



Recreational Resources

Outdoor Opportunities

Special Olympics Wisconsin

<http://www.specialolympicswisconsin.org>

Special Olympics Wisconsin (SOWI) provides year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage and experience joy while participating in a sharing of gifts, skills and friendship with their families, Special Olympics athletes and the community.

Fishing Has No Boundaries

<https://fhnvinc.org/chapters/madison-wi/>

Fishing Has No Boundaries provides recreational fishing opportunities for all anglers with disabilities regardless of their age, race, gender, or disability.

Madison Adaptive Cycling

<https://www.facebook.com/CyclingMadison/>

Madison Adaptive Cycling is a non-profit whose goal is to provide an outdoor adaptive cycling experience for differently-abled individuals of all ages.

Miracle League of Dane County

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

The Miracle League of Dane County provides children with cognitive and/or physical disabilities the opportunity to play baseball on a diamond with a rubberized surface with flat bases.

AccessiMingos

<https://www.channel3000.com/accessimingos-focuses-on-making-a-more-inclusive-environment-in-the-flock/>

AccessiMingos has worked to create a more accessible and inclusive environment in the 'Flock' fan section for the Madison pro soccer team Forward Madison. They have worked to get more wheelchair ramps installed at



2865 North Sherman Avenue
Madison, WI 53704
608-240-7400
www.daneadrc.org

Connecting people with the assistance they need

the stadium, have created accessible travel paths, and have added an ASL translator for the national anthem, among other achievements.

Access Ability Wisconsin

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

Access Ability Wisconsin's objective is to provide recreational opportunities for people with temporary and permanent physical challenges, including wheelchair users, who want to enjoy the great outdoors.

Madison SCI, Inc.

<https://www.sci-madison.org/adaptive-equipment>

Madison SCI, Inc.'s mission is to benefit and raise awareness of the community of people with spinal cord issues and related conditions – including cerebral palsy, multiple sclerosis, muscular dystrophy and others. They have peer mentoring for individuals and family members and adaptive equipment that members can borrow for free.

Rutabaga Paddlesports – Adaptive Paddling

<https://www.rutabaga.com/ropcat?ctid=1002023&r=1>

Rutabaga believes that for people with a disability, paddling can be an important part of both the physical and emotional healing process. They continue to develop and expand their Adaptive Paddling Program. Rutabaga offers classes and private lessons.

Hoofers – Accessible Sailing

<https://www.hoofersailing.org/accessible-sailing>

Hooper sailing provides inclusion based programming for individuals with adaptive needs. They work regularly with Special Olympics Wisconsin and individually with many people from around the community. Regardless of physical or cognitive need they can provide you with an amazing learning experience on the water.

Central Cross Country Skiing

<http://www.cxcskiing.org/pages/adaptive/about.html>

Central Cross Country Skiing (CXC) is a Gold Medal Paralympic Sport Club that works to make cross country skiing accessible to individuals with physical disabilities and visual impairments.



2865 North Sherman Avenue
Madison, WI 53704
608-240-7400
www.daneadrc.org

Connecting people with the assistance they need

Dairyland Sports

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

Dairyland Sports aims to be your "one-stop-shop" for resources and access to adaptive sports opportunities in Wisconsin. They support local and national adaptive sports clubs, teams, and events to provide adaptive athletes with the best opportunities to learn, train, and compete.

Ainsley's Angels

<https://walkingandwheeling.com/resources/347-ainsley-s-angels-in-madison>

Ainsley's Angels is a national non-profit whose mission is to promote inclusion by providing inclusive running opportunities for people with disabilities. Their Madison group attends 1-3 runs per month and equipment is provided.

Three Gaits, Inc.

Therapeutic Horsemanship Center

<http://www.3gaits.org>

Located in Stoughton, Wisconsin, Three Gaits, Inc., is a non-profit, tax-exempt organization whose mission is to provide equine-assisted activities and therapies that enhance the lives of people with physical, emotional, or intellectual challenges. Three Gaits strives to serve all interested individuals within Dane County Wisconsin and the surrounding area.

