

About The North Carolina Recreation Resource Guide

This guide was developed to increase awareness of recreation opportunities for individuals with disabilities in North Carolina. An increase in awareness is often the first step to an increase in recreation participation. Hopefully this guide will encourage consumers and recreation providers to seek each other out and participate in recreation activities that are inclusive and promote physical activity.

The resources included in this guide should serve as a starting point to accessing recreation opportunities. This was not intended to be an exhaustive list. It is our hope that individuals with disabilities, families, and professionals will begin to look beyond “special” recreation opportunities for persons with disabilities to the vast recreation resources that exist in local communities. The possibilities are endless.

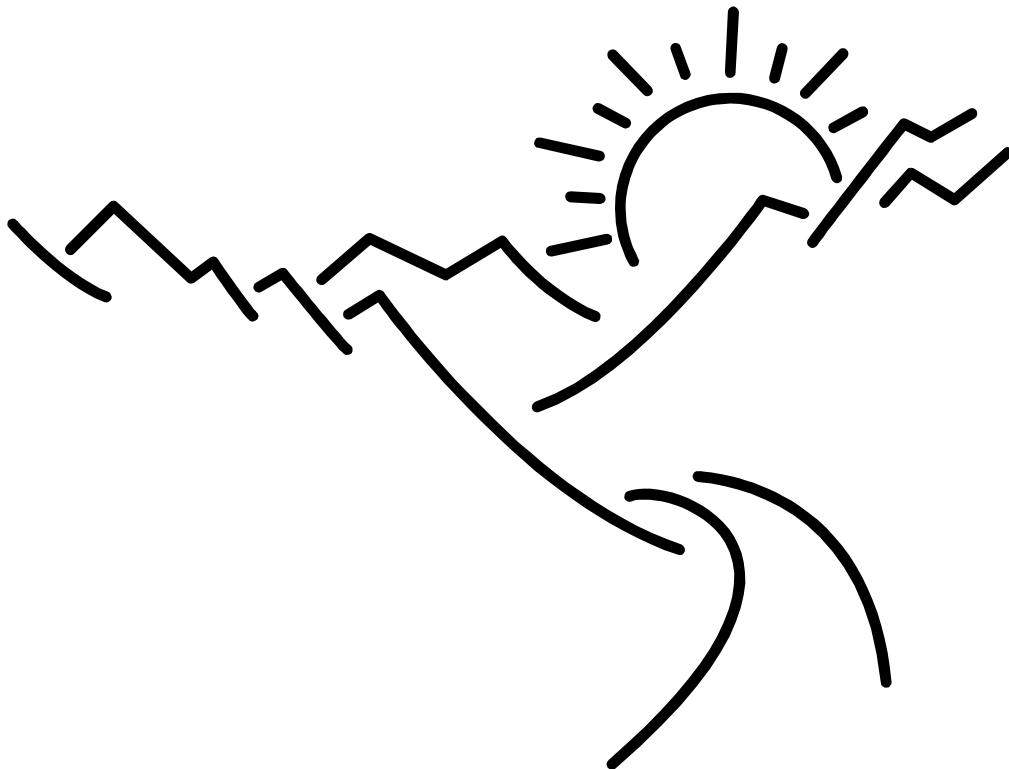


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Introduction

Benefits of Recreation...

The need and desire for recreation is a natural part of life. Individuals with disabilities have the same need and desire for recreation as any other child or adult and can experience the same physical, mental, social, and emotional benefits. In many cases individuals with disabilities experience even greater benefits from recreation activity.

Additional benefits

- Increased social skills and expanded social networks
- Increased independent living skills
- Improved physical functioning
- Preparation for employment

Recreation is also one of the best ways for individuals to increase levels of physical activity. Physical activity is very important for everyone and does not have to be strenuous. Just 30 minutes of moderate activity accumulated over a day can achieve health benefits.

The health benefits of increased physical activity

- Reduced risk of heart disease, diabetes, and high blood pressure
- Reduced feeling of depression and anxiety
- Weight control
- Improved sleep
- Improved stamina and endurance
- Improved strength and flexibility
- Psychological well-being
- Prevention of some of the secondary medical complications that can occur with disability

According to the 1996 Surgeon General's Report...

People with disabilities are less likely to engage in regular moderate physical activity than people without disabilities yet they have similar needs to promote their health and prevent unnecessary disease.

Choosing Recreation...

Inclusive and Specialized Opportunities

Recent laws have affirmed the right for individuals with disabilities to be given the same options as other members of the community. This includes the opportunity to choose from all recreation activities in a community. An individual or family should not be limited to segregated or specialized activities unless that is their choice.

Where to Look For Recreation Opportunities...

This guide includes listings of both inclusive and specialized recreation opportunities, yet each community has many opportunities for inclusive recreation that could not be listed in this manual. Here are some other places in your community to look for inclusive recreation:

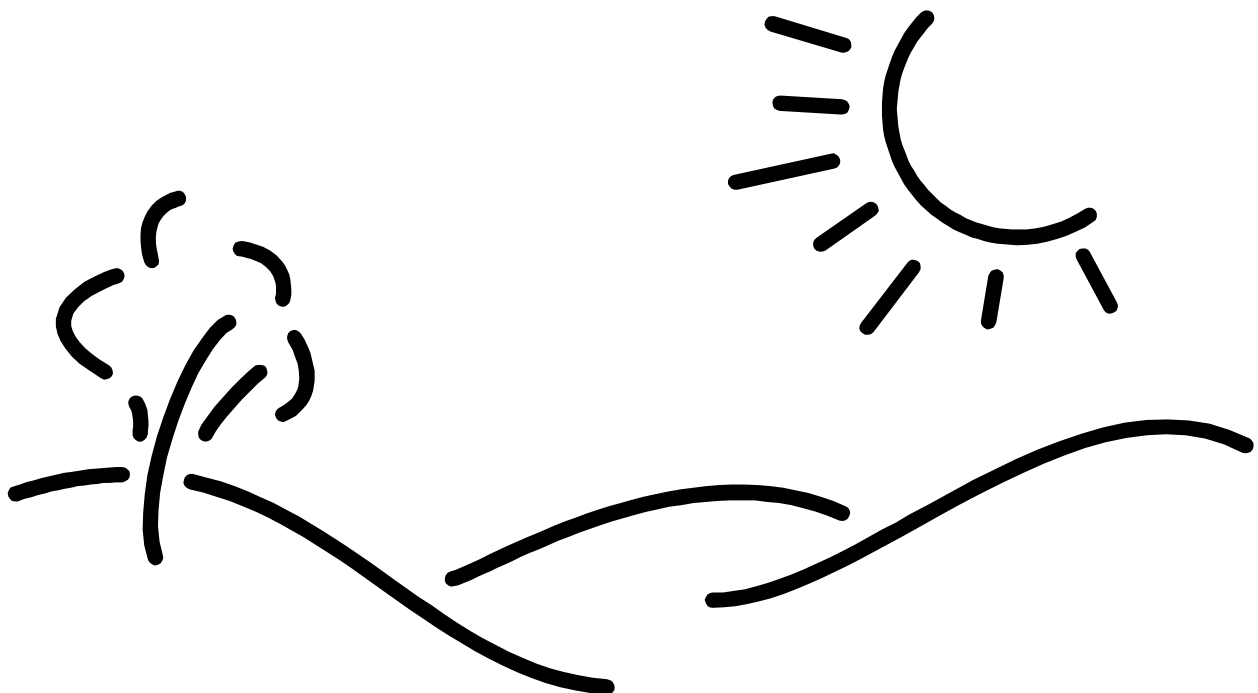
- Community centers
- Churches, Synagogues, and Temples
- Private health and fitness clubs
- Businesses (such as dance studios, karate schools, bowling alleys, etc.)
- Museums and Zoos
- Libraries
- Community service organizations

**Keep in mind
that the
possibilities for
inclusive
recreation are
endless.**

What to Look for in Community Programs...

Once potential recreation providers have been identified, keep in mind a number of things when making your decision. Some things to consider:

- Are **inclusive** or **specialized** recreation opportunities desired?
- If a specialized program is chosen, is there opportunity for **future transition** into an inclusive program?
- Is the facility **accessible**?
- What kind of physical or programmatic **accommodations** are needed?
- Is additional **support** needed?
- Are the programs recreation activities consistent with the **individual's skill level** and preferences?



Helpful Hints...

■ Look beyond specialized programs

Be sure to explore a variety of resources and programs in your community. You don't need to limit options to specialized or segregated programs just for individuals with disabilities. While participation in special programs is at times beneficial, regular programs offer a wider range of opportunities and are offered at more locations.

■ Move toward inclusion

If special programs are chosen, consider when the individual can move into a regular program of a similar nature where the skills can be carried over. For example, participation in Special Olympics swim training can lead to swimming at open times at the YMCA or to taking a swim class with non-disabled persons.

■ Schedule a visit

When a program choice is identified, schedule a visit to the class or facility. Introduce yourself and/or the person with a disability to the staff person or instructor and discuss any adaptations that may be required for participation. Always discuss the abilities and interests of yourself or the individual to emphasize personal strengths and not just focus on the "disability" label.

■ Bring a friend or family member along

If the individual initially needs extra assistance in a program, consider finding a family member, friend, or neighbor to take the class or attend the program with them. Or ask if the agency provides activity companions and how they are trained and supervised.

Importance of Advocacy...

Although it has been almost 10 years since the passage of the ADA, people often find that they must still “fight the system” in order to secure opportunities for inclusive recreation, especially for individuals with severe or multiple disabilities.

ADA Impact on Recreation...

Access to Recreation is a right!

The Americans with Disabilities Act (ADA) is a landmark piece of legislation acknowledging the civil rights of individuals with disabilities. Unlike previous laws, the ADA effects both the public and private sector. The ADA requires both physical and programmatic access for individuals with disabilities in recreation settings. This impacts recreation settings in the following ways:

- Physical barriers must be removed when readily achievable.
- If a physical barrier is not removed, it may be acceptable to move the activity to a more accessible location.
- A recreation agency might need to provide auxiliary aid or services to an individual with a disability such as a sign language interpreter or additional staff.
- Access to all programs must be provided. Special programs cannot be a substitute for regular programs if inclusive opportunities are desired.

It is very important to know and understand your rights under the ADA. For more information contact:

Southeast Disability Business Technical Assistance Center
Suite 208 N
1776 Peachtree Road
Atlanta, GA 30309
(800) 949-4232

If You Need More Information or Assistance...

There are some places to turn if you find yourself needing more information or assistance with this process. The listings in the section of this guide entitled "General Disability Resources" are a good place to start. Disability organizations, advocacy groups and independent living centers can often provide helpful support and information. It never hurts to call and ask.

For additional information about this guide, contact:

Lauren McDevitt
North Carolina Office on Disability and Health
Frank Porter Graham Center
UNC-CH, CB# 8185
Chapel Hill, NC 27599-8185
919-966-0865
919-966-0862 fax
lauren_mcdevitt@unc.edu

Karen Luken
Center for Recreation and Disability Studies
Department of Recreation and Leisure Studies
UNC-CH, CB# 3185
Evergreen House
Chapel Hill, NC 27599-3185
919-966-1222
919-966-1223 fax
kluken@email.unc.edu

Community Recreation

What You Will Find in this Section

This section contains a listing of recreation facilities and opportunities in North Carolina arranged alphabetically by county. The listing includes the following facilities and organizations:

Parks and Recreation Departments can be run by a city or county and usually include parks and other recreation facilities as well as recreation programming. The programs and facilities available vary widely. Some of the larger departments offer specialized programs for individuals with disabilities called “special populations programs” in addition to inclusive recreational activities.

YMCAs and YWCAs also offer a wide range of programs depending on the facility. Membership and monthly fees are often required, but scholarships are available. Some facilities have made efforts to improve accessibility and offer adaptive equipment and programs.

Cooperative Extension Service offices are located in each county and are often a good source of recreation opportunities in small or rural counties. These offices coordinate the state 4-H programs that offer inclusive opportunities for youth with disabilities.

Adapted sports programs are also included in this section.

About the Information in this Section

- The listing of programs and sports is not intended to be exhaustive and not a guarantee that programs listed are available. The list of sample programs provides some idea of the kinds of opportunities that may be available in a given community.
- Some facilities do not have a list of programs, but do offer a variety of opportunities. Please contact the facility directly for that information.
- Facilities and organizations are only listed in the county in which they are located.
- No formal accessibility assessments were completed for any of the facilities listed. Remember to ask about individual accessibility needs.
- Contact names listed can be the director, special populations coordinator, or recreation therapist. They may or may not be the best person to make initial contact with depending on your individual needs.

Helpful Hints

- Call for current programs and special events.
- Don't forget to look in surrounding counties.
- Ask for the accommodations that you need.

For more information on parks and recreation departments and services, contact:

North Carolina Division of Parks and Recreation
P.O. Box 27687
Raleigh, NC 27611-7687
919-733-7275
919-733-4181
<http://ils.unc.edu/parkproject/ncparks.html>

North Carolina Recreation and Parks Society, Inc.
833 Washington Street
Raleigh, NC 27605
919-832-5868
919-832-3323 fax

Listings by County

Alamance

Alamance County Recreation and Parks

Address: 217 College St., Suite B
Graham, NC 27253
Phone: 336-570-6760
Contact: Lamonte Stokes

Call for current programs

Burlington Recreation and Parks

Address: 1333 Overbrook Rd.
P. O. Box 1358
Burlington, NC 27215-1358
Phone: 336-222-5030
Fax: 336-229-3106
Contact: Jimmy Combs

Examples of programs:
swimming, soccer,
basketball, baseball, tennis,
golf, fitness programs,
walking tracks, greenways,
summer camps, senior
programs

Graham Recreation and Parks

Address: P. O. Drawer 357
311 College Street
Graham, NC 27253
Phone: 336-570-6718
Contact: Melody Wiggins

Examples of programs:
youth and adult sports, day
camp for swimming, after
school program, senior
programs, Special Olympics

Haw River Recreation

Address: P. O. Box 103
Haw River, NC 27258
Phone: 336-578-5600
Fax: 336-578-9740
Contact: Jerry White, Director

Examples of programs:
youth sports (football,
baseball, softball, basketball),
senior programs

Mebane Recreation

Address: 106 East Washington St.
Mebane, NC 27302
Phone: 919-563-3629
Fax: 919-563-1007
Contact: Dean Ray, Director

Examples of programs:
slimnastics, step and low-
impact aerobics, fishing,
boating, diabetes awareness,
sand volleyball, football,
basketball, softball, nutrition
classes, games, exercise
classes, special outings,
Special Olympics

Alamance County Community YMCA

Address: 1346 South Main St.
Burlington, NC 27215-5604
Phone: 336-227-2061

Examples of programs:
swimming, gymnastics,
camps for children

Cooperative Extension Service

Address: 201 West Elm St.
Graham, NC 27253
Phone: 336-570-6740

Alexander

Alexander County Recreation

Address: 255 Liledoun Rd.
Taylorsville, NC 28681
Phone: 828-632-1104
Contact: Wesley Deal

Call for current programs

Cooperative Extension Service

Address: 255 Liledoun Rd.
Taylorsville, NC 28681
Phone: 828-632-4451

Alleghany

Cooperative Extension Service

Address: Alleghany County Office Bldg.
Box 7
Sparta, NC 28675
Phone: 336-372-5597

Anson

Anson County Parks and Recreation

Address: Rt. 2, Box 406
Wadesboro, NC 28170
Phone: 704-694-5868
Contact: Jeff Waisner, Director

Examples of programs:
softball, basketball, Senior
Games, Special Olympics,
special populations program,
youth wrestling, karate,
fitness class

Cooperative Extension Service

Address: 605 McLaurin St.
Box 633
Wadesboro, NC 28170
Phone: 704-694-2915

Ashe

Ashe County Parks and Recreation

Address: P. O. Box 306
Jefferson, NC 28640
Phone: 336-982-9828
Contact: Sherry Senter, Director

Call for current programs

Cooperative Extension Service

Address: County Office Bldg., Box 359
Jefferson, NC 28640
Phone: 336-246-3021

Avery

Avery County Recreation

Address: P.O. Box 883
Newland, NC 28657
Phone: 828-733-8266
Fax: 828-733-8209
Contact: Lynn Murphy, Director

Examples of programs:
softball, basketball, volleyball,
tennis, baseball, swimming,
karate, aerobics, clogging,
bicycle races

Ayden Recreation and Parks

Address: P.O. Box 219
Ayden, NC 28513
Phone: 252-746-7002
Contact: Andy McClawhorn, Director

Examples of programs:
fitness programs, T-ball,
basketball, football, flag
football, summer programs,
dance, aerobics, senior
programs

Cooperative Extension Service

Address: Courthouse, Box 280
Newland, NC 28657
Phone: 828-733-8270

Beaufort

Belhaven Parks and Recreation

Address: P.O. Box 220
Belhaven, NC 27810
Phone: 252-943-2786
Fax: 252-943-2357
Contact: Sport Sawyer, Director

Examples of programs:
youth sports (football,
basketball, T-ball, baseball,
softball, Little League), adult
sports (basketball, women's
volleyball, men's softball)

**Washington Parks and Recreation
& Civic Center**

Address: 310 West Main St.
Peterson Bldg., Suite 200
Washington, NC 27889
Phone: 252-975-9367
Fax: 252-975-9359
Contact: Philip Mobley, Director

Examples of programs:
basketball, softball, football,
basketball, senior fitness
center

Cooperative Extension Service

Address: P.O. Box 1967
Washington, NC 27889
Phone: 252-946-0111

Bertie

Bertie County YMCA

Address: P.O. Box 834
Windsor, NC 27983-0834
Phone: 252-794-9622

Examples of programs:
swimming, ballet, aerobics,
youth sports, tumbling

Cooperative Extension Service

Address: Agricultural Bldg., Box 280
Windsor, NC 27983
Phone: 252-794-5317

Bladen

Bladen County Parks and Recreation

Address: P. O. Box 965
803 King St.
Elizabethtown, NC 28337
Phone: 910-862-6770
Fax: 910-862-6771
Contact: Robert Mazur, Director

