Me Grow

Danceability

Reinstein Woods Nature Preserve

Prime Care Coordination

Starbridge

Cradle Beach

Person Centered Services

New York Deaf Blind Collaborative

SABAH

Associated Physical & Occupational Therapists

Child Care Resource Network

Thank you

Flutie Foundation

Northtowns

Oishei Children's Hospital

For your Sponsorships!

Recreation & Leisure Service Directory Changes, Additions and Deletions

The Recreation & Leisure Directory is a resource for individuals with disabilities and families. This directory is intended to assist users in finding physical, social and creative opportunities to enrich one's life.

Programs included in this directory are well known in the WNY community but have not been personally verified as to their quality. It is best to call the program with any specific questions. Parent Network of WNY maintains the Recreation & Leisure Directory which is distributed to families, individuals and service providers.

Please send any changes, additions or if the program is no longer in service to admin@parentnetworkwny.org.

Thank you!



**Everyone relies on someone
who relies on child care.**



Call Child Care Resource Network for
your child care needs at 716-877-6666

wnychildren.org

@WNYChildren



Support · Educate · Connect · Empower



We support families and professionals who empower individuals with disabilities to reach their full potential through education and resources.

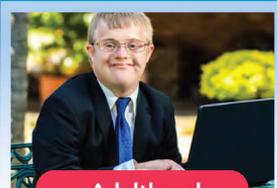
We understand the needs of families for every milestone; from early childhood and school age development, to adulthood.



Early Childhood



School Age



Adulthood

parentnetworkwny.org

 ParentNetwork  PNWNY