Indoor Opportunities

ARTS for ALL

The State Organization on Arts and Disability

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

The mission of ARTS for ALL Wisconsin is to expand the capabilities, confidence and quality of life for children and adults with disabilities by providing programs in dance, drama, creative writing, music and visual art.

MSCR – Madison School & Community Recreation

<http://www.msqr.org/our-programs>



2865 North Sherman Avenue
Madison, WI 53704
608-240-7400
www.daneadrc.org

Connecting people with the assistance they need

MSCR will enhance the quality of life for individuals in the Madison Metropolitan School District and for the community by providing recreation and enrichment opportunities year-round that are accessible to all.

YMCA of Dane County The Y Adaptive Program

<http://www.ymcadanecounty.org>

The Y Adaptive program is for people who are different because they learn new skills slowly. They may not understand ideas that other people learn easily and may have an intellectual disability, or other special need. Our athletes are children and adults with disabilities from all around Dane County. They are finding success, joy and friendship as part of our Y community.

LOV-Dane Living Our Visions, Inc

<http://www.lovdane.org>

Living Our Visions is a member-led organization working to promote inclusion and access for individuals with disabilities and their families. Through education and collaborative projects, we enable individuals with disabilities to live as independently as possible and contribute, in meaningful ways, to the community. By working together, we create new solutions to challenges and bridge the gap between the formal service system and a full life.

UW Department of Kinesiology: Adapted Fitness and Personal Training program

<https://kinesiology.education.wisc.edu/adapted-fitness-personal-training/>

The classes in this program are designed to accommodate students with permanent as well as temporary disabilities. Classes accommodate students who are interested in personal training opportunities, stress management, weight management, and those who feel they need individualized attention in learning about and establishing a healthier lifestyle.

ConfIDANCE

<https://confidancemadison.com/>

ConfIDANCE is an inclusive dance program whose mission is to provide people of diverse abilities a place to gain confidence, develop new skills, and build new relationships, through music and movement. ConfIDANCE classes are offered at Vibe Dance Studio in Middleton.



2865 North Sherman Avenue
Madison, WI 53704
608-240-7400
www.daneadrc.org

Connecting people with the assistance they need

Boulders Climbing Gym

<https://www.bouldersgym.com/adaptive>

“The adaptive climbing program provides opportunities for people with physical disabilities and their families to enjoy the sport of climbing. Boulders Climbing Gym partners with Adaptive Adventures to provide instruction, adaptive gear, plenty of encouragement, and a great community of employees and volunteers to help each climber reach new heights.”

Madison Ice Inc.

<https://www.madisoniceinc.com/page/show/457170-adaptive-programs>

Madison Ice Inc offers the following programs: Adaptive Learn-to-skate, Sled Hockey for boys and girls, Sled Hockey for adults, and Special Hockey for youth and adults. Located at the Madison Ice Arena and Hartmeyer Ice Arena.

Wisconsin Warriors power wheelchair soccer team

<https://www.powersoccerusa.org/teams/wisconsin-warriors>

Wisconsin Warriors Power Soccer is a club that offers power wheelchair users the ability to play soccer.

Harbor Athletic Club

<https://harborathletic.com/programs/parkinsons-disease-programs/>

Harbor Athletic Club offers exercise classes for those with Parkinson’s disease. Their certified instructors teach participant’s exercises based on the Parkinson’s Wellness Recovery (PWR) training method to assist in improving lives through movement.

New Beginnings Club – through Neighborhood House

<https://neighborhoodhousemadison.org/adults-disabilities/>

New Beginnings is a social program for people with disabilities. Each week adults and their staff are welcome to attend this fun and casual club to make art, watch movies, play games, have snacks, socialize, make new friends, and have fun! Programming runs for the first hour and half and pick-up is the last half hour. This program is free and open to all!



2865 North Sherman Avenue
Madison, WI 53704
608-240-7400
www.daneadrc.org

Connecting people with the assistance they need

Gymfinity – Special Needs Gymnastics

<https://www.gymfinity.com/classes-programs/special-needs-gymnastics/>

Gymfinity offers classes for kids with special needs that combines elements of gymnastics, fitness, and trampoline as well as movement education. Classes are for kids 5-21. Gymfinity can accommodate children of all skill levels and qualifications.