Examples of programs:
T-ball, baseball, volleyball,
softball, soccer, basketball,
football, tennis, swimming,
cheerleading, golf, fishing,
hunting, horseback riding,
dance, Special Olympics

Cooperative Extension Service

Address: Agricultural Service Center,
Box 249
Elizabethtown, NC 28337
Phone: 910-862-4591

Brunswick

Brunswick County Parks and Recreation

Address: P. O. Box 249
20 Referendum Dr., NE
Bolivia, NC 2842
Phone: 910-253-2670
Fax: 910-253-2684
Contact: Heather Hemphill
Recreation Therapist

Examples of programs:
preschool activities, Camp
Rainbow, field trips, dance,
sports, kayaking, skiing,
rafting, Special Olympics

Carolina Beach Recreation and Parks

Address: 1121 North Lake St.
Carolina Beach, NC 28428
Phone: 910-458-7416
Contact: Ted Lashley, Director

Examples of programs:
aerobics, senior exercise
class, self-defense, dance,
youth sports (basketball,
soccer, baseball), adult sports
(softball, volleyball)

Long Beach Parks and Recreation

Address: P. O. Box 280
Long Beach, NC 28465
Phone: 910-278-5518
Fax: 910-278-3400
Contact: Tina Pritchard, Director

Examples of programs:
sports, fitness class, weight
room, rescue training, dance,
canoeing, hay rides, step
aerobics, walking, yoga,
karate, senior programs

Southport Recreation

Address: 201 East Moore St.
Southport, NC 28461
Phone: 910-457-7945
Contact: Joe Medlin, Director

Examples of programs:
basketball, volleyball,
baseball, softball, fishing,
senior programs

Cooperative Extension Service

Address: Government Center, Box 109
Bolivia, NC 28422
Phone: 910-253-4425

Buncombe

Asheville Parks and Recreation

Address: P. O. Box 7148
Asheville, NC 28802
Phone: 828-259-5800
Fax: 828-259-5606
Contact: Irby Brinson, Director
Special services: materials available in large print

Examples of programs:

baseball, softball, volleyball, ultimate Frisbee, rugby, soccer, basketball, cheerleading, tennis, track and field, roller skating, aerobics, martial arts, gymnastics, outdoor adventure club, field trips, Sportsday and Saturday Night Out for individuals with developmental disabilities

Black Mountain Parks and Recreation

Address: 106 Montreat Rd.
Black Mountain, NC 28711
Phone: 828-669-2052
Fax: 828-669-8143
Contact: Randy Wilson, Director

Examples of programs:

senior aerobics, ballet, blood pressure screening, walking, kinderdance, karate, dance, gymnastics, white water rafting, soccer, volleyball, softball, tennis, basketball

Buncombe County Department of Recreation Services

Address: 205 College St.
Asheville, NC 28801-3001
Phone: 828-255-5526
TTY/TDD: 828-255-5533
Contact: DeAnna Stone, Special Populations Coordinator
Special services: sign-language interpreters

Examples of programs:

ballet, water aerobics, gymnastics, jazzercise, swimming, cheerleading, soccer, bowling, basketball, tennis, golf, paddle boating, wind surfing, sports for seniors, Special Olympics, wheelchair tennis

Asheville and Buncombe YMCA

Address: 30 Woodfin St.
Asheville, NC 28801-3021
Phone: 828-252-4726
Special services: accessible pool

Examples of programs:

fitness program, water aerobics, therapy groups

YWCA of Asheville

Address: 185 South French Broad Ave.
Asheville, NC 28801-3954
Phone: 828-254-7206
Special
services: accessible pool

Examples of programs:
after school program,
summer camp, day care
program, women's center,
health programs, Sporting
Chance program to provide
sports skills for young girls

Cooperative Extension Service

Asheville Office Park, Box 7667
Address: 31 College Place
Asheville, NC 28801
Phone: 828-255-5522

Burke

Burke County Recreation and Parks

Address: P. O. Box 85
Drexel, NC 28619
Phone: 828-439-4370
Fax: 828-439-4369
Contact: Debbie Carrell, Special
Activities Director

Examples of programs:
football, baseball, softball,
basketball, soccer, walking
program for seniors, self-
defense, tumbling

Morganton Recreation and Parks

Address: P. O. Box 3448
Morganton, NC 28680-3448
Phone: 828-438-5351
Contact: Gary Leonhardt, Director

Examples of programs:
basketball, football, baseball,
softball, soccer, tennis,
gymnastics, wrestling,
swimming, skeet shooting,
volleyball, special populations
programs

Valdese Parks and Recreation

Address: P. O. Box 339
Valdese, NC 28690
Phone: 828-879-2121
Fax: 828-879-2139
Contact: Tim Rhoney, Director

Examples of programs:
football, basketball, baseball,
soccer, softball, volleyball,
tennis, swimming, bowling,
wrestling, karate, gymnastics,
dance, cheerleading, aerobics

Cooperative Extension Service

Address: Human Resources Center
Box 949
700 East Parker Rd.
Morganton, NC 28655
Phone: 828-439-4460

Cabarrus

Cabarrus County Parks and Recreation

Address: P. O. Box 707
65 Church St., SE
Concord, NC 28026-0707
Phone: 704-788-9840
Fax: 704-788-8150
Contact: Greg Morril
Special services: sign-language interpreters available

Examples of programs:
playground, ball fields, tennis, youth sports, adult activities, aerobics, karate, dance, Senior Games, Special Olympics

Concord Parks and Recreation

Address: P. O. Box 308
Concord, NC 28026-0308
Phone: 704-786-0149
Fax: 704-786-7818
Contact: Chester Lyons, Director

Call for current programs

Cannon Memorial YMCA and Community Center

Address: 101 YMCA Dr.
P. O. Box 46
Kannapolis, NC 28082
Phone: 704-939-9622
Special services: accessible pool

Examples of programs:
health and fitness programs, recreation programs, parenting programs, senior programs, aquatics

Cooperative Extension Service

Address: 745 Cabarrus Ave., Box 387
Concord, NC 28025
Phone: 704-792-0430

Caldwell

Granite Falls Recreation

Address: P. O. Box 169
Granite Falls, NC 28630
Phone: 828-396-1221
Contact: Tim Cooke, Director

Examples of programs:
baseball, basketball, swimming, gymnastics, football, volleyball, soccer, tennis

Hudson Parks and Recreation

Address: P. O. Box 457
Hudson, NC 28638
Phone: 828-728-3131
Contact: John Wilson, Director

Examples of programs:
basketball, indoor and outdoor soccer, softball, baseball, tennis, swimming, gymnastics, karate, wrestling, senior programs

Lenoir Parks and Recreation

Address: P. O. Box 958
Lenoir, NC 28645
Phone: 828-757-2189
Fax: 828-757-2109
Contact: Sam Sturgis, Director

Examples of programs:
aquatics, physical activities, sports, senior programs

Cooperative Extension Service

Address: Agricultural Center
120 Hospital Ave., NE
Lenoir, NC 28645
Phone: 828-757-1290

Camden

Cooperative Extension Service

Address: County Office Bldg.
P. O. Box 129
Camden, NC 27921
Phone: 252-338-0171

Carteret

Carteret County Parks and Recreation

Address: 801 Arendell St., Suite 4
Morehead City, NC 28557
Phone: 252-808-3301
Fax: 252-728-3975
Contact: Barbara Barnes

Examples of programs:
softball, volleyball, youth sports (softball, football, basketball), beach runs, indoor soccer, day camp, after school programs, aerobics, dance, CPR and first aid classes, Senior Games, special populations programs

Emerald Isle Parks and Recreation

Address: 7500 Emerald Dr.
Emerald Isle, NC 28594
Phone: 252-354-6350
Fax: 252-354-5068
Contact: Alesia Sanderson, Director
Special services: beach wheelchairs available

Examples of programs:
summer camp, exercise program, aerobics, yoga, indoor soccer, basketball, dance, after school program, personal trainers on staff, Special Olympics

Morehead City Parks and Recreation

Address: P. O. Drawer M
Morehead City, NC 28557
Phone: 252-726-5083
Fax: 252-726-2267

Examples of programs:

aerobics, weight room,
basketball, T-ball, softball,
baseball, playground, dance,
senior programs, special
populations programs

Cooperative Extension Service

Address: Courthouse Square
Beaufort, NC 28516
Phone: 252-728-8421

Caswell

Caswell County Parks and Recreation

Address: P. O. Box 98
Yanceyville, NC 27329
Phone: 336-694-4449
Fax: 336-694-1405
Contact: Joel Davis, Director

Call for current programs

Cooperative Extension Service

Address: Agricultural Bldg., Box 220
Yanceyville, NC 27379
Phone: 336-694-4158

Catawba

Hickory Parks and Recreation

Address: 1515 12th Street Dr., NW
Hickory, NC 28601
Phone: 828-322-7046
Fax: 828-323-1042
Contact: Dan Thompson, Director

Examples of programs:

sports, aerobics, gymnastics,
self-defense, swimming, table
tennis, senior programs (water
aerobics, square dancing)

Maiden Parks and Recreation

Address: P. O. Box 125
Maiden, NC 28650
Phone: 828-428-5022
Fax: 828-428-5017
Contact: Danny Hipps, Director

Examples of programs:

youth and adult sports, senior
exercise program, walking trail,
karate, dance, nutrition program

Newton Parks and Recreation

Address: P. O. Box 550
Newton, NC 28658
Phone: 828-465-7470
Fax: 828-465-7475
Contact: Sandra Waters, Director

Examples of programs:

baseball, softball, football,
soccer, basketball, outdoor
volleyball, horseshoes, fitness
trails, swimming, tennis

Hickory Foundation YMCA

Address: 701 1st St., NW
Hickory, NC 28601-2608
Phone: 828-324-2858

Examples of programs:
basketball, fitness center,
indoor track, aerobics,
summer sport camps for
children, youth sports
(basketball, soccer, baseball,
T-ball, roller hockey)

Adrian L. Shuford, Jr. YMCA

Address: P. O. Box 280
Conover, NC 28613-0280
Phone: 828-464-6130

Examples of programs:
swimming, aerobics, youth
and adult sports, senior
programs

YMCA of Catawba Valley

Address: P. O. Box 2608
Hickory, NC 28603-2608
Phone: 828-324-9622
Contact: Mandy Cook

Examples of programs:
fitness program, sports
(baseball, soccer), aerobics,
road races

Shuford Fitness Center

Address: Lenoir-Rhyne College
Phone: 828-328-7393
Special
services: accessible pool

Examples of programs:
swimming, racquetball,
weight room, summer
camps, sports camps

Cooperative Extension Service

Address: Agricultural Resources Center
Box 389
Newton, NC 28658
Phone: 828-465-8240

Chatham

Chatham County Recreation

Address: P. O. Box 87
Pittsboro, NC 27312
Phone: 919-542-8252
Fax: 919-542-8272
Contact: Tracey Burnett, Recreational
Therapist

Examples of programs:
T-ball, basketball, fast and
slow pitch baseball, softball,
youth karate, gymnastics,
dance, soccer, dances for
special populations, Special
Olympics

Siler City Parks and Recreation

Address: P. O. Box 769
Siler City, NC 27344
Phone: 919-742-2699
Fax: 919-663-3874 fax
Contact: Ken McPherson, Director
Special
services: accessible pool

Examples of programs:
basketball, baseball, soccer,
softball, swimming,
volleyball, dance, aerobics,
football, cheerleading,
basketball for high school
students with disabilities,
Tuesday night programs for
individuals with disabilities

Cooperative Extension Service

Address: Agricultural Bldg., Box 278
Pittsboro, NC 27312
Phone: 919-542-8202

Cherokee

Andrews Recreation

Address: P. O. Box 217
Andrews, NC 28901
Phone: 828-321-2135
Contact: Johnny Anderson, Director

Call for current programs

Cherokee County Recreation

Address: Konehete St., Old Rock Gym
Murphy, NC 28906
Phone: 828-837-6617
Contact: W. Randy Gaddis, Director

Call for current programs

Cooperative Extension Service

Address: County Office Bldg.
P. O. Box 129
115 Peachtree St.
Murphy, NC 28906
Phone: 828-837-2210

Cherokee Indian Reservation

Cooperative Extension Service

Address: P. O. Box 456
Cherokee, NC 28719
Phone: 828-497-3521

Chowan

Edenton-Chowan Parks and Recreation

Address: P. O. Box 300
North Broad St.
Edenton, NC 27932
Phone: 252-482-8595
Fax: 252-482-7377
Contact: Lamar Adams, Director

Examples of programs:
sports, wellness classes, after school program, senior programs, sailing club for children

Cooperative Extension Service

Address: County Office Bldg., Box 1030
Edenton, NC 27932
Phone: 252-482-8431

Clay

Clay County Recreation

Address: P. O. Box 555
Hayesville, NC 28904
Phone: 828-389-3064
Fax: 828-389-9749
Contact: Tim Rosser, Director

Examples of programs:
baseball, soccer, football, basketball, tennis clinic, basketball camp

Cooperative Extension Service

Address: Community Service Center, Box 156
Hayesville, NC 28904
Phone: 828-389-6301

Cleveland

Kings Mountain Parks and Recreation

Address: P. O. Box 429
Kings Mountain, NC 28086
Phone: 704-734-0449
Contact: Tripp Hord, Director

Examples of programs:
basketball, soccer, baseball, softball, football, water aerobics

Shelby Parks and Recreation

Address: City Hall, Box 207
Shelby, NC 28151-0207
Phone: 704-484-6821
Contact: Fain Hamrick, Director

Examples of programs:

baseball, softball, football, gymnastics, tennis, swimming, day camps, volleyball, basketball, tennis courts, golf course, dance, aerobics, senior programs, club for individuals who are hearing impaired, job-shadowing program for youth with mental disabilities

Cleveland County Family YMCA

Address: P. O. Box 2272
Shelby, NC 28151-2272
Phone: 704-484-9622

Examples of programs:

fitness programs, sports, child care

Cooperative Extension Service

Address: County Office Bldg.
130 South Post Rd.
Shelby, NC 28150
Contact: 704-482-4365

Columbus

Columbus County Parks and Recreation

Address: 700 North Thompson St.
Whiteville, NC 28472
Phone: 910-642-5700
Fax: 910-640-2135
Contact: Julie Strickland, Program Coordinator

Examples of programs:

youth sports (soccer, football, basketball, baseball), summer day camp, Special Olympics, senior programs (arts and crafts)

Whiteville Parks and Recreation

Address: P. O. Box 607
Whiteville, NC 28472
Phone: 910-642-6004
Fax: 704-642-8048

Examples of programs:

baseball, basketball, football, track

Cooperative Extension Service

Address: Courthouse Annex, Box 569
Whiteville, NC 28472
Phone: 910-640-6605

Craven

Craven County Parks and Recreation

Address: 406 Craven St.
New Bern, NC 28560
Phone: 252-636-6606
Fax: 252-636-6638
Contact: Billy Wilkes

Examples of programs:

youth sports (baseball, softball, football, soccer, basketball, T-ball), aerobics, archery, tennis, basketball, golf, dance, gymnastics, summer day camp, karate, swimming, Special Olympics

New Bern Recreation and Parks

Address: P. O. Box 1129
New Bern, NC 28563
Phone: 252-636-4060
Fax: 252-636-1848
Contact: Nancy Bottorf, Director

Examples of programs:

soccer, baseball, day camps, playgrounds, tennis, karate, yoga, football, soccer, exercise classes, tap dance, special populations programs (baseball)

New Bern-Craven County YMCA, Inc.

Address: 100 YMCA Ln.
New Bern, NC 28560-5400
Phone: 252-638-8799
Special services: accessible pool

Examples of programs:

after school program, summer day camp, swimming, aerobics, gymnastics, softball, T-ball, health and fitness programs, basketball, senior programs, aquatics class for individuals with arthritis

Cooperative Extension Service

Address: 300 Industrial Dr.
New Bern, NC 28569
Phone: 252-633-1477

Cumberland

Cumberland County Parks and Recreation

Address: 2721 Wilmington Hwy.
Fayetteville, NC 28306-3199
Phone: 910-485-3161
Fax: 910-485-2669
Contact: Larry Philpott, Director

Examples of programs:

sports, leisure classes, playground, senior programs, aerobics, self-defense, toning, clogging, ballet, walking club

Fayetteville Parks and Recreation

Address: 433 Hay St.
Fayetteville, NC 28301
Phone: 910-433-1547
Fax: 910-433-1762
Contact: Kenny Bullock

Examples of programs:

wrestling, karate, track and field, t'ai chi, volleyball, soccer, football, basketball, tennis, special populations programs

Hope Mills Parks and Recreation

Address: 3701 South Main St.
Hope Mills, NC 28348
Phone: 910-424-4500
Fax: 910-424-4902
Contact: David Smith, Director

Examples of programs:

youth activities, cheerleading, self-defense, walking, softball, health seminars (including screenings for the public), senior programs

Spring Lake Recreation and Parks

Address: P. O. Box 617
Spring Lake, NC 28390
Phone: 910-436-0241
Fax: 910-436-2667
Contact: Calvin Tenhet, Director

Examples of programs:

football, basketball, baseball, softball, soccer, tennis courts, volleyball, karate, bowling

Fayetteville YMCA

Address: 2717 Fort Bragg Rd.
Fayetteville, NC 28303-4720
Phone: 910-323-0800
Special services: accessible pool

Examples of programs:

aquatics class for persons with arthritis, chair aerobics, light aerobics classes, exercise classes, aquatics

Cooperative Extension Service

Address: Agricultural Expo Center
Box 270
Fayetteville, NC 28306
Phone: 910-484-7156

Currituck

Cooperative Extension Service

Address: Courthouse, Box 10
Currituck, NC 27929
Phone: 252-232-2261

Dare

Dare County Parks and Recreation

Address: P. O. Drawer 1000
Manteo, NC 27954
Phone: 252-473-1101
Fax: 252-473-2969
Contact: Jerry Allen, Director

Examples of programs:

soccer, football, basketball, baseball, softball, dance, gymnastics, fitness classes, fishing, summer camps, Special Olympics, special populations programs (volleyball)

