

Disability Friendly Outdoor and Sports Activities in Columbus

***** Please confirm with each location for timing, pricing and availability as services can change without notice.**

BuddyUp For Life

Impacting lives by providing adaptive programming for individuals with down syndrome. Offers Fitness programs, Tennis, Summer Camps and Virtual Zumba.

<https://buddyupforlife.org/chapter/columbus-oh/>

ACEing Autism

Connecting kids through tennis. Please email the Program Director for current schedule.

Email: columbus-oh@aceingautism.org

Website: <https://aceingautism.org/locations/columbus-oh/>

CCYHA Special Hockey

8144 Highfield Dr, Lewis Center, OH

<http://columbusspecialhockey.com/mission.php>

CCYHA Special Hockey provides individuals with physical and developmental disabilities the chance to play ice hockey with any necessary adaptations for success. The team will also have a chance to meet and play with the Columbus Blue Jackets each season! Beyond teaching hockey, this program encourages dependability, concentration, self-reliance, and confidence. (Ages 4 - 21)

RallyCap Sports at The Ohio State University

RallyCap Sports is a national organization dedicated to providing sports opportunities to everyone, regardless of any special needs. The Columbus chapter is hosted by The Ohio State University. At RallyCap, athletes work 1-on-1 with volunteers to find adaptations that will help them achieve success -- ultimately putting the focus on ability rather than disability!

Age: 7+

Email osu@rallycapsports.org to check if you can sign up.

Website <https://www.rallycapsports.org/osu>

Empower Sports at The Ohio State University

Empower Sports at The Ohio State University is a free community program that helps athletes with special needs develop social skills, self-esteem and overall well being. Events will bring Ohio State students together with our athletes for fun activities. Sessions fill up quickly. Follow them on Instagram feed for upcoming programs and virtual events.

Email osu@rallycapsports.org to check if you can sign up
Facebook: <https://www.facebook.com/empowersportsosu/>
Instagram: <https://www.instagram.com/empowersportsosu/>

Columbus Zoo & Aquarium

The Columbus Zoo and Aquarium believes EVERY guest deserves an exceptional experience regardless of age and ability. Their website includes social stories and sensory maps.

Sensory friendly resources:

<https://www.columbuszoo.org/home/visit/plan-your-visit/accessibility>

Check the website for sensory friendly events and hours.

Columbus Recreation and Parks - Therapeutic Recreation

Columbus Recreation and Parks sponsors a wide variety of programming each year, and their Therapeutic Recreation program provides experiences that are planned with the needs of individuals with disabilities in mind. The city employs a Therapeutic Recreation Specialist who can help make any necessary arrangements or modifications to all other programs as well if you fill out a Columbus Recreation and Parks Department Accommodation Request.

<https://columbusrecreparks.com/wellness/therapeutic-recreation/>

<https://columbusrecreparks.com/wellness/therapeutic-recreation/adaptivesportsclub/>

Integrity Athletics - Special Needs Classes

8185 Business Way, Plain City, Ohio 43064

Integrity Gymnastics gives children with special needs the chance to participate in gymnastics classes thanks to the HUGS program: **H**ope **U**nites **G**ymnastics with **S**pecial Athletes. As with traditional gymnastics classes, goals include improving motor skills, flexibility, balance, coordination, and strength. Special Needs Classes include Artistic, Trampoline & Tumbling, and Rhythmic Gymnastics.

<https://www.integritygym.com/classes/hugs/>

Dreams On Horseback - Therapeutic Riding Lessons

1416 Reynoldsburg-New Albany Road, Blacklick, Ohio 43004

<https://dreamsonhorseback.org/>

Therapeutic riding lessons can be a great way to motivate children with special needs to achieve a variety of goals. Therapy horses are extremely gentle, and instructors are trained and certified to use equine activities and games to achieve goals (like problem-solving, facing fears, completing physical tasks, etc.) Adaptations are made as necessary to empower all students to succeed, regardless of their initial ability level.

Miracle League Of Central Ohio

6259 Cosgray Rd, Dublin, OH

The Miracle League of Central Ohio plays baseball on a custom, fully accessible field featuring base paths, bases, batters' boxes, pitchers mound, and home plate all painted on a cushioned surface. The special field enables players to use wheelchairs, walkers, or other assistive equipment. The Miracle League pairs each player who has special needs with a typically functioning volunteer "buddy."

<https://www.miracleleaguecentraloh.org/>

Columbus Metropolitan TOPSoccer

6371 Scioto Darby Rd. Hilliard, Ohio 43026

<http://www.hosa-soccer.org/programs/tops-soccer-for-special-needs-players>

The **O**utreach **P**rogram for **S**occer, or "TOPSoccer," gives athletes with special needs a chance to reap the rewards (physical, mental, and emotional) of being on a soccer team. TOPSoccer relies on the buddy system, pairing each player with a local volunteer who is usually a skilled soccer player. Games are not competitive, and focus instead on the individual successes of each player.

Special Olympics Ohio

3303 Winchester Pike, Columbus, OH

Special Olympics is an organization dedicated to empowering people with intellectual disabilities through sports (and inspiring their families and communities in the process). Regional, statewide, national, and even international competition are held in a wide variety of athletic disciplines including: skiing, basketball, bowling, cycling, figure skating, golf, gymnastics, swimming, tennis, and more. Families of the participants are highly encouraged to volunteer at the events!

<https://sooh.org/>

Fishing Has No Boundaries, Central Ohio

P.O. Box 1499, Grove City, OH 43123
Phone: (614) 383-8851

Fishing Has No Boundaries is a national organization that hosts fishing events throughout the year with an emphasis on accessibility for all. Special equipment is provided (pole holders, joystick or chin operated reels, reel grippers, etc.) and physical adjustments are made for boat access, like the addition of ramps.

Email: fhnbccentralohio@gmail.com
Website: <http://www.fhnbccentralohio.org/>
Website: <https://fhnbcinc.org/chapters/150-2/>

Recreation Unlimited - Respite Weekend Camps

7700 Piper Road, Ashley, Ohio 43003

Recreation Unlimited is committed to providing sports, recreation, and educational opportunities to people with disabilities and other health concerns. Their weekend respite camps are available on seven weekends throughout the year. Typical activities include swimming, fishing, canoeing, climbing, sports, archery, nature exploration, arts and crafts, cooking, theater, and a campfire.

<https://recreationunlimited.org/>