Cooperative Extension Service

Address: County Administration
Box 968
Manteo, NC 27954
Phone: 252-473-1101

Davidson

Davidson County Recreation

Address: P. O. Box 1067
Lexington, NC 27292
Phone: 336-242-2285
Fax: 336-242-2254
Contact: Maryann Brown, Special Programs Coordinator

Examples of programs:

youth sports (soccer, Little League, flag football, basketball, baseball, softball), adult sports (basketball, softball), Special Olympics

Lexington Parks and Recreation

Address: 28 West Center St.
Lexington, NC 27292
Phone: 336-248-3960
Fax: 336-248-3964
Contact: Bruce Davis, Director

Examples of programs:

youth sports (baseball, softball, flag football, tackle football), cheerleading, adult sports (men's and women's softball), Special Olympics

Thomasville Parks and Recreation

Address: P. O. Box 71
1 East Main St.
Thomasville, NC 27360
Phone: 336-475-4280
Fax: 336-475-4283
Contact: Vaughn Black, Director

Examples of programs:

basketball, baseball, football, softball, volleyball, karate, aerobics, day trips, senior programs

Tom A. Finch Community YMCA

Address: 1010 Mendenhall St.
Thomasville, NC 27360-2546
Phone: 336-475-6125

Examples of programs:

aquatics, youth/adult sports, child care, wellness programs

J. Smith Young Family YMCA

Address: 119 W. 3rd Ave.
P. O. Box 210
Lexington, NC 27292-3023
Phone: 336-249-2177

Call for current programs

Cooperative Extension Service

Address: County Agricultural Center
301 East Center St.
Lexington, NC 27292
Phone: 336-242-2080

Davie

Mocksville-Davie Parks and Recreation

Address: 644 North Main St.
Mocksville, NC 27028
Phone: 336-634-2325
Fax: 336-634-9187
Contact: Kathy Streit
Special services: sign-language interpreters available

Examples of programs:

basketball, soccer, T-ball, softball, volleyball, walking, after school programs, senior programs, gymnastics, cheerleading, dance, aerobics, summer day camp, teen adventure club, Activity Buddy program provides instructors to work one-on-one with individuals with disabilities

Cooperative Extension Service

Address: County Office Bldg.
10B South Main St.
Mocksville, NC 27028
Phone: 704-634-6297

Duplin

Wallace Parks and Recreation

Address: P. O. Box 849
Wallace, NC 28466
Phone: 910-285-2905
Contact: Dianne McNamara, Director

Examples of programs:

youth sports (football, softball, baseball, cheerleading, soccer, basketball), adult sports (co-ed volleyball, men's and women's basketball, softball), aerobics

Warsaw Recreation and Parks

Address: P. O. Box 464
Warsaw, NC 28398
Phone: 910-293-7182
Fax: 910-293-7701
Contact: Dee Brunetti, Director

Examples of programs:
baseball, softball, football,
cheerleading, soccer,
basketball, day camp, line
dancing, aerobics, karate, art
program, summer arts camp,
Friday night dances, Special
Olympics

Rose Hill Recreation

Address: P. O. Box 8
Rose Hill, NC 28458
Phone: 910-289-3159
Contact: Lois Mobley, Director

Examples of programs:
T-ball, softball, baseball,
football, special populations
programs

Cooperative Extension Service

Address: County Office Bldg., Box 458
Kenansville, NC 28349
Phone: 910-296-2143

Durham

Durham Parks and Recreation

Address: 101 City Hall Plaza
Durham, NC 27701
Phone: 919-560-4355
Fax: 919-687-0896
Contact: Mike Smith and Lisa Wilson

Examples of programs:
sports, teen program,
outreach program, Special
Olympics, special populations
programs (beepball, summer
camp)

Downtown YMCA Family Center

Address: 215 West Morgan St.
Durham, NC 27701-2117
Phone: 919-667-9622
Special
services: accessible pool

Examples of programs:
wellness programs, youth
sports, aquatics, gymnastics,
martial arts, personalized
fitness orientation,
racquetball, indoor and
outdoor track, massage
therapy

Lakewood YMCA Family Center

Address: 2119 Chapel Hill Rd.
Durham, NC 27707-1405
Phone: 919-493-4502

Examples of programs:
aerobics, swimming,
gymnastics, soccer,
basketball, T-ball

Cooperative Extension Service

Address: Agriculture Bldg.
721 Foster Rd.
Durham, NC 27701
Phone: 919-560-0525

Edgecombe

Rocky Mount Parks and Recreation

Address: P. O. Drawer 1180
Rocky Mount, NC 27802-1180
Phone: 252-972-1151
Fax: 252-972-1232
Contact: John Battle

Examples of programs:

sports, community centers,
game rooms, special events,
special populations programs
(dance, bowling, basketball)

Tarboro Parks and Recreation

Address: 305 West Baker St.
Tarboro, NC 27886
Phone: 252-641-4263
Fax: 252-641-4287
Contact: Lee Perry, Director

Examples of programs:

baseball, football, tennis,
wrestling, swimming,
walking track, softball,
baseball, fitness center,
aerobics, community centers,
nutrition program

Cooperative Extension Service

Address: County Administration Bldg.
Box 129
Tarboro, NC 27886
Phone: 252-641-7815

Forsyth

Forsyth County Parks and Recreation

Address: 500 West 4th St., Suite 103
Winston-Salem, NC 27101
Phone: 336-727-2946
Fax: 336-727-2164
Contact: Mark Serosky, Director

Examples of programs:

summer programs for
children, day camps, tennis

Kernersville Recreation and Parks

Address: P. O. Drawer 728
Kernersville, NC 27285-0728
Phone: 336-992-0804
Fax: 336-992-0070
Contact: Beverly Olson, Director

Examples of programs:

youth tennis, adult volleyball,
sports clinics, aerobics,
exercise program for seniors

Tanglewood-Forsyth County Park Authority

Address: P. O. Box 1040
Clemmons, NC 27012
Phone: 336-778-6336
Fax: 336-778-6332
Contact: Vicki Robinson

Examples of programs:
golf, tennis, canoeing, paddleboating, hiking, summer camp for children, soccer, swimming, horseback riding, senior programs

Winston-Salem Recreation and Parks

Address: P. O. Box 2511
836 Oak St., Suite 200
Winston-Salem, NC 27102
Phone: 336-727-2063
Fax: 336-727-2066
Contact: Edith Bailey, Special Populations Coordinator

Examples of programs:
leisure skills class, nutrition class, aerobics, ballroom dance, baseball, wheelchair basketball, bowling, boxing, cheerleading, tennis, volleyball, self-improvement class

Central YMCA

Address: 775 West End Blvd.
Winston-Salem, NC 27101-2421
Phone: 336-721-2100
Special services: accessible pool

Examples of programs:
youth sports (soccer, basketball), aerobics, swimming, pool available to non-members for therapeutic swimming

Kernersville Family YMCA

Address: 1113 W. Mountain St.
Kernersville, NC 27284-2125
Phone: 336-996-2231
Special services: accessible pool

Examples of programs:
child care, youth and adult sports, family programs

West Forsyth Family YMCA

Address: 1150 Peace Haven Rd.
Clemmons, NC 27012-8909
Phone: 336-712-2000
Special services: accessible pool

Examples of programs:
aquatics, fitness programs, sports, youth leadership programs, special populations programs (aquatics)

Winston Lake Family YMCA

Address: 901 Waterworks Rd.
Winston-Salem, NC 27101-1958
Phone: 336-724-9205

Examples of programs:
summer camp, basketball camp, youth and adult sports, aerobics, fitness center, senior stretch, exercise classes

YWCA of Winston-Salem/Forsyth County

Address: 1201 Glade St.
Winston-Salem, NC
27101-2438
Phone: 336-722-5138
Special
services: accessible pool (lift)
accessible fitness equipment
(Power Trainer, Equalizer
1000)

Examples of programs:
aquatics, aerobics, fitness
center, swimming, basketball,
racquetball, adaptive aquatics

Cooperative Extension Service

Address: Agriculture Bldg.
1450 Fairchild Dr.
Winston-Salem, NC 27101
Phone: 336-767-8213

Franklin

Franklin County Parks and Recreation and Cultural Resources

Address: P. O. Box 529
Louisburg, NC 27549
Phone: 919-496-6624
Fax: 919-496-2688 fax
Contact: David L. Munden, Director

Examples of programs:
youth sports (baseball, track,
basketball), adult sports
(volleyball, coed softball,
men's softball)

Cooperative Extension Service

Address: Agricultural Bldg.
103 South Bickett Blvd.
Louisburg, NC 27549
Phone: 919-496-3344

Gaston

Belmont Parks and Recreation

Address: P. O. Box 431
Belmont, NC 28012
Phone: 704-825-8191
Fax: 704-825-0514
Contact: Sallie Stevenson, Director

Examples of programs:
T-ball, softball, soccer,
basketball, tennis, exercise
classes, dance, self-defense,
senior programs (aquatics),
special populations programs
(horseback riding, tennis, T-
ball)

Bessemer City Recreation

Address: 132 West Virginia Ave.
Bessemer City, NC 28016
Phone: 704-629-5111
Fax: 704-629-2237
Contact: Jo-D Franklin, Director

Examples of programs:

aerobics, water fitness,
basketball, baseball, softball,
soccer, tennis, chair aerobics,
dance, fitness trails, walking
tracks, indoor pool

Cherryville Parks and Recreation

Address: 116 South Mountain St.
Cherryville, NC 28021
Phone: 704-435-1740
Fax: 704-435-1707
Contact: Lance Hudson, Director

Call for current programs

Cramerton Parks and Recreation

Address: 155 North Main St.
Cramerton, NC 28032
Phone: 704-824-4231
Contact: Cam Carpenter, Director

Examples of programs:

volleyball, basketball,
baseball, soccer, badminton,
horseshoes, cheerleading,
dance, judo, aerobics, tennis

Gastonia Parks and Recreation

Address: P. O. Box 1748
Gastonia, NC 28053
Phone: 704-866-6838
Fax: 704-842-5104
Contact: Cynthia Simpson, Special
Populations Coordinator

Special
services: accessible pool

Examples of programs:

youth sports (T-ball, baseball,
soccer), softball, swimming,
jogging trails, social dances,
basketball, weightlifting,
senior programs, skeet and
trap shooting, special
populations programs

Mount Holly Parks and Recreation

Address: P. O. Box 406
Mount Holly, NC 28120
Phone: 704-827-3931
Fax: 704-822-2933
Contact: Tareyton Stowe, Director

Examples of programs:

walking, exercise, fitness,
weights and cardiovascular
machines, softball, T-ball,
basketball, soccer, volleyball,
senior programs

Stanly Recreation

Address: P. O. Box 279
Stanly, NC 28164
Phone: 704-263-4000
Fax: 704-263-1757
Contact: Preston Leonard, Director

Examples of programs:

baseball, softball, soccer,
basketball

East Branch YMCA

Address: 402 North Main St.
Belmont, NC 28012-3129
Phone: 704-825-9140

Examples of programs:
summer programs for children, after school programs, adult fitness, strength training

Gaston County Family YMCA

Address: 615 West Franklin Blvd.
Gastonia, NC 28052-3828
Phone: 704-865-8551
Special services: accessible pool

Examples of programs:
water exercises, fitness classes, child care, youth and adult sports, programs for at-risk youth, Special Olympics

Cooperative Extension Service

Address: Agriculture Center, Box 476
Dallas, NC 28034
Phone: 704-922-0301

Gates

Gates County Community Center

Address: P. O. Box 104
Gatesville, NC 27938
Phone: 252-357-0677
Contact: Lulu Eure, Director

Examples of programs:
summer camp, day care program, senior programs, soccer, baseball, softball, football, basketball, gymnastics

Cooperative Extension Service

Address: Agriculture Bldg., Box 46
Gatesville, NC 27938
Phone: 252-357-1400

Graham

Graham County Recreation and Parks

Address: 311 College Street
Graham, NC 27253
Phone: 336-570-6718
Contact: Larry Queen, Director

Call for current programs

Cooperative Extension Service

Address: Main St., Box 486
Robbinsville, NC 28771
Phone: 828-479-7979, ext 223

Granville

Oxford Parks and Recreation

Address: P. O. Box 506
227 West McClanahan St.
Oxford, NC 27565
Phone: 919-603-1135
Fax: 919-603-1138

Examples of programs:

baseball, football, basketball, tennis, swimming, open gym program, softball, soccer, golf, volleyball, aerobics, senior walking program, special populations programs (bowling, movies)

Cooperative Extension Service

Address: County Office Bldg., Box 926
Oxford, NC 27565
Phone: 919-603-1350

Greene

Farmville Recreation and Parks

Address: P. O. Box 86
Farmville, NC 27828
Phone: 252-753-7020
Fax: 252-753-7867
Contact: Fred Sauls, Director

Examples of programs:

basketball, softball, baseball, football, volleyball

Greene County Parks and Recreation

Address: 106-A Hines Street
Snow Hill, NC 28580
Phone: 252-747-2641
Contact: Stephen Wells, Director

Examples of programs:

baseball, basketball, football, karate, gymnastics, field trips, summer camps, Special Olympics

Cooperative Extension Service

Address: 229 Kingold Blvd.
Snow Hill, NC 28580
Phone: 252-747-5831

Guilford

Gibsonville Parks and Recreation

Address: 129 West Main St.
Gibsonville, NC 27249
Phone: 336-449-4144
Contact: Roy Williamson, Director

Call for current programs

Greensboro Parks and Recreation

Address: P. O. Box 3136
Greensboro, NC 27402-3136
Phone: 336-373-2574
Fax: 336-373-2060
Contact: Bonnie Kuester, Director

Examples of programs:
aerobics, jazzercise,
basketball, football, lacrosse,
track and field, softball,
tennis, martial arts, monthly
leisure guide describes
activities for individuals with
disabilities

High Point Parks and Recreation

Address: 600 North Hamilton St.
High Point, NC 27260
Phone: 336-883-3473
TTY/TDD: 336-883-8517
Fax: 336-883-3419
Contact: Sherry Paul, recreation
therapist

Examples of programs:
playgrounds, exercise
programs, swimming, gym,
golf, tennis, soccer,
volleyball, football, special
populations programs

Carl Chavis Memorial Branch YMCA

Address: 825 East Washington Dr.
High Point, NC 27260-4040
Phone: 336-889-0235

Examples of programs:
summer camp, sports clinics
and instructional leagues for
youth (basketball, soccer,
volleyball), youth basketball,
adult sports (volleyball,
basketball), aerobics, adult
fitness classes

**Greensboro Guilford College Branch
YMCA**

Address: P. O. Box 8923
Greensboro, NC 27419-0923
Phone: 336-316-2870
Special
services: accessible pool

Examples of programs:
aquatics programs, cardiac
rehabilitation programs, MS
class, arthritis water exercise
class

**Greensboro Hayes-Taylor
Memorial Branch YMCA**

Address: 1101 East Market St.
P. O. Box 20128
Greensboro, NC 27401-3206
Phone: 336-272-2131
Special
services: accessible pool

Examples of programs:
youth sports (basketball,
soccer, karate), dance,
skating, swimming, adaptive
aquatics

Greensboro Outdoor Center YMCA

Address: 4924 Tapawingo Tri
Greensboro, NC 27406-9072
Phone: 336-697-0525

Examples of programs:
aerobics, summer camp,
horseback riding

High Point Central Family Branch YMCA

Address: P. O. Box 6258
High Point, NC 27262-6258
Phone: 336-869-0151
Special
services: accessible pool

Examples of programs:
fitness programs, sports

YWCA of Greensboro

Address: #1 YWCA Place
Greensboro, NC 27401-2889
Phone: 336-273-3461
Special
services: accessible pool

Examples of programs:
moderate motion classes for
individuals with physical dis-
abilities, affiliated with the
hospital's rehabilitation
programs, sign-language
class

YWCA of High Point

Address: 112 Gatewood Ave.
High Point, NC 27262
Phone: 336-882-4126
Special
services: accessible pool

Examples of programs:
water exercise, swimming,
youth services, health
programs, before and after
school programs

Pyramids Health and Fitness Center

Address: 500 Spring Garden St.
Greensboro, NC 27401
Phone: 336-274-2835

Examples of programs:
health and fitness programs
for people over the age of 15
years, weight and cardiovas-
cular training, Connections
55 (cardiovascular and
resistance programs for
people over the age of 55
years), post rehabilitation for
stroke and cardiac patients
and people with lower-back
injuries

Greensboro Challenger Sports League

Address: P.O. Box 8265
Greensboro, NC 27407
Phone: 336-632-1939
Contact: Scott Paganelli, Director

Examples of programs:
baseball, basketball, bowling,
special events, field trips

Cooperative Extension Service

Address: Agricultural Center
3309 Burlington Rd.
Greensboro, NC 27420
Phone: 336-375-5876

Halifax

Enfield Parks and Recreation

Address: P. O. Box 699
Enfield, NC 27823
Phone: 252-445-3146

Call for current programs

Roanoke Rapids Parks and Recreation

Address: P. O. Box 38
Roanoke Rapids, NC 27870
Phone: 252-533-2847
Fax: 252-533-2853
Contact: Christopher Wicker, Director

Examples of programs:
basketball, flag football,
baseball, soccer, tennis,
exercise classes, health and
physical fitness, swimming,
senior programs

Scotland Neck Parks and Recreation

Address: P. O. Box 537
Scotland Neck, NC 27874
Phone: 252-826-3152
Fax: 252-826-2107
Contact: Charles Hasty, Director

Examples of programs:
softball, machine-pitched ball
league for children, T-ball,
basketball

Cooperative Extension Service

Address: Agricultural Bldg., Box 37
Halifax, NC 27839
Phone: 252-583-5161
Contact: Art Young, Director

Harnett

Angier Recreation

Address: P. O. Box 278
Angier, NC 27501
Phone: 919-639-2071

Examples of programs:
youth sports (baseball, girls'
softball, soccer, football,
basketball)

Dunn Parks and Recreation

Address: P. O. Box 1065
Dunn, NC 28335
Phone: 910-892-2976
Contact: Jimmy Gaines, Director

Examples of programs:
baseball, basketball, softball,
volleyball, football, cheerlead-
ing, gymnastics, soccer, after
school programs, summer
camps, senior programs

Erwin Recreation

Address: P. O. Box 459
Erwin, NC 28339
Phone: 910-897-5840
Fax: 910-897-5543
Contact: Jerry Allen, Director

Examples of programs:
baseball, softball, soccer,
football, basketball, cheer-
leading

Harnett County Park and Recreation

Address: P. O. Box 816
Lillington, NC 27546
Phone: 910-893-7518
Contact: Alice Powell, Director

Call for current programs

Lillington Recreation

Address: P. O. Box 296
Lillington, NC 27546
Phone: 910-893-2864
Fax: 910-893-3693
Contact: Ashley Brown, Director

Call for current programs

Cooperative Extension Service

Address: County Office Bldg.
Box 1089
Lillington, NC 27546
Phone: 910-893-7530

Haywood

Canton Recreation and Parks

Address: P. O. Box 987
Canton, NC 28716
Phone: 828-646-3411
Contact: Joe Turner, Director

Examples of programs:
water aerobics, swimming,
senior programs, youth sports
(Little League, baseball, softball),
adult sports

Waynesville Parks and Recreation

Address: 128 West Marshall St.
Waynesville, NC 28786
Phone: 828-456-8577
Fax: 828-456-4470
Contact: Michael Smith, Director

Examples of programs:
swimming, youth basketball,
aerobics, softball, sand
volleyball, tennis, stretch and
walk program, judo, dance

Cooperative Extension Service

Address: 1600 North Main St.
Box 308
Waynesville, NC 28786
Phone: 704-455-3575

Henderson

Fletcher Parks and Recreation

Address: P. O. Drawer 369
Fletcher, NC 28732
Phone: 828-687-3985
Fax: 828-687-7133
Contact: Ruth Burgin, Director

Examples of programs:
senior programs, summer day camp, dances, trips, games, swimming

Henderson County Parks and Recreation

Address: 801 Glover St.
Hendersonville, NC 28792
Phone: 828-697-4884
Fax: 828-687-4886
Contact: Larry Harmon, Director

Examples of programs:
basketball, gymnastics, karate, wrestling, softball, soccer, dance, tumbling, summer day camp, bird walks, Special Olympics

Cooperative Extension Service

Address: Agricultural Extension Bldg.
740 Glover St.
Hendersonville, NC 28792
Phone: 828-697-4891

Hertford

Ahoskie Park and Recreation

Address: P. O. Box 767
Ahoskie, NC 27910
Phone: 252-332-8209
Contact: Doug White, Director

Examples of programs:
youth sports (baseball, softball, basketball), sports camps (football, baseball, softball), adult sports (softball, baseball), aerobics, weight lifting

Cooperative Extension Service

Address: County Office Bldg., Box 188
Winton, NC 27986
Phone: 252-358-7822

Hoke

Aberdeen Parks and Recreation

Address: P. O. Box 785
Aberdeen, NC 28315
Phone: 910-944-5902
Contact: Ken Metcalf, Director

Examples of programs:
T-ball, baseball, basketball, volleyball, cheerleading, Senior Games, senior programs (aerobics, walking trails, softball)

Hoke County Parks and Recreation

Address: 423 East Central Ave.
Raeford, NC 28376
Phone: 910-875-4035
Fax: 910-875-9222
Contact: Artis Gay, Director

Examples of programs:
soccer, basketball, football,
baseball

Cooperative Extension Service

Address: Magnolia St., Box 578
Raeford, NC 28376
Phone: 910-875-3461

Hyde

Cooperative Extension Service

Address: Agricultural Bldg., Box 219
Swan Quarter, NC 27885
Phone: 252-926-3201

Iredell

Iredell County Recreation

Address: P. O. Box 788
Statesville, NC 28687
Phone: 704-878-3103
Fax: 704-878-3032
Contact: Kim Gallyon, Director

Examples of programs:
sports, outdoor education,
hiking, ropes course, special
population programs
(baseball)

Mooreville Recreation

Address: P. O. Box 1455
220 North Maple St.
Mooreville, NC 28115
Phone: 704-663-7026
Fax: 704-633-2894
Contact: Ti Farmer

Examples of programs:
baseball, softball, basketball,
wrestling, clubs, playground

Statesville Recreation and Parks

Address: P. O. Box 1111
Statesville, NC 28677-1111
Phone: 704-878-3429
Fax: 704-871-0008
Contact: John Bullard, Director

Examples of programs:
baseball, aerobics, line dance,
shag, fly fishing, shuffle-
board, golf, softball, junior
tennis clinic, after school
programs, bench press
championship, karate, table
tennis, basketball, aerobics
for seniors, Special Olympics

Mooresville Family Branch YMCA

Address: 664 East Plaza Dr.
Mooresville, NC 28115-8070
Phone: 704-662-9622

Examples of programs:
hockey, T-ball, soccer,
gymnastics

YMCA of Iredell County, Inc.

Address: 828 Wesley Dr.
Statesville, NC 28677-3355
Phone: 704-873-9622

Call for current programs

Structured Activities for Challenged Children

Address: P.O. Box 845
Mooresville, NC 28115
Phone: 704-571-9017

Examples of programs:
bowling, basketball, soccer,
baseball, gymnastics, weight
training kung fu

Cooperative Extension Service

Address: Agricultural Center, Box 311
201 East Water St.
Statesville, NC 28677
Phone: 704-873-0507

Jackson

Jackson County Recreation and Parks

Address: 8 School Circle
Sylva, NC 28779
Phone: 828-586-6333
Fax: 828-586-0070
Contact: Jeff Carpenter, Director

Examples of programs:
soccer, basketball, T-ball,
softball, summertime
sluggers, swim lessons, day
camps, after school program

Cooperative Extension Service

Address: Community Service Center
102 Scotts Creek Rd.
Sylva, NC 28779
Phone: 828-586-4009

Johnston

Benson Parks and Recreation

Address: P. O. Box 69
1204 North Johnston St.
Benson, NC 27504
Phone: 919-894-5117
Fax: 919-894-1041
Contact: Krista McGivern, Director

Examples of programs:
soccer, basketball, baseball,
softball, football, cycling,
golf, walking, racquetball,
swimming, senior programs
(table tennis, bowling,
billiards, shuffleboard, basket
weaving, horseshoes)

Clayton Parks and Recreation

Address: P. O. Box 879
Clayton, NC 27520
Phone: 919-553-1550
Fax: 919-553-1521
Contact: Larry Bailey, Director

Examples of programs:
baseball, softball, basketball,
soccer, tae kwon do, dance,
senior programs

Kenly Recreation

Address: P. O. Box 699
Kenly, NC 27542
Phone: 919-284-2116
Fax: 919-284-5229
Contact: Tommy Paker, Director

Call for current programs

Selma Parks and Recreation

Address: 100 North Raiford St.
Selma, NC 27576
Phone: 919-965-9841
Fax: 919-965-8517
Contact: Joseph Carter, Director

Examples of programs:
youth and adult sports,
walking program for adults
and seniors, aerobics for
adults and seniors,
horseshoes

Smithfield Parks and Recreation

Address: P. O. Box 2344
Smithfield, NC 27577
Phone: 919-934-2148
Fax: 919-934-6554
Contact: Tim Johnson, Director

Examples of programs:
baseball, basketball, soccer,
football, cheerleading, self-
defense, kinder sports for
preschoolers, dance, senior
programs (walking, aerobics),
volleyball, softball,
swimming, water aerobics

Cooperative Extension Service

Address: Agriculture Bldg.
806 North St.
Smithfield, NC 27577
Phone: 919-989-5380

Jones

Jones County Recreation

Address: P. O. Box 368
Trenton, NC 28585
Phone: 252-448-1660
Fax: 252-448-1071
Contact: Phillip Griffin, Director

Examples of programs:
basketball, baseball,
volleyball, football, soccer,
aerobics

Cooperative Extension Service

Address: 110 South Market St.
Box 218
Trenton, NC 28585
Phone: 252-448-9621

Lee

Lee County Parks and Recreation

Address: 147 McIver St.
Sanford, NC 27330
Phone: 336-775-2107
Fax: 336-775-1531
Contact: John Payne, Director

Examples of programs:

wellness programs, senior programs, summer camp for individuals with disabilities

Cooperative Extension Service

Address: Courthouse Annex
225 South Steele St.
Sanford, NC 27330
Phone: 336-775-5624

Lenoir

Kinston-Lenoir Parks and Recreation

Address: 405 North McLewan St.
Kinston, NC 28501
Phone: 252-939-3332
Fax: 252-939-3129
Contact: Sharome Brown, Special Populations Coordinator

Examples of programs:

sports, aerobics, fitness trails, exercise classes, aquatics, open gym program

La Grange Recreation

Address: P. O. Box 368
La Grange NC 28551
Phone: 252-566-4185
Fax: 252-566-2201
Contact: Jerry Walters, Director

Examples of programs:

baseball, adult coed softball, basketball, soccer, softball, jazzercise, senior programs

Cooperative Extension Service

Address: Agriculture Extension Center
Box 757
Kinston, NC 28501
Phone: 252-527-2191

Lincoln

Lincolnton-Lincoln County Recreation

Address: P. O. Box 25
Lincolnton, NC 28093-0025
Phone: 704-732-0659
Fax: 704-735-1662
Contact: Erma Deen Hoyle, Director

Examples of programs:

swimming, basketball, racquetball, softball, baseball, soccer, tennis, summer playground program, badminton, volleyball, open gym program, senior programs, special populations programs

Cooperative Extension Service

Address: Citizens Center
115 West Main St.
Lincolnton, NC 28902
Phone: 704-736-8452

Macon

Highlands Parks and Recreation

Address: P. O. Box 460
Highlands, NC 28741
Phone: 828-526-3556
Contact: Selwyn Chalker, Director

Examples of programs:

sports, dance (ballroom, ballet), karate, aquatics program, senior programs

Macon County Recreation

Address: 430 Georgia Hwy.
Franklin, NC 28734
Phone: 828-349-2090
Contact: Guy Taylor, Director

Examples of programs:

youth sports (baseball, softball, soccer), adult sports (women's softball, men's softball, coed softball, women's volleyball), swimming

Cooperative Extension Service

Address: County Courthouse & Administration Bldg.
5 West Main St.
Franklin, NC 28734
Phone: 828-524-6421

Madison

Madison County Parks and Recreation

Address: P. O. Box 579
Marshall, NC 28753
Phone: 828-649-2854
Fax: 828-649-1021
Contact: Brian Buckner, Director

Examples of programs:
youth sports (baseball, soccer, basketball, football, volleyball), sports clinics, adult sports (basketball, softball), Senior Games, Special Olympics

Cooperative Extension Service

Address: Roberts Bldg., Box 609
Marshall, NC 28753
Phone: 828-649-2411

Martin

Jamesville Recreation

Address: P. O. Box 346
Jamesville, NC 27846
Phone: 252-792-5734
Fax: 252-792-6531

Call for current programs

Robersonville Recreation

Address: P. O. Box 487
Robersonville, NC 27871
Phone: 252-795-3157
Contact: Murphy Smith, Director

Examples of programs:
Little League, baseball, soccer, basketball

Williamstown Parks and Recreation

Address: P. O. Box 6
Williamstown, NC 27892
Phone: 252-792-7042
Fax: 252-792-2509
Contact: Melton Alexander, Jr.

Examples of programs:
T-ball, baseball, softball, volleyball, soccer, contact football, flag football, basketball, wrestling, weight room, community center, senior programs

Cooperative Extension Service

Address: Agriculture Bldg., Box 1148
Williamston, NC 27892
Phone: 252-792-1621

McDowell

McDowell County Recreation

Address: 11 Academy St.
Marion, NC 28752
Phone: 828-652-3001
Fax: 828-652-1889
Contact: Tamara Clontz

Examples of programs:

basketball, flag football,
cheerleading, softball,
basketball, baseball, pool,
gymnastics, aerobics, tennis,
martial arts, senior programs,
Senior Games

Cooperative Extension Service

Address: County Administration Bldg.
Rm. 122
10 East Court St.
Marion, NC 28752
Phone: 828-652-7121

Mecklenburg

Cornelius Parks and Recreation

Address: P. O. Box 399
Cornelius, NC 28031
Phone: 704-892-6031
Fax: 704-896-2462
Contact: Gary Mills, Director

Examples of programs:

youth basketball (ages 5–18
years)

Davidson Parks and Recreation

Address: P. O. Box 579
Davidson, NC 28036
Phone: 704-892-3349
Contact: Steve Fraher, Director

Examples of programs:

team sports for 7th-9th
graders, basketball,
swimming, dance, skiing,
bowling, wall climbing, kung
fu, t'ai chi, senior programs

Huntersville Recreation

Address: P. O. Box 664
Huntersville, NC 28070
Phone: 704-875-6541
Fax: 704-875-6546
Contact: Mark Kincaid, Director

Examples of programs:

preschool bowling, karate,
hunter safety program, first
aid training, bicycle safety
program, kids' night out,
after school program,
lacrosse, yoga, aerobics,
stretching classes,
therapeutic massage, stress
management classes,
relaxation seminar, tennis,
walking club

Matthews Parks and Recreation

Address: P. O. Box 398
Matthews, NC 28106
Phone: 704-847-4411
Fax: 704-845-1964
Contact: Leigh Baggs, Director

Examples of programs:
baseball, soccer, special events

Mecklenburg County Parks and Recreation

Address: 5841 Brookshire Blvd.
Charlotte, NC 28216-2403
Phone: 704-336-3854
Fax: 704-336-5472
Contact: Jennifer Fespermon, Division
Manager for Therapeutic
Recreation
Chris Polzer, Special
Population Coordinator

Examples of programs:
preschool camp, teen
program, golf, baseball,
bowling, basketball,
overnight camping, rock
climbing, kite flying, special
populations programs

Pineville Parks and Recreation

Address: P. O. Box 249
Pineville, NC 28134
Phone: 704-889-5382
Contact: Kristy Detwiler, Director

Examples of programs:
aerobics, summer programs
for children, adult sports
(softball, basketball)

Central Branch YMCA

Address: 400 East Moorehead St.
Charlotte, NC 28202-2610
Phone: 704-333-7771
Special
services: accessible pools

Examples of programs:
yoga, adult basketball, car-
diovascular equipment, free
weights, wide variety of
aerobics, whirlpool, sauna,
steam rooms, massage

James J. Harris Family Branch YMCA

Address: 5900 Quail Hollow Rd.
Charlotte, NC 28210-5005
Phone: 704-552-9622
Special
services: accessible pool, accessible
playground

Examples of programs:
soccer, basketball, T-ball,
baseball, gymnastics, dance,
aquatics, summer day camp

Johnston Memorial Branch YMCA

Address: 3025 North Davidson St.
Charlotte, NC 28205-1041
Phone: 704-333-6206

Examples of programs:
swimming, baseball,
basketball, cheerleading

Lake Norman Family Branch YMCA

Address: 21300 Davidson St.
Cornelius, NC 28031-8553
Phone: 704-892-9622

Examples of programs:
gymnastics, swimming,
summer camps, youth and
adult sports

Henry L. McCrorey Branch YMCA

Address: 3801 Beatties Ford Rd.
Charlotte, NC 28216-3215
Phone: 704-394-2356
Special services: accessible pool

Examples of programs:
tae kwon do, swimming,
T-ball, softball, sports camps,
basketball

George E. Simmons Branch YMCA

Address: 6824 Democracy Dr.
P. O. Box 25382
Charlotte, NC 28212-3868
Phone: 704-536-1714
Special services: accessible pool

Examples of programs:
summer day camp, soccer,
basketball

Richard C. Siskey Family YMCA

Address: 3127 Weddington Rd.
P. O. Box 1260
Matthews, NC 28106-1260
Phone: 704-845-9622
Special services: accessible pool

Examples of programs:
swimming, youth sports
(basketball, soccer, baseball,
T-ball), tumbling, sports
camps

University City Branch YMCA

Address: 8100 Old Mallard Creek Rd.
Charlotte, NC 28262-2204
Phone: 704-547-9622
Special services: accessible pool

Examples of programs:
fitness center, basketball, flag
football, water and land
aerobics, swimming

Uptown City Branch YMCA

Address: 200 One First Union Center
301 South College St.
Charlotte, NC 28202
Phone: 704-333-9622

Examples of programs:
and volleyball, basketball

Marion Diehl Center

Address: 2219 Tyvola Rd.
Charlotte, NC 28210
Phone: 704-527-0237

Examples of programs:
dance, t'ai chi, water
aerobics, exercise classes,
swimming, therapeutic
recreation, special
populations program

Mecklenburg County Aquatic Center

Address: 800 East 2nd St.
Charlotte, NC 28202
Phone: 704-336-3483
Special services: accessible pools (ramp and lift) and whirlpool (lift)

Examples of programs:
swimming, water aerobics,
water exercise classes, weight
room

Cooperative Extension Service

Address: 700 North Tryon St.
Charlotte, NC 28202
Phone: 704-336-2561

Adaptive Sports and Adventures Program

Address: Charlotte Institute of
Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203
Phone: 704-355-1063

Examples of programs:

wheelchair sports (tennis,
basketball, quad rugby), bass
fishing, handcycling, water
and jet skiing, adaptive
sailing, youth programs

Chuck Strange Foundation for Adaptive Sailing

Address: Lake Norman YMCA
21300 Davidson St.
Cornelius, NC 28031
Phone: 704-892-9622
Contact: Lynn Strange and Georgia
Harris

Examples of programs:

adaptive sailing

World T.E.A.M. Sports

Address: 2108 South Blvd.
Charlotte, NC 28203
Phone: 704-370-6070
Contact: Mike Savicki, Director

Examples of programs:

special events

Mitchell

Spruce Pine Parks and Recreation

Address: P. O. Box 189
Spruce Pine, NC 28777
Phone: 828-765-3000
Contact: Dale Blevins, Director
Special
services: accessible pool (ramp)

Examples of programs:

swimming

Pinebridge Center

Address: 97 Pinebridge Ave.
Spruce Pine, NC 28777
Phone: 828-765-7463

Examples of programs:

land and water aerobics, flex
and stretch, swimming,
karate, gymnastics, ice
skating, child care

Cooperative Extension Service

Address: Agricultural Bldg., Box 366
Bakersville, NC 28705
Phone: 828-688-4811

Montgomery

Montgomery County YMCA

Address: 342 North Main St.
P. O. Box 941
Troy, NC 27371-3018
Phone: 910-572-9622

Examples of programs:
aerobics, general fitness programs, programs for youth

Cooperative Extension Service

Address: 203 West Main St.
Troy, NC 27371
Phone: 910-576-6011

Moore

Aberdeen Parks and Recreation

Address: P. O. Box 785
Aberdeen, NC 28315
Phone: 910-944-5902
Contact: Ken Metcalf, Director

Examples of programs:
T-ball, baseball, basketball, volleyball, cheerleading, Senior Games, senior programs (aerobics, walking trails, softball)

Moore County Parks and Recreation

Address: P. O. Box 905
Carthage, NC 28317
Phone: 910-947-2504
Fax: 910-947-1627
Contact: William J. Scott, Director

Examples of programs:
golf, cheerleading, swimming, tennis, day camp, Senior Games, t'ai chi, rock climbing, baton twirling, dance, basketball, baseball, softball, soccer, volleyball, Summer Adventures (half-day camp)

Pinebluff Parks and Recreation

Address: P. O. Box 365
Pinebluff, NC 28373
Phone: 910-281-3124
Fax: 910-281-4366
Contact: Shelley Martin, Director

Call for current programs

Pinehurst Parks and Recreation

Address: P. O. Box 5589
395 Magnolia Rd.
Pinehurst, NC 28374
Phone: 910-295-2817
Fax: 910-295-1853
Contact: Jeff Batton, Director

Examples of programs:
youth sports, bike rides, aerobics, fitness classes, senior programs

Southern Pines Recreation and Parks

Address: 482 East Connecticut Ave.
Southern Pines, NC 28387
Phone: 910-692-2463
Fax: 910-692-1835
Contact: David White, Director

Examples of programs:

sports, wellness programs, educational classes (adult golf, tennis, sand volleyball), aquatics, youth karate, youth dance (ballet, jazz), first aid, adult aerobics, cardiovascular walks, off-road biking

Cooperative Extension Service

Address: Box 1149
Carthage, NC 28327
Phone: 910-947-3188

Nash

Nashville Parks and Recreation

Address: P.O. Box 987
501 South Barnes St.
Nashville, NC 27856
Phone: 252-459-9796
Fax: 252-459-4279
Contact: Jim Glover, Director

Examples of programs:

football, basketball, baseball, soccer, softball

Rocky Mount Parks and Recreation

Address: P. O. Drawer 1180
Rocky Mount, NC 27802
Phone: 252-972-1151
Fax: 252-972-1232
Contact: John Battle

Examples of programs:

sports, three community centers, game rooms, special events, special populations programs (dance, bowling, basketball)

Rocky Mount Family YMCA-Downtown Branch

Address: P. O. Box 4063
Rocky Mount, NC
27803-0063
Phone: 252-972-9622
Special services: accessible pool (ramp or lift)

Examples of programs:

aerobics, swimming, exercise, t'ai chi, youth sports (soccer, T-ball, cheerleading)

Westridge Branch YMCA

Address: P. O. Box 4063
Rocky Mount, NC
27803-0063
Phone: 252-443-9951

Examples of programs:

basketball, racquetball, swimming, karate, t'ai chi, yoga, youth sports (soccer, basketball, cheerleading), sport camps

YWCA of Rocky Mount

Address: 1000 Hunter Hill Rd.
Rocky Mount, NC 27804-1727
Phone: 252-937-7300

Examples of programs:
child care, gymnastics

Cooperative Extension Service

Address: Agricultural Center
Agricultural Center Dr.
Nashville, NC 27856
Phone: 252-459-9810

New Hanover

New Hanover County Parks

Address: 414 Chestnut St., Rm. 103
Wilmington, NC 28401
Phone: 910-341-7198
Fax: 910-341-7194
Contact: William Neal Lewis, Director

Examples of programs:
baseball, softball, tennis,
walking trails, basketball
courts, equestrian riding ring

Wilmington Public Services and Facilities

Address: P. O. Box 1810
Wilmington, NC 28402
Phone: 910-341-7855
Fax: 910-341-7854
Contact: Kathy Kittleson

Examples of programs:
senior programs, baseball,
basketball, soccer, first-step
program, leisure education

Wrightsville Beach Parks and Recreation

Address: P. O. Box 626
Wrightsville Beach, NC
28480
Phone: 910-256-7925
Fax: 910-256-7910
Contact: Michael Stokes, Director
Special
services: beach wheelchair available

Examples of programs:
basketball, co-ed softball,
adult fitness, yoga, dance
(shag, ballroom), after school
program, sports clinics
(tennis, soccer, T-ball),
accessible ramps at beach
access points for individuals
in wheelchairs

YMCA of Wilmington, Inc.

Address: 2710 Market St.
Wilmington, NC 28403-1218
Phone: 910-251-9622
Special
services: accessible pool

Examples of programs:
chair aerobics, adapted swim
program, Special Olympics

YWCA of Wilmington

Address: 2815 South College Rd.
Wilmington, NC 28412-6898
Phone: 910-799-6820
Special
services: accessible pool

Examples of programs:
aerobics, child care,
swimming, water aerobics,
chair exercises

Cooperative Extension Service

Address: Agriculture Extension Bldg.
6206 Oleander Dr.
Wilmington, NC 28403
Phone: 910-452-6393

Northampton

Northampton County Recreation

Address: P. O. Box 955
Jackson, NC 27845
Phone: 252-534-1303
Fax: 252-534-1166
Contact: Tommy Shaw, Director

Examples of programs:
basketball, baseball, softball,
soccer, aerobics, fitness
classes, Senior Games

Cooperative Extension Service

Address: County Administration Bldg.
Box 636
Jackson, NC 27845
Phone: 252-534-2711

Onslow

Jacksonville Recreation and Parks

Address: P. O. Box 128
Jacksonville, NC 28540
Phone: 910-938-5308
Fax: 910-938-9520
Contact: Ken Hagen, Director

Examples of programs:
baseball, basketball,
volleyball, softball, karate,
exercise

Onslow County Parks and Recreation

Address: 1244 Onslow Pines Rd.
Jacksonville, NC 28540
Phone: 910-347-5332
Fax: 910-347-4492
Contact: Mac Sligh, Director

Examples of programs:
beach access sites, jogging
and fitness trails, half-mile
nature trail, picnic areas,
playgrounds, sandbox,
basketball court, sand
volleyball court, senior
citizens' area with pavilion,
tennis, basketball, soccer,
baseball

Cooperative Extension Service

Address: 604 College St., Rm. 8
Jacksonville, NC 28540
Phone: 910-455-5873

Orange

Carrboro Recreation and Parks

Address: P. O. Box 829
301 West Main St.
Carrboro, NC 27510
Phone: 919-968-7703
TDD: 919-968-7717
Fax: 919-968-7737
Contact: Barbara Fellmann

Examples of programs:

basketball, baseball, soccer,
field hockey, horseshoes,
volleyball, cheerleading
camp, special populations
programs

Chapel Hill Parks and Recreation

Address: 200 Plant St.
Chapel Hill, NC 27514
Phone: 919-968-2784
TDD: 919-968-2784
Fax: 919-932-2923
Contact: Coleen Lanigan

Examples of programs:

swimming, youth sports,
Special Olympics (softball,
skiing, basketball), special
populations programs

Orange County Recreation and Parks

Address: P. O. Box 8181
Hillsborough, NC 27278
Phone: 919-732-8181
Fax: 919-644-3042
Contact: Bob Jones, Director

Examples of programs:

ice skating, cardiovascular
and weight training
equipment, t'ai chi, self-
defense, country line dance,
hunter safety course, baby-
sitting course, aerobics,
basketball, tennis, swimming,
pottery, baseball, softball,
volleyball, challenge-oriented
group activities, special
populations programs
(bowling, movies, adaptive
aquatics), Special Olympics

Chapel Hill-Carrboro YMCA

Address: 980 Airport Rd.
Chapel Hill, NC 27514-2607
Phone: 919-942-5156
Special
services: accessible pool

Examples of programs:

water and land aerobics, full
fitness evaluation with
membership

Triangle Sportsplex

Address: 1 Dan Kidd Drive
Hillsborough, NC 27278
Phone: 919-644-0339
Special
services: accessible pool

Examples of programs:
afterschool programs, ice
skating, aquatics, camps,
fitness, aerobics, massage,
special events

Cooperative Extension Service

Address: Agriculture Bldg.
P. O. Box 8181
306 East Revere Rd.
Hillsborough, NC 27278
Phone: 919-732-9361, ext. 2051

Pamlico

Havelock Recreation

Address: P.O. Box 368
Havelock, NC 28532
Phone: 252-444-6429
Fax: 252-447-0126
Contact: Chuck Barnard, Director

Examples of programs:
aerobics, jazzercise,
basketball, football, lacrosse,
track and field, softball,
tennis

Cooperative Extension Service

Address: Courthouse Annex, Box 8
Bayboro, NC 28515
Phone: 252-745-4121

Pasquotank

Elizabeth City Parks and Recreation

Address: 200 East Ward St.
Elizabeth City, NC 27909
Phone: 252-338-3981
Fax: 252-338-2365
Contact: James D. Overman, Director

Examples of programs:
wellness, aerobics, golf,
gymnastics, baseball,
horseshoes, shuffleboard,
soccer, dance, table tennis,
tennis, volleyball, arthritis
support group, Special
Olympics

Cooperative Extension Service

Address: Agriculture Bldg., Box 1608
Elizabeth City, NC 27909
Phone: 252-338-3954

Pender

Pender County Parks and Recreation

Address: P. O. Box 5
801 South Walker St.
Burgaw, NC 28425
Phone: 910-259-1330
Fax: 910-259-1402
Contact: Thurman Hardison, Director

Examples of programs:
youth and adult sports,
youth and adult fitness
(aerobics, walking, road
races), summer day camps,
swimming, health seminars

Cooperative Extension Service

Address: County Office Bldg.
801 South Walker St.
Burgaw, NC 28425
Phone: 910-259-1235

Perquimans

Perquimans County Recreation

Address: 300 Grubb St.
Hertford, NC 27944
Phone: 252-426-5695
Fax: 252-426-4034 fax
Contact: Timothy White

Examples of programs:
T-ball, basketball, soccer,
football, softball, baseball,
golf, blood pressure checks,
bowling, miniature golf,
exercise equipment, senior
programs, Senior Games

Cooperative Extension Service

Address: Agricultural Bldg., Box 87
Hertford, NC 27944
Phone: 252-426-5428

Person

Person County Parks and Recreation

Address: 425 Long Ave.
Roxboro, NC 27573
Phone: 336-597-1755
Fax: 336-597-1754
Contact: Mitchell A. Pergerson,
Director

Examples of programs:
aerobics, weight room, youth
and adult sports, day camp,
dance, karate, Senior Games,
white-water rafting, youth
fishing, kite flying, special
populations programs (track
and field, gymnastics,
volleyball), Special Olympics

Cooperative Extension Service

Address: County Office Bldg.
304 South Morgan St.
Roxboro, NC 27573
Phone: 336-599-1195

Pitt

Farmville Recreation and Parks

Address: P. O. Box 86
Farmville, NC 27828
Phone: 252-753-7020
Fax: 252-753-7867
Contact: Fred Sauls, Director

Examples of programs:
basketball, softball, baseball,
football, volleyball

Greenville Parks and Recreation

Address: P. O. Box 7207
Greenville, NC 27835
Phone: 252-830-4567
Fax: 252-830-1559
Contact: H. Boyd Lee, Director

Examples of programs:
tennis, aquatics, swimming,
youth and adult sports, day
and sports camps, wellness
programs, bowling, dance,
gymnastics, fishing, specials
populations programs,
Special Olympics

Pitt County Community Schools

Address: 1717 West 5th St.
Greenville, NC 27834
Phone: 252-830-4217
Fax: 252-830-4239
Contact: Alice Keene

Examples of programs:
youth sports (basketball,
soccer), day camps, after
school program, cheerlead-
ing, gymnastics, karate

Cooperative Extension Service

Address: County Office Bldg.
403 Government Circle
Greenville, NC 27834
Phone: 252-757-2800

**Adapted Recreation & Intramural Sports
Enrichment (ARISE)**

Address: ECU Student Recreation
Center
128 SRC
Greenville, NC 27858-4353
Phone: 252-328-6387
Contact: Terri Edwards

Examples of programs:
fitness, adventure sports
(water skiing, snow skiing,
camping, canoeing),
wheelchair basketball,
Wheelpower Dance Troup,
climbing wall

Polk

Forest City Parks and Recreation

Address: 513 Clay St.
Forest City, NC 28043
Phone: 828-248-5220
Fax: 828-245-6143
Contact: Craig H. Sappenfield

Examples of programs:
youth sports (Little League),
senior programs (trips), water
aerobics, basketball,
swimming

Polk County Recreation

Address: P. O. Box 308
Columbus, NC 28722
Phone: 828-894-8199
Contact: Pat Aldridge, Director

Examples of programs:
basketball, T-ball, softball,
summer programs for
adolescents with disabilities

Cooperative Extension Service

Address: Extension-Education Bldg.
Box 187
Columbus, NC 28722
Phone: 828-894-8218

Randolph

Archdale Parks and Recreation

Address: P. O. Box 14068
214 Park Dr.
Archdale, NC 27263
Phone: 336-431-1117
Fax: 336-431-8452
Contact: Tanya O'Briant, Special
Populations Coordinator

Examples of programs:
step aerobics, basketball,
volleyball, softball, pottery,
dance, cheerleading, self-
defense, exercise program for
seniors, tennis camp, after
school program, summer day
camp

Asheboro Parks and Recreation

Address: P.O. Box 1106
146 North Church St.
Asheboro, NC 27203-1106
Phone: 336-626-1240
Fax: 336-626-1295
Contact: Allen Oliver, Director

Examples of programs:
sports (baseball, swimming,
softball, football, youth
basketball, adult softball),
10K and 5K runs, bike races,
fishing tournament

Liberty Recreation

Address: P. O. Box 1006
Liberty, NC 27298
Phone: 336-622-3955
Contact: Mary Virginia Staley, Director

Examples of programs:
baseball, football, softball

Randleman Parks and Recreation

Address: 101 Hillary St.
Randleman, NC 27317
Phone: 336-498-3848
Fax: 336-498-6473
Contact: Jeffrey Allen Tuttle, Director

Examples of programs:
softball, baseball, football,
soccer, tennis

YMCA of Asheboro, Inc.

Address: P. O. Box 1152
343 N. C. Hwy. 42 North
Asheboro, NC 27204-1152
Phone: 336-625-1976
Special
services: accessible pool (lift)

Examples of programs:
swimming, physical rehabili-
tation, classes for school-age
children with mental and
physical disabilities

Cooperative Extension Service

Address: 2222 South Fayetteville St.
Box 818
Asheboro, NC 27203
Phone: 336-318-6018

Richmond

Rockingham Recreation

Address: 311 East Franklin St.
Rockingham, NC 28379
Phone: 910-895-6810
Contact: Dave Davis, Director

Examples of programs:
baseball, basketball,
volleyball, soccer, swimming,
day camps, senior programs,
Special Olympics

Hamlet Recreation

Address: P. O. Box 1229
Hamlet, NC 28345
Phone: 910-582-7998
Contact: Wilbert Snipes, Director

Call for current programs

Richmond County Parks and Recreation

Address: 130 Church St.
Rockingham, NC 28379
Phone: 910-997-8331
Contact: Joey Keane, Director
Special
services: accessible pool

Examples of programs:
adult sports (softball, flag
football), swimming

Cooperative Extension Service

Address: Courthouse US-1
Box 1358
Rockingham, NC 28379
Phone: 910-997-8255

Robeson

Lumberton Recreation and Parks

Address: P. O. Box 758
Lumberton, NC 28359-0758
Phone: 910-671-3869
Fax: 910-671-3969
Contact: Bobby Sessoms

Examples of programs:
baseball, softball, soccer,
football, tennis, day camp for
working mothers, aerobics,
dance (shag, clogging)

Robeson County Parks and Recreation

Address: P. O. Box 981
Lumberton, NC 28359
Phone: 910-671-3090
Fax: 910-671-3010
Contact: Rudy Paul, Director

Examples of programs:
baseball, softball, basketball,
football, aerobics,
horseshoes, Senior Games,
Special Olympics

Cooperative Extension Service

Address: O. P. Owens Agriculture
Center
Box 2280
Lumberton, NC 28358
Phone: 910-671-3276

Rockingham

Eden Parks and Recreation

Address: 308 East Stadium Dr.
Eden, NC 27288
Phone: 336-623-7789, ext. 3028
Fax: 336-623-4041
Contact: Faye Carter

Examples of programs:
youth sports (football,
basketball, soccer, baseball,
indoor hockey), adult sports
(softball, volleyball), aerobics,
swimming, senior programs,
special populations programs
(cookouts, dances, bowling)

Madison-Mayodan Recreation Commission

Address: P. O. Box 206
Madison, NC 27027
Phone: 336-548-9572
Fax: 336-548-1366
Contact: Dixie Penn, Director

Examples of programs:
aerobics, fitness center, day
camp, senior fitness program,
T-ball, basketball, football,
cheerleading, soccer,
volleyball

Reidsville Recreation

Address: 116 North Franklin St.
Reidsville, NC 27320
Phone: 336-349-1041
Fax: 336-342-3649
Contact: Harry Brown, Director

Examples of programs:
football, basketball, baseball,
softball, volleyball, summer
day camp, senior programs

Eden Family YMCA

Address: 301 South Kennedy St.
Eden, NC 27288-5001
Phone: 336-623-8496
Special
services: accessible pool (ramp or lift)

Examples of programs:
fitness programs, arthritis
classes

Reidsville YMCA

Address: 504 South Main St.
Reidsville, NC 27320-5018
Phone: 336-342-3307
Special
services: accessible pool (ramp or lift)

Examples of programs:
aerobics, arthritis classes,
weightlifting, soccer,
basketball, karate, before and
after school programs

Cooperative Extension Service

Address: Government Center
P. O. Box 200
Wentworth, NC 27375
Phone: 336-342-8230

Rowan

Landis Recreation and Parks

Address: P. O. Box 958
Lenoir, NC 28645
Phone: 828-757-2189
Fax: 828-757-2109
Contact: Sam Sturgis, Director

Call for current programs

Rowan County Parks and Recreation

Address: 3541 Old Mockville Rd.
Salisbury, NC 28144
Phone: 704-637-3120
Contact: Renita Richie

Examples of programs:
aerobics, exercise program,
walking trails, park facilities,
bowling league, Senior
Games

Salisbury Parks and Recreation

Address: P. O. Box 4053
Salisbury, NC 28144-0101
Phone: 704-638-5291
Fax: 704-638-8450
Contact: Gail Elder White, Director

Examples of programs:
summer camp, after school
program, cheerleading,
basketball, softball, soccer,
Little Athletes program for
preschoolers, fun runs,
dance, boxing, tae kwon do,
t'ai chi, sign-language
classes, swimming, low-
impact aerobics

J. Fred Corriher, Jr. Branch YMCA

Address: P. O. Box 1145
China Grove, NC
28023-1145
Phone: 704-857-7011
Special
services: accessible pool

Examples of programs:
adult softball, youth sports
(soccer, basketball), land and
water aerobics

East Rowan Branch YMCA

Address: P. O. Box 1575
Salisbury, NC 28145-1575
Phone: 704-636-0111

Call for current programs

Rowan County YMCA

Address: 220 N. Fulton St.
Salisbury, NC 28144-4224
Phone: 704-636-0111
Special
services: accessible pool, handcycle
available

Examples of programs:
programs for all ages, Special
Olympics

West Rowan Branch YMCA

Address: P. O. Box 295
Cleveland, NC 27013-0295
Phone: 704-278-1610
Special
services: accessible pool

Examples of programs:
youth sports, after school
program, dances, movie
nights, clinics for adults

Cooperative Extension Service

Address: 2727-A Old Concord Rd.
Box 1807
Salisbury, NC 28145
Phone: 704-633-0571

Rutherford

Forest City Parks and Recreation

Address: 513 Clay St.
Forest City, NC 28043
Phone: 828-248-5220
Fax: 828-245-6143
Contact: Craig H. Sappenfield

Examples of programs:
youth sports (Little League),
senior programs, water
aerobics, basketball,
swimming

Rutherford County Parks and Recreation

Address: 154 Fairgrounds Rd.
Spindale, NC 28160
Phone: 828-287-6300
Fax: 828-287-6058
Contact: Barry Jones, Director

Call for current programs

City of Rutherfordton

Address: 110 North Washington St.
Rutherfordton, NC 28139
Phone: 828-287-3520
Contact: Barbara Leddy, Volunteer
Coordinator

Examples of programs:
tennis courts, ball fields,
activities (art, sports, movies,
games) for individuals with
disabilities

Spindale Recreation

Address: P. O. Box 186
Spindale, NC 28160
Phone: 828-286-3716
Fax: 828-286-3305

Examples of programs:
swimming, weight room,
game room, softball,
basketball leagues, touch
football, volleyball

Cooperative Extension Service

Address: County Office Bldg.
P. O. Box 306
Spindale, NC 28160
Phone: 828-287-6010

Sampson

Clinton Recreation and Parks

Address: P. O. Box 199
Clinton, NC 28329
Phone: 910-592-1961, ext. 260
Fax: 910-590-3127
Contact: Brenda Boone, Director

Examples of programs:
basketball, soccer, T-ball,
cheerleading, exercise
classes, senior fitness
program, martial arts,
baseball, softball, night
basketball, dance, football,
baton, Senior Games, special
populations programs

Roseboro Parks and Recreation

Address: P. O. Box 848
Roseboro, NC 28382
Phone: 910-525-4188
Fax: 910-525-3133
Contact: Marina Robinson, Director

Examples of programs:
aerobics, youth sports
(football, basketball, baseball,
softball), after school
program

Cooperative Extension Service

Address: County Office Bldg.
369 Rowan Rd.
Clinton, NC 28328
Phone: 910-592-7161

Scotland

Scotland County Parks and Recreation

Address: P. O. Box 1668
Laurinburg, NC 28353
Phone: 910-277-2585
Fax: 910-277-2587
Contact: Sybil Sikes, Director

Examples of programs:

sports for all ages (baseball, football, softball, basketball, volleyball), cheerleading, self-defense, jazzercise, water aerobics, senior programs, Senior Games, adapted aquatics, Special Olympics

Cooperative Extension Service

Address: County Government Center
231 East Cronly St.
Laurinburg, NC 28353
Phone: 910-277-2422

Stanly

Albemarle Parks and Recreation

Address: P. O. Box 190
Albemarle, NC 28002
Phone: 704-983-3514
Fax: 704-982-2581
Contact: Lindsey R. Dunevant,
Director

Examples of programs:

swimming, soccer, baseball, T-ball, volleyball, basketball, camping

Stanly County Family YMCA

Address: 427 North 1st St.
Albemarle, NC 28001-3906
Phone: 704-982-1916

Call for current programs

Cooperative Extension Service

Address: 26032 East Newt Rd.
Albemarle, NC 28001
Phone: 704-983-3987

Stokes

Pilot Mountain Parks and Recreation

Address: P. O. Drawer 1250
Pilot Mountain, NC 27041
Phone: 336-368-2012
Contact: Vonda Martin, Director

Examples of programs:

soccer, basketball, baseball, football, softball, dance (tap, ballet, jazz), fitness center, senior programs, Special Olympics

Stokes County Recreation

Address: P. O. Box 39
Danbury, NC 27016
Phone: 336-593-8165
Fax: 336-593-2346
Contact: Randy Ingram, Director

Examples of programs:

basketball, softball, baseball, baseball camp, swimming lessons, bowling, putt-putt, outings (water parks, movies, canoeing, kayaking), nutrition class, exercise program, Special Olympics

Stokes Family YMCA

Address: 105 Moore Rd.
King, NC 27021-9805
Phone: 336-985-9622

Call for current programs

Cooperative Extension Service

Address: County Community Service Center
Box 460
Danbury, NC 27016
Phone: 336-593-8179

Surry

Elkin Recreation and Parks

Address: P. O. Box 345
Elkin, NC 28621
Phone: 336-835-9814
Fax: 336-835-8908
Contact: J. David Hancock, Director
Special services: sign-language interpreters available

Examples of programs:

Senior Games, baseball, basketball, football, travel program for seniors, swimming, fitness center

Mount Airy Planning and Development

Address: P. O. Box 70
Mount Airy, NC 27030
Phone: 336-786-8313
Fax: 336-719-7506

Examples of programs:

adult softball, youth sports (soccer, T-ball, baseball)

North Wilkesboro Parks and Recreation

Address: P. O. Box 218
North Wilkesboro, NC 28659
Phone: 336-838-3359
Fax: 336-838-1779 fax
Contact: Nelson Martin, Director

Examples of programs:

baseball, softball, swimming, volleyball

Surry County Recreation

Address: 118 Hamby Rd., Suite 336
Dobson, NC 27017
Phone: 336-401-8235
Fax: 336-401-8217
Contact: Fonda Younger, Director

Examples of programs:

baseball, nutrition classes,
stretching, summer program
for school-aged kids, youth
basketball tournament, Little
League, senior programs

Cooperative Extension Service

Address: County Agricultural Bldg.
Box 324
Dobson, NC 27017
Phone: 336-401-8025

Swain

Swain County-Bryson City Parks and Recreation

Address: P. O. Box 548
Bryson City, NC 28713
Phone: 828-488-6159
Fax: 828-488-2754
Special
services: accessible pool (lift)

Examples of programs:

basketball, football, baseball,
soccer, swimming, water
aerobics, skiing, low-impact
aerobics, line dancing,
summer day camp, after
school program, senior
programs

Cooperative Extension Service

Address: P. O. Drawer I
60 Almond School Rd.
Bryson City, NC 28713
Phone: 828-488-3848

Nantahala Outdoor Center

Address: 13077 Hwy. 19 West
Bryson City, NC 28713-9114
Phone: 888-662-1662, ext. 600

Examples of programs:

boating (kayaking, canoeing,
rafting) for individuals with
physical disabilities,
accessible lodging

Transylvania

Transylvania County Parks and Recreation

Address: 217 Ecusta Rd.
Brevard, NC 28712
Phone: 828-884-3156
Fax: 828-884-2845
Contact: Rick Pangle, Director

Examples of programs:

Senior Games, gymnastics,
swimming, basketball,
softball, aerobics, karate

Cooperative Extension Service

Address: 203 East Morgan St.
Brevard, NC 28712
Phone: 828-884-3109

Tyrrell

Cooperative Extension Service

Address: Agricultural Bldg., Box 209
Columbia, NC 27925
Phone: 910-796-1581

Union

Monroe Parks and Recreation

Address: P. O. Box 69
Monroe, NC 28110-0069
Phone: 704-282-4650
Fax: 704-282-4665
Contact: Michael Courtney, Director
Special services: accessible pool at Monroe Aquatics Center

Examples of programs:

walking track, gym, aerobics room, fitness room, wellness center, racquetball, swimming, water dance, gymnastics, golf, karate, cheerleading, senior programs, Special Friends program for youth with physical or mental disabilities, Special Olympics

Union County Parks and Recreation

Address: 5213 Harkey Rd.
Waxhaw, NC 28173
Phone: 704-843-3919
Fax: 704-843-4046
Contact: Lisa Williams, Park Ranger
Special services: accessible boating access at Cane Creek Park

Examples of programs:

senior trips, children's day camp, sports, lake, program for vocational rehabilitation, gym time for individuals with mental or physical disabilities

Cooperative Extension Service

Address: Government Complex
500 North Main St.
Monroe, NC 28112
Phone: 704-283-3801

Vance

Henderson-Vance Recreation and Parks

Address: P. O. Box 1556
Henderson, NC 27536
Phone: 252-431-6092
Fax: 252-492-1229
Contact: Ralph Peace, Director

Call for current programs

Henderson Family YMCA

Address: 380 Ruin Creek Rd.
Henderson, NC 27536-6698
Phone: 252-438-2144
Special services: accessible pool

Examples of programs:
youth sports (soccer, T-ball, basketball), adult basketball, aerobics, water aerobics, swimming

Cooperative Extension Service

Address: County Office Bldg.
Box 1028
Henderson, NC 27536
Phone: 252-438-8188

Wake

Apex Parks and Recreation & Cultural Resources

Address: P. O. Box 250
Apex, NC 27502
Phone: 919-387-3065
Fax: 919-387-3393
Contact: John Brown, Director

Examples of programs:
youth sports (basketball, softball, baseball, soccer, football, cheerleading), mini day camp, tennis, gymnastics, adult sports (basketball, softball), tennis league, exercise program for seniors

Cary Parks and Recreation & Cultural Resources

Address: P. O. Box 8005
Cary, NC 27512-8005
Phone: 919-469-4066
Fax: 919-469-4344
Contact: Judy Willard, Special Populations Coordinator
Special services: audio-visuals and sign-language interpreters available

Examples of programs:
youth sports (baseball, softball), tennis, adult sports (softball, baseball), volleyball, cheerleading, basketball, golf, basketball clinics, swimming, soccer, wrestling, boat rentals, ropes course, walking programs, t'ai chi, senior programs

Fuquay-Varina Recreation and Parks

Address: 1300 East Academy St.
Fuquay-Varina, NC 27526
Phone: 919-552-1410
Fax: 919-552-7481
Contact: Graham Myrick, Director

Examples of programs:
youth sports (soccer, softball,
baseball, basketball, football,
cheerleading)

Garner Parks and Recreation

Address: P. O. Box 446
Garner, NC 27529
Phone: 919-772-8765
Fax: 919-662-8874
Contact: Tom Maynard, Director

Examples of programs:
sports, fitness programs,
senior center, walking, hiking

Holly Springs Parks and Recreation

Address: P. O. Box 8
Holly Springs, NC 27540
Phone: 919-557-3934
Fax: 919-552-5569
Contact: Len Bradley, Director

Examples of programs:
youth sports (soccer, flag
football, basketball), adult
sports (volleyball, basketball)

Knightdale Parks and Recreation

Address: P. O. Box 640
950 Steeple Square Ct.
Knightdale, NC 27545
Phone: 919-217-2230
Fax: 919-217-2209
Contact: Greg Sanders, Director

Examples of programs:
youth sports (baseball,
softball, T-ball, instructional
leagues, basketball), summer
day camp, sport clinics,
swimming

Morrisville Parks & Recreation & Cultural Resources

Address: 1301 Morrisville Parkway
Morrisville, NC 27560
Phone: 919-469-9760
Fax: 919-380-6709
Contact: Alan Carroll, Director
Special services: accessible pool

Examples of programs:
senior programs, youth and
adult sports, sports camps,
community dances, water
aerobics, step and low-
impact aerobics, Station Club
for adults with cognitive dis-
abilities

Raleigh Parks and Recreation

Address: P. O. Box 590
Raleigh, NC 27602
Phone: 919-890-3285
Fax: 919-890-3299
Contact: Susan Hardy

Examples of programs:
basketball, team handball,
table tennis, volleyball,
tennis, aquatics classes,
bowling, senior programs,
MS aquatics class, adaptive
PE classes, Special Olympics

Wake County Parks and Recreation

Address: P. O. Box 550
Raleigh, NC 27602
Phone: 919-856-6677
Fax: 919-856-6181 fax
Contact: David Carter, Director
Special
services: accessible fishing piers,
accessible picnic shelters

Call for current programs

Wake Forest Parks and Recreation

Address: 401 Elm St.
Wake Forest, NC 27587
Phone: 919-554-6180
Fax: 919-554-6195
Contact: Susan Simpson, Director

Examples of programs:
baseball, softball, basketball,
aerobics, dance, swimming,
water aerobics

Wendell Parks and Recreation

Address: P. O. Box 828
Wendell, NC 27591
Phone: 919-365-4444
Fax: 919-365-9367
Contact: Chris Wiley, Director

Examples of programs:
T-ball, softball, cheerleading,
football, soccer, baseball,
basketball, tennis

Zebulon Parks and Recreation

Address: 202 East Vance St.
Zebulon, NC 27597
Phone: 919-269-8265
Fax: 919-269-6200
Contact: Gregory Johnson, Director

Examples of programs:
baseball, softball, T-ball,
soccer, basketball, camps,
aerobics, karate, preschool
sports and movement classes,
summer morning camps

Cary Family YMCA

Address: 101 YMCA Dr.
P. O. Box 4343
Cary, NC 27519
Phone: 919-469-9622

Call for current programs

Central YMCA

Address: 1601 Hillsborough St.
P. O. Box 10976
Raleigh, NC 27605-1638
Phone: 919-832-6602

Call for current programs

A. E. Finley YMCA

Address: 9216 Baileywick Rd.
Raleigh, NC 27615-1907
Phone: 919-848-9622
Special
services: accessible pool

Examples of programs:
youth sports (basketball,
baseball, soccer)

Garner Road YMCA

Address: P. O. Box 25697
Raleigh, NC 27611-5697
Phone: 919-833-4430
Special
services: accessible pool

Examples of programs:
programs for all ages, child
care, sports, swimming, self-
help programs, arthritis
exercise classes

Kanata Outdoor Family Center

Address: 13524 Camp Kanata Rd.
Wake Forest, NC 27587-8078
Phone: 919-556-2661

Examples of programs:
canoeing, archery, shooting,
fishing

YWCA of Wake County

Address: 1012 Oberlin Rd.
Raleigh, NC 27605-3127
Phone: 919-828-3205
Special
services: accessible pool

Call for current programs

Cooperative Extension Service

Address: 4001 East Carya Dr.
Raleigh, NC 27610
Phone: 919-250-1100

**North Carolina Wheelchair Athletes
Foundation**

Address: 7413 Six Forks Rd.
Suite 220
Raleigh, NC 27615-6164
Phone: 919-845-0058

Examples of programs:
wheelchair sports, fitness
training, handcycling

Warren

Warren County Parks and Recreation

Address: P. O. Box 185
Warrenton, NC 27589
Phone: 252-257-2272
Contact: Dickie Williams, Director

Call for current programs

Cooperative Extension Service

Address: Country Clud Rd.
Warrenton, NC 27589
Phone: 252-257-3640

Washington

Washington County Parks and Recreation

Address: Courthouse, Box 1007
Plymouth, NC 27962

Phone: 252-793-3188

Fax: 252-793-6607

Contact: Randy Fulford, Director

Call for current programs

Cooperative Extension Service

Address: Agricultural Bldg., Box 70
Plymouth, NC 27962

Phone: 252-793-2163

Watauga

Blowing Rock Parks and Recreation

Address: P. O. Box 47
Blowing Rock, NC 28605-0047

Phone: 828-295-5222

Fax: 828-295-5202

Contact: Sally Tidyman, Director

Call for current programs

Watauga County Parks and Recreation

Address: 231 Complex Dr.
Boone, NC 28607

Phone: 828-264-9518

Fax: 828-264-9523

Contact: Keron Poteat, Special
Populations Coordinator

Examples of programs:

baseball, softball, tennis,
swimming lessons, camp for
preschoolers, soccer,
basketball, co-ed volleyball,
cheerleading, 3-on-3
basketball, ballet, senior
programs (line dancing,
aerobics), Friday night dance
for special populations,
Special Olympics (skiing,
volleyball)

Watauga County Wellness Center

Address: 232 Boone Heights
Boone, NC 28607

Phone: 828-266-1060

Examples of programs:

exercise programs, indoor
track, racquetball, basketball,
aerobics, weight room,
fitness assessment, child care,
dietary consultations, weight
management classes

Cooperative Extension Service

Address: 971 West King St.
Boone, NC 28607
Phone: 828-264-3061

Wayne

Goldsboro Parks and Recreation

Address: P. O. Drawer A
901 East Ash St.
Goldsboro, NC 27533
Phone: 919-734-9397
Fax: 919-734-6201
Contact: Stasia Fields, Special
Populations Supervisor

Examples of programs:
athletics, fitness, special
populations programs

Mount Olive Parks and Recreation

Address: P. O. Box 939
Mount Olive, NC 28365
Phone: 919-658-9538
Fax: 919-658-5257
Contact: Douglas Robert Conner,
Director

Examples of programs:
softball, basketball, dance,
learning classes for seniors

Family YMCA, Inc.

Address: P. O. Box 10355
1105 Parkway Dr.
Goldsboro, NC 27532
Phone: 919-778-8557

Examples of programs:
fitness programs, sports,
personal fitness trainers,
massage, water aerobics

Cooperative Extension Service

Address: Wayne Center, Box 68
Goldsboro, NC 27530
Phone: 919-731-1520

Wilkes

North Wilkesboro Parks and Recreation

Address: P. O. Box 218
North Wilkesboro, NC 28659
Phone: 336-838-3359
Fax: 336-838-1779
Contact: Nelson Martin, Director

Examples of programs:
baseball, softball, swimming,
volleyball

Wilkes County Parks and Recreation

Address: 110 North St.
Wilkesboro, NC 28697
Phone: 336-651-7300
Contact: Kevin Anderson

Examples of programs:
T-ball, basketball, soccer,
softball

Wilkesboro Parks and Recreation

Address: 100 West St.
Wilkesboro, NC 28697
Phone: 336-838-3951
Contact: Francis Whitby, Director

Call for current programs

Wilkes YMCA

Address: 418 Wilkesboro Blvd.
Wilkesboro, NC 28697-2530
Phone: 336-838-3991
Special services: accessible pool

Examples of programs:
child care, adult and youth fitness programs, sports leagues, senior programs, water therapy

Cooperative Extension Service

Address: County Bldg.
Wilkesboro, NC 28697
Phone: 336-651-7331

Wilson

Wilson Parks and Recreation

Address: P. O. Box 10
Wilson, NC 27894-0010
Phone: 252-399-2262
Fax: 252-399-2196
Contact: Kent Montgomery, Director

Examples of programs:
baseball, football, basketball, soccer, tennis, softball, swimming, fitness, land and water aerobics, exercise classes, first-step programs in leisure and education

Cooperative Extension Service

Address: Agricultural Center, Box 3027
Wilson, NC 27895
Phone: 336-237-0111

Yadkin

Yadkin County Parks and Recreation

Address: P. O. Box 426
Yadkinville, NC 27055
Phone: 336-679-4228
Fax: 336-679-6005
Contact: Phil Martin, Director

Examples of programs:
soccer, basketball, football, self-defense, aerobics, cheer-leading

Cooperative Extension Service

Address: County Office Bldg.
P. O. Box 97
Yadkinville, NC 27055
Phone: 336-679-2061

Yancey

Yancey County Recreation

Address: 312 Mitchell Branch Rd.
Burnsville, NC 28714

Phone: 828-682-3814

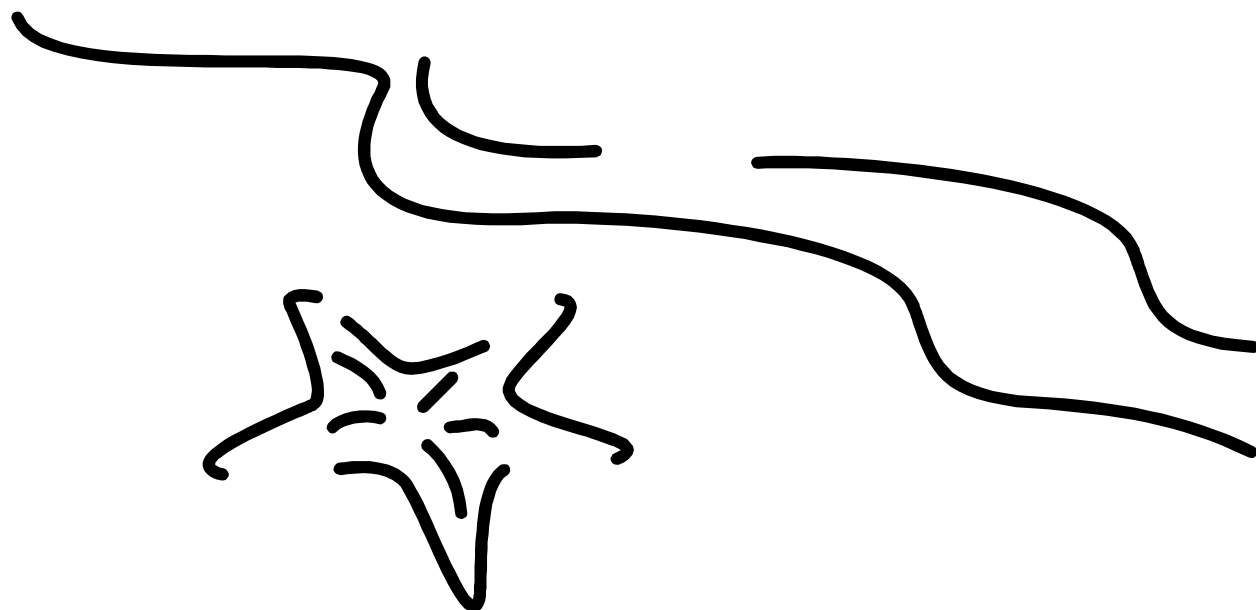
Contact: Staunton Norris, Director

Call for current programs

Cooperative Extension Service

Address: 10 Orchard St.
Burnsville, NC 28714

Phone: 828-682-6187



State and Regional Recreation Resources

What You Will Find in This Section

This section contains a listing of state-wide or regional recreational opportunities that serve a wide area of the state or multiple counties. The following resources are included.

Special Olympics provides recreation, sports, or competition opportunities for youth and adults with developmental disabilities. Most of these opportunities are segregated, but some inclusive opportunities exist with Unified Sports, a program within Special Olympics.

Summer Camps provide some initial contacts to explore opportunities for inclusive camping.

Boy and Girl Scouts offer opportunities for inclusive activities for youth. The Boy Scouts have specific contacts for youth with disabilities to obtain information.

Adaptive Recreation Programs listed in this section provide recreation, sports, and competition opportunities for individuals with disabilities. These programs often have specialized equipment and offer training and instruction. Wheelchair sports teams are also listed under adaptive recreation programs

Theapeutic Horseback Riding Programs offer riding specifically for individuals with disabilities. The programs listed are affiliated with North America Riding for the Handicapped Association (NARHA).

Special Olympics

State Office

North Carolina Special Olympics

Address: 3209 Gresham Lake Road,
Suite 114

Raleigh, NC 27516-4131

Phone: 919-878-7978

800-843-6276 (NC only)

TDD: 919-878-7978

Fax: 919-872-5767

Website: www.NCSO.org

Contact: Marvin Vann, Field Services
Director

Phone: 919-878-7978, ext. 112

email: Marvin.7978@aol.com

Contact: Byran McDowell, Sport
Resource Director

Phone: 919-878-7978, ext. 113

email: Blmcdowell@aol.com

The following is a list of sports included in the Special Olympic games. All the sports, however, may not be available in your area. For more information about the sports programs available in your area, please contact Bryan McDowell, Sport Resource Director, at the Special Olympics North Carolina office at 800-843-6276, ext. 113 (toll-free), or the director for your area of the state.

- alpine skiing
- aquatics
- basketball
- bocce
- bowling
- cycling
- equestrian
- golf
- gymnastics
- ice skating
- motor activities/developmental sports
- powerlifting
- roller skating
- soccer
- softball
- tennis
- track and field
- volleyball

North Carolina Special Olympics Contacts by Region

Mountains of Opportunity Area

Address: 210-B Ehringhaus Street
Hendersonville, NC 28739
Phone: 828-698-1706
888-698-1706
Fax: 828-698-1742
Contact: Beth Golden, Director
email: golden1706@aol.com

Serving Buncombe, Cherokee, Clay,
Graham, Haywood, Henderson, Jackson,
Macon, Madison, Swain, and
Transylvania counties

Triangle Area

Address: P. O. Box 98209
Raleigh, NC 27624-8209
Phone: 919-878-7978, ext. 105
800-843-6276
Fax: 919-872-5767
Contact: Courtenay Davis, Director
email: cvd7978@aol.com

Serving Chatham, Durham, Franklin,
Granville, Harnett, Johnston, Lee,
Moore, Orange, Person, Vance, Wake,
and Warren counties

Historic Albemarle Area

Address: 508 East Main Street
Suite 202, Kramer Bldg.
Elizabeth City, NC 27909-
4458
Phone: 252-335-4226
800-442-6879
Fax: 252-338-6900
Contact: Cheryl Sharp, Director
email: Cheryl4226@aol.com

Serving Beaufort, Bertie, Camden,
Chowan, Currituck, Dare, Gates, Halifax,
Hertford, Hyde, Martin, Northampton,
Pasquotank, Perquimans, Tyrrell, and
Washington counties

Piedmont Triad Area

Address: P. O. Box 2844
Greensboro, NC 27402-0844
Phone: 336-378-9446
888-849-6260
Fax: 336-378-2543
Contact: Venisha Bowler, Director
email: bowler9446@aol.com

Serving Alamance, Caswell, Davidson,
Davie, Forsyth, Guilford, Randolph,
Rockingham, Stokes, Surry, and Yadkin
counties

Cape Fear Area

Address: P. O. Box 98209
Raleigh, NC 27624-8209
Phone: 919-878-7978, ext. 112
800-843-6276
Fax: 919-872-5767
Contact: Marvin Vann, Director

Serving Bladen, Brunswick, Columbus,
Cumberland, Hoke, New Hanover,
Pender, Richmond, Robeson, Sampson,
and Scotland counties

Mecklenburg Office

Address: 1515 Mockingbird Lane
Charlotte, NC 28209-3212

Phone: 704-529-1699
800-358-6276

Fax: 704-525-9561

Contact: Brian Silldorf, Area 3 Director

email: Brrians1699@aol.com

Noelle Glass, Director,
Mecklenburg County

email: CMSO1699@aol.com

Serving Alexander, Anson, Cabarrus,
Catawba, Cleveland, Gaston, Iredell,
Lincoln, Mecklenburg, Montgomery,
Rowan, Stanly, and Union counties



Summer Camps

American Camping Association Southeastern Section

Address: Department H,L&E.S.
ASU
Boone, NC 28608
Phone: 828-262-2840
828-262-6545

Easter Seals Mainstream Camping Program (works with camps to include children with physical disabilities)

Address: Easter Seal Society
2315 Myron Dr.
Raleigh, NC 27607
Phone: 919-783-8898
800-662-7119

Helpful Hints...

- **Call local park and recreation departments**

Many parks and recreation departments offer camp opportunities (see listings under specific counties in "Community Recreation Resources" section)

- **Ask local disability organizations**

State disability organizations also may offer specialized camp opportunities

- **Look for camp directories**

A summer camp directory is available from the Family Support Network of North Carolina, 800-852-0042. This directory includes information on camps for specific disabilities or chronic conditions.

Girl Scouts

Catawba Valley Area Girl Scout Council, Inc.

Address: 530 4th St., SW
Hickory, NC 28602
Phone: 828-328-24444

Serving Alexander, Ashe, Burke,
Caldwell, Catawba, Iredell, and Watauga
counties

Girl Scout Council of Coastal Carolina, Inc.

Address: P. O. Box 1735
108 East Lockhaven Dr.
Goldsboro, NC 27533-1735
Phone: 919-734-6231
800-558-9297
Contact: Patricia Ellis, Membership
Director

Serving Beaufort, Bertie, Brunswick, Carteret, Columbus, Craven, Duplin, Edgecombe, Greene, Halifax, Hyde, Jones, Lenoir, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pender, Pitt, Tyrrell, Washington, Wayne, and Wilson counties

Girl Scout Council of Colonial Coast

Address: 912 Cedar Rd.
Chesapeake, VA 23320
Phone: 757-547-4405

Serving Camden, Chowan, Currituck, Dare, Gates, Hertford, Pasquotank, and Perquimans counties

Hornets' Nest, Girl Scouts

Address: 7007 Idlewood Rd.
Charlotte, NC 28212
Phone: 704-537-7974
800-868-0528

Serving Anson, Cabarrus, Mecklenburg, Montgomery, Rowan, Stanly, and Union counties

Pines of Carolina Girl Scout Council, Inc.

Address: P.O.Box 5229
Raleigh, NC 27612
Phone: 919-782-3021

Serving Bladen, Chatham, Cumberland, Durham, Franklin, Granville, Harnett, Hoke, Johnston, Lee, Moore, Orange, Person, Richmond, Robeson, Sampson, Scotland, Vance, Wake, and Warren counties

Pioneer Girl Scout Area Council, Inc.

Address: 250 South New Hope Rd.
Gastonia, NC 28054
Phone: 704-864-3245

Serving Cleveland, Gaston, Lincoln, Polk, and Rutherford counties

Pisgah Girl Scout Council, Inc.

Address: P. O. Box 8249
Asheville, NC 28814
Phone: 828-252-4442
800-522-6280

Serving Avery, Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Swain, Transylvania, and Yancey counties

Tarheel Triad Girl Scout Council, Inc.

Address: 8432 Norcross Rd.
Colfax, NC 27235
Phone: 336-993-4856

Serving Alamance, Alleghany, Caswell, Davidson, Davie, Forsyth, Guilford, Randolph, Rockingham, Stokes, Surry, Wilkes, and Yadkin counties

Boy Scouts

Cape Fear Council

Address: Boy Scouts of America
110 Longstreet Dr.
Wilmington, NC 28406

Phone: 910-395-1100

Contact: Reed Wallace

Serving Bladen, Brunswick, Columbus, Hoke, New Hanover, Pender, Robeson, and Scotland counties

Central North Carolina Council

Address: Boy Scouts of America
32252 Highway 24-27
Albemarle, NC 28002-0250

Phone: 704-982-0141

Contact: Scott Cronk

Serving Anson, Cabarrus, Montgomery, Richmond, Rowan, Stanly, and Union counties

David Boone Council

Address: Boy Scouts of America
64 W. T. Weaver Blvd.
Asheville, NC 28814-8010

Phone: 828-254-6189

Contact: Steve Taylor

Serving Avery, Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Mitchell, Swain, Transylvania, and Yancey counties

Eastern Carolina Council

Address: Boy Scouts of America
313 Boy Scout Blvd.
Kinston, NC 28503-1698

Phone: 252-522-1521

Contact: Jack Crawford

Serving Beaufort, Bertie, Carteret, Craven, Edgecombe, Greene, Halifax, Hertford, Hyde, Jones, Lenoir, Martin, Nash, Northampton, Onslow, Pamlico, Pitt, Tyrrell, Washington, and Wilson counties

Mecklenburg County Council

Address: Boy Scouts of America
1410 East 7th St.
Charlotte, NC 28204-2488

Phone: 704-333-5471

Contact: Connie Bowes

Serving Mecklenburg county

Occonechee Council

Address: Boy Scouts of America
3231 Atlantic Ave
Raleigh, NC 27629-1229

Phone: 919-872-4884

Contact: Jeff Rock

Serving Chatham, Cumberland, Durham, Franklin, Granville, Harnett, Lee, Moore, Orange, Vance, and Wake counties

Old Hickory Council

Address: Boy Scouts of America
6600 Silas Creek Pkwy.
Winston-Salem, NC 27106-
5058
Phone: 336-760-2900
Contact: Wayne Brown

Serving Alleghany, Ashe, Forsyth,
Stokes, Surry, Watauga, Wilkes, and
Yadkin counties

Old North State Council

Address: Boy Scouts of America
1405 Westover Terrace
Greensboro, NC 27429-9046
Phone: 336-378-9166
Contact: John Crapster

Serving Alamance, Caswell, Davidson,
Davie, Guilford, Person, Randolph, and
Rockingham counties

Piedmont Council

Address: Boy Scouts of America
1222 East Franklin Blvd.
Gastonia, NC 28053-1069
Phone: 701-864-2694
Contact: Greg Graham, Director of
Field Service

Serving Alexander, Burke, Caldwell,
Catawba, Cleveland, Gaston, Iredell,
Lincoln, McDowell, Polk, and Rutherford
counties

Tuscarora Council

Address: Boy Scouts of America
316 East Walnut St.
Goldsboro, NC 27533-1436
Phone: 919-734-1714
Contact: Bill Lappin

Serving Duplin, Johnston, Sampson, and
Wayne counties

Adaptive Recreation Programs

Adaptive Sports and Adventures Program

Address: Charlotte Institute of Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203
Phone: 704-355-1063

Examples of programs:
wheelchair sports (basketball, quad rugby, tennis), bass fishing, handcycling, water and jet skiing, adaptive sailing, youth programs

Annual Learn to Snow Ski Clinic for People with Disabilities

Address: Beech Mountain Ski Resort
Phone: 770-917-1258

Adapted Recreation & Intramural Sports Enrichment (ARISE)

Address: ECU Student Recreation Center
128 SRC
Greenville, NC 27858-4353
Phone: 252-328-6378
Contact: Terri Edwards

Examples of programs:
fitness, adventure sports (water skiing, snow skiing, camping, canoeing), wheelchair basketball, Wheelpower Dance Troup, climbing wall

Disabled Access Program

Address: North Carolina Wildlife Resources Commission
512 North Salisbury St.
Raleigh, NC 27604-1188

Examples of programs:
programs and opportunities for individuals with disabilities, public fishing access areas, community fishing program sites, boating access areas

Greensboro Challenger Sports League

Address: P.O. Box 8265
Greensboro, NC 27407
Phone: 336-632-1939
Contact: Scott Paganelli, Director

Examples of programs:
baseball, basketball, bowling, special events, field trips

Nantahala Outdoor Center

Address: 13077 Hwy. 19 West
Bryson City, NC 28713-9114
888-662-1662, ext. 600

Examples of programs:
boating (kayaking, canoeing, rafting) for individuals with physical disabilities, accessible lodging

Structured Activities for Challenged Children

Address: P.O. Box 845
Mooresville, NC 28115
Phone: 704-571-9017

Examples of programs:
bowling, basketball, soccer,
baseball, gymnastics, weight
training kung fu

World T.E.A.M. Sports

Address: 2108 South Blvd.
Charlotte, NC 28203
Phone: 704-370-6070
Contact: Mike Savicki, Director

Examples of programs:
special events

Wheelchair Sports Teams

Charlotte Wheelchair Hornets 2

Address: 14101 Fountain Ln.
Charlotte, NC 28272
Phone: 704-355-1062
Fax: 704-446-4999
Contact: Jeff Bradford

Examples of programs:
division II wheelchair
basketball

Charlotte Wheelchair Hornets 3

Address: 11731 Appleby Ln.
Charlotte, NC 28277
Phone: 704-355-4440
Fax: 704-355-1858
Contact: Mark Bowden

Examples of programs:
division III wheelchair
basketball

Physicians Total Rehabilitation (PTR) Flyers

Address: 2930 Village Rd.
Fayetteville, NC 28304
Phone: 910-323-9010
Fax: 910-323-9568
Contact: Lana Watiak

Examples of programs:
division II wheelchair
basketball

Port City Spokesmen

Address: 747 Timber Ln.
Wilmington, NC 28405
Phone: 910-452-1435
Contact: Chris Doody

Examples of programs:
division II wheelchair
basketball

SRRC Starz

Address: 1638 Owen Dr.
Fayetteville, NC 28302
Phone: 910-609-6194
Fax: 910-609-7729
Contact: Marianne Goldbach

Examples of programs:
division III wheelchair
basketball

Triad Trackers

Address: 125 Montclair Dr.
Advance, NC 27006
Phone: 336-774-7232
Fax: 336-774-7454

Examples of programs:
division III wheelchair
basketball

Wake Wheelers

Address: 9112 Doublebit Dr.
Raleigh, NC 27615
Phone: 919-250-8783
Fax: 919-250-8791
Contact: Laury Holley

Examples of programs:
division III wheelchair
basketball

**North Carolina Wheelchair Athletes
Foundation**

Address: 7413 Six Forks Road, Suite
220
Raleigh, NC 27615-6164
Phone: 919-845-0058
Email: NCWAF@aol.com

Examples of programs:
wheelchair racing, fitness
training, handcycling

**Therapeutic Horseback
Riding Programs**

Riverwood Therapeutic Riding

Address: 6783 Rollingview Drive
Tobaccoville, NC 27050
Phone: 910-922-6038
Contact: Susan Hubbard

Horsepower

Address: 7910 Brooks Lane Road
Brown Summit, NC 27214
Phone: 910-656-7068
Contact: Jan Emerine

Kopper Top Therapeutic Riding

Address: 5853 Winfrey Cummings
Road
Gibsonville, NC 27249
Phone: 910-570-6760
Contact: Debroah Meridith

Equine Consultations

Address: 429 Dewey Street
Kernesville, NC 27284
Phone: 910-966-4152
Contact: Sharon Stanford

Heads Up! Therapeutic Riding

Address: P.O. Box 262
Pittsboro, NC 27312
Phone: 919-837-5790
Contact: Catherine Perkins

Farm Ventures

Address: P.O. Box 721
202 N. Main Street
Roxboro, NC 27573
Phone: 910-599-9421
Contact: Maria Soloman

Helping Horse Therapeutic Riding

Address: P.O. Box 12881
Raleigh, NC 27605
Phone: 919-848-0153
Contact: Kathleen Evans

Over Fences, Inc.

Address: Springcreek Farm
2521 Branch Road
Raleigh, NC 27610
Phone: 919-772-0976
Contact: Ann Wilson

North Carolina Therapeutic Riding

Address: P.O. Box 62572
Durham, NC 27715-0572
Phone: 919-489-0949
Contact: Margie Muenzer

Rocking Horse Ranch Therapeutic Riding

Address: 2126 Portertown Road
Greenville, NC 27858
Phone: 919-355-1491
Contact: Linda Moran

Misty Meadows Mitey Riders

Address: Misty Meadows Farm
455 Providence Road
Weddington, NC 28173
Phone: 704-841-0602
Contact: Harry S. Swimmer

Joshua's Farm

Address: 4300 Perkins Road
Charlotte, NC 28269
Phone: 704-599-6124
Contact: Gerald Matheson

Prancing Horse

Address: 448 Horse'n Carriage Lane
Cameron, NC 28326
Phone: 910-245-3220
Contact: Ronni Meltzer

Ride Like a Knight

Address: 122720 Barnes Bridge Road
Laurinburg, NC 28352
Phone: 910-277-5243
Contact: Lorrie Renker

Into the Light Therapeutic Riding

Address: 615 Park Ave.
Ayden, NC 28513
Phone: 919-599-5116
Contact: Michele Avery

Miracle Meadows Therapeutic Riding

Address: 2123 St. Mary Street
Camp Lejeune, NC 28547
Phone: 910-577-36778
Contact: Joe and Linda Cappar

Blazing Saddles

Address: P.O. Box 3082
Boone, NC 28607
Phone: 800-654-0618
Contact: Kim Hicks

Second Chance Farm

Address: 1991 Maiden-Salem Rd.
Maiden, NC 28650
Phone: 704-428-4632
Contact: Jerri Henline

Mountin' Hopes

Address: 488 McClure Road
Marshall, NC 28753
Phone: 704-649-3537
Contact: Kathryn Graeter

For more information on Therapeutic Riding Centers, contact The North American Riding for the Handicapped Association at 800-369-7433

National Adapted Sports and Recreation Organizations

What you will find in this section

National organizations can be a good way to locate information about specific adapted sports and recreation activities. These organizations often provide general information about the activity, equipment needs, local contacts, and competition or training opportunities. The following is a listing of these national organizations divided into multi-sport and specialized sport organizations.

Multi-Sport Organizations target many different sports or recreation opportunities. These organizations also support much of the competition and training for adaptive sports and recreation.

Specialized Sport Organizations are listed alphabetically by sport or recreation activity. A reference to multi-sport organizations are included where applicable.

Multi-Sport Organizations

American Association of Adapted Sports Programs, Inc.

Address: P. O. Box 538
Pine Lake, GA 30072
Phone: 404-294-0070

basketball, bocce, fencing, goalball,
handball (team), swimming,
track and field

Disabled Sports USA

Address: 451 Hungerford Dr.
Suite 100
Rockville, MD 20850
Phone: 301-217-0960

aerobics (aquatic and land), archery,
baseball, basketball, biking, billiards,
bocce, bowling, camping, canoeing,
cycling, equestrian, fencing, fishing,
football, golf, gymnastics, hockey,
hunting, kayaking, martial arts, polo,
powerlifting and weightlifting,
racquetball, rowing, rugby, scuba,
shooting, skating (roller and ice), skiing
(snow and water), swimming, table
tennis, track and field, wrestling, yoga

Paralyzed Veterans of America, Inc.

Address: Sports and Recreation
Program
900 17th St., NW, Suite 400
Washington, D.C. 20006
Phone: 800-424-8200, ext. 752
Website: www.pva.org

air guns, archery, basketball, bowling,
fishing, quad rugby, skiing, softball,
swimming, tennis, track and field, trap-
shooting, weightlifting

Special Olympics International

Address: 1325 G St., NW, Suite 500
Washington, D.C. 20005
Website: www.specialolympics.org

aquatics, athletics, badminton,
basketball, bocce, bowling, cycling,
equestrian, figure skating, floor hockey,
golf, gymnastics, ice skating, motor
activities/ developmental sports, power-
lifting, roller skating, skiing, soccer,
softball, speed skating, table tennis,
tennis, track and field, volleyball

United Cerebral Palsy Athletic Association

Address: 200 Harrison Ave.
Newport, RI 02840
Phone: 401-848-2460
Fax: 401-848-5280

archery, bocce, bowling, cross country,
cycling, equestrian, handball (team),
powerlifting, shooting, slalom, soccer,
swimming, table tennis, track and field,
indoor wheelchair soccer

Wheelchair Sports, USA

Address: 3595 EAST Fountain Blvd.
Suite L-1
Colorado Springs, CO 80910
Phone: 719-574-1150
Fax: 719-574-9840

archery, athletics (track and field),
basketball, fencing, quad rugby,
racquetball, shooting, sled hockey,
swimming, table tennis, water skiing,
weightlifting

Specialized Sport Organizations

Air Guns

National Wheelchair Shooting Federation

Address: 102 Park Ave.
Rockledge, PA 19046
Phone: 215-379-2359

See also Paralyzed Veterans of America,
Inc. under "Multi-Sport Organizations"
above.

Archery

American Wheelchair Archers

Address: 5318 Northport Dr.
Brooklyn Center, MN 55429
Phone: 612-520-0476
612-533-9188

See also Disabled Sports USA, Paralyzed
Veterans of America, Inc., United
Cerebral Palsy Athletic Association, and
Wheelchair Sports USA under "Multi-
Sport Organizations" above.

Aviation

Freedom's Wings International

Address: 1832 Lake Ave.
Scotch Plains, NJ 07076
Phone: 908-232-6354

International Wheelchair Aviators

Address: 1117 Rising Hill Way
Escondido, CA 92029
Phone: 760-746-5018
Website: [www.dsg.cs.tcd.ie/dsg_people/
sloubtin/IWA.htm](http://www.dsg.cs.tcd.ie/dsg_people/sloubtin/IWA.htm)

Basketball

National Wheelchair Basketball Association (NWBA)

Address: Charlotte Institute of
Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203
Phone: 704-355-1064
Fax: 704-446-4999

See also American Association of
Adapted Sports Programs, Inc., Disabled
Sports USA, Paralyzed Veterans of
America, Inc., Special Olympics
International, and Wheelchair Sports
USA under "Multi-Sport Organizations"
above.

Camping

Office of Special Programs & Populations

Address: National Park Service
U. S. Department of the
Interior
800 North Capitol, NW
Washington, D.C. 20002
Phone: 202-208-4747

Canoeing/ Kayaking

American Canoe Association

Address: Kayaking/ Disabled Paddlers
Committee
7432 Alban Station Blvd.
Suite B-226
Springfield, VA 22150-2311
Phone: 703-451-0141

Nantahala Outdoor Education Center

Address: 13077 Highway 19 West
Bryson City, NC 28713-9114
Phone: 888-662-1662
Website: www.nocweb.com

See also Disabled Sports USA under
"Multi-Sport Organizations" above.

Fencing

Wheelchair Fencing

Website: www.DRS.org/Fencing

See also American Association of
Adapted Sports Programs, Inc. and
Wheelchair Sports, USA under "Multi-
Sport Organizations" above.

Golf

Association of Disabled American Golfers

Address: 7700 EAST Arapahoe Rd.,
Suite 350
Englewood, CO 80112
Phone: 303-220-0921
Fax: 303-843-9284

National Amputee Golf Association

Address: P. O. Box 1228
Amherst, NH 03031-1228
Phone: 800-633-6242
Fax: 603-672-7140

See also Disabled Sports USA and
Special Olympics International under
"Multi-Sport Organizations" above.

Handcycling

American Handcycle Association

Address: 1744 Pepper Villa Dr.
El Cajon, CA 92020-1214
Phone: 619-596-1986

Hockey

American Sledge Hockey Association

Address: 10933 Johnson Ave., South
Bloomington, MN 55437
Fax: 612-881-2129

USA Sled Hockey Team

www.SledHockey.org

United States Electric Wheelchair Hockey Association

Website: www.usewha.org

Horseback Riding/ Equestrian

National Center for Equine Facilitated Therapy (NCEFT)

Address: 5001 Woodside Rd.
Woodside, CA 94062
Phone: 650-851-2271
Fax: 650-851-3480
Website: www.nceft.com

North American Riding for the Handicapped Association

Address: P. O. Box 33150
Denver, CO 80233
Phone: 303-452-1212
Website: narha.org

See also Disabled Sports USA, Special Olympics International, and United Cerebral Palsy Athletic Association under "Multi-Sport Organizations" above.

Outdoor Recreation and Wilderness

Breckenridge Outdoor Education Center Activity

Address: P. O. Box 697
Breckenridge, CO 80424
Phone: 800-383-2632

Great Outdoor Recreation Pages

Website:

www.gorp.com/gorp/eclectic/disabled.htm

Nantahala Outdoor Center

Address: 13077 Highway 19W
Bryson City, NC 28713-9114
Phone: 888-662-1662
Website: www.nocweb.com

National Ability Center

Address: P. O. Box 682799
Park City, UT 84068-2779
Phone: 801-649-3991

National Sports Center for the Disabled

Address: P. O. Box 36
Winter Park, CO 80482
Phone: 970-726-1540

Wilderness Inquiry

Address: 1313 5th St. SE, Box 84
Minneapolis, MN 55414-1546
Phone: 612-379-3858
800-728-0719

Quad Rugby

United States Quad Rugby Association

Address: 5861 White Cypress Dr.
Lake Worth, FL 33467-6230
Phone: 561-964-1712
Fax: 561-642-4444

See also Disabled Sports USA, Paralyzed Veterans of America, Inc., and Wheelchair Sports, USA under "Multi-Sport Organizations" above.

Racquetball

National Wheelchair Racquetball Association (NWRA)

Address: c/o American Amateur Raquetball Association
815 North Weber
Colorado Springs, CO 80903
Phone: 719-635-5396
Contact: John Faust, National Commissioner

See also Disabled Sports USA under "Multi-Sport Organizations" above.

Sailing

Access to Sailing

Address: 19744 Beach Blvd.
Suite 340
Huntington Beach, CA 92648
Phone: 714-722-5371

National Ocean Access Project

Address: 365 Thames St.
Newport, RI 02840

Shake-A-Leg

Address: University of Rhode Island
25 West Independence Way,
Suite H
Kingston, RI 02881
Phone: 401-782-6280
Fax: 401-849-8898

Scuba Diving

Handicapped Scuba Association

Address: 116 West El Portal, Suite 104
San Clemente, CA 92672
Phone: 714-498-6128
Website: www.ourworld.compuserve.com/homepages/hsahdq

Snow Skiing

National Sports Center for the Disabled

Address: P. O. Box 36
Winter Park, CO 80482
Phone: 303-726-5514, ext. 179
303-892-0961, ext. 179

U. S. Disabled Ski Team

Address: P. O. Box 100
Park City, UT 84060
Phone: 801-649-9090
Website: www.sportslines.com/u/usskiteam/skisport/disabled/index.html

See also Disabled Sports USA, Paralyzed Veterans of America, Inc., Special Olympics International, and United Cerebral Palsy Athletic Association under "Multi-Sport Organizations" above.

Softball

National Wheelchair Softball Association

Address: 1616 Todd Court
Hastings, MN 55033
Phone: 612-437-1792

See also Paralyzed Veterans of America, Inc. and Special Olympics International under "Multi-Sport Organizations" above.

Swimming

U. S. Wheelchair Swimming

Address: 229 Miller St.
Middleboro, MA 02346
Phone: 508-946-1964

See also American Association of Adapted Sports Programs, Inc., Disabled Sports USA, Paralyzed Veterans of America, Inc., United Cerebral Palsy Athletic Association, and Wheelchair Sports, USA under "Multi-Sport Organizations" above.

Table Tennis

American Wheelchair Table Tennis Association

Address: 23 Parker St.
Port Chester, NY 10573
Phone: 914-937-3932

See also Disabled Sports USA, Special Olympics International, United Cerebral Palsy Athletic Association, and Wheelchair Sports, USA under "Multi-Sport Organizations" above.

Tennis

National Foundation of Wheelchair Tennis

Address: 940 Calle Amanecer, Suite B
San Clemente, CA 92672
Phone: 714-361-6811
Website: www.nfwt.org

See also Special Olympics International and Paralyzed Veterans of America, Inc. under "Multi-Sport Organizations" above.

Water Skiing

American Water Ski Association

Address: Disabled Ski Committee
P. O. Box 337
Bowling Broke, GA 31004

See also Disabled Sports USA and Wheelchair Sports, USA under "Multi-Sport Organizations" above.

Water Sports

Aquatic Sports Association for the Physically Challenged

Address: 830 Broadway, Suite 10
El Cajon, CA 92021
Fax: 619-593-6272

Weightlifting

U. S. Wheelchair Weightlifting Federation/WSUSA

Address: 39 Michael Place
Levittown, PA 19057
Phone: 215-945-1964

See also Paralyzed Veterans of America, Inc. and Wheelchair Sports, USA under "Multi-Sport Organizations" above.

Wheelchair Racing

Wheelchair Racing Resource Page

www.execpc.com/~birzer

See also Disabled Sports, USA, Paralyzed Veterans of America, Inc. and Wheelchair Sports, USA under "Multi-Sport Organizations" above.

General Disability Resources

What You Will Find in this Section

More general disability organizations can serve as another means of locating recreational resources, support, and adaptive equipment. This section contains listings of state-wide and/or regional resources.

State Disability Organizations are those organizations that provide support and services to individuals with specific disabilities. Most of these organizations have local chapters or groups that can serve as a very important resource for accessing recreation opportunities in a particular community. Many of these organizations can also help with the support or advocacy that may be needed to participate in recreation opportunities.

ADA Information and Advocacy Organizations can also provide an important resource when ADA information or advocacy support is needed for participation.

Independent Living Rehabilitation Programs through Vocational Rehabilitation serve all regions of the state. Most of these programs have a recreation therapist on staff that is available as a resource to individuals with disabilities living in the program area.

Independent Living Centers are non-profit organizations run by individuals with disabilities that provide advocacy, information, and supports to increase community participation for individuals with disabilities living in the center's service area.

Assistive Technology Centers are an important resource for accessing adaptive equipment or assistive technology that may be needed to participate in a recreation activity.

State Disability Organizations

The Arc of North Carolina

Address: P. O. Box 20545
Raleigh, NC 27619
Phone: 919-782-4632
800-662-8706
Fax: 919-782-4634

Autism Society of North Carolina, Inc.

Address: 505 Oberlin Rd., #230
Raleigh, NC 27605-1345
Phone: 919-743-0204

Brain Injury Association of North Carolina

Address: P. O. Box 748
Raleigh, NC 27602
Phone: 919-833-9634
800-377-1464
Fax: 919-833-5415

Easter Seals of North Carolina

Address: 2315 Myron Dr.
Raleigh, NC 27607-3357
Phone: 919-783-8898
800-662-7119

Family Support Network of North Carolina

Address: University of North Carolina,
CB# 7340
Chapel Hill, NC 27599-7340
Phone: 919-966-2841
800-TLC-0042 (Central
Directory of Resources)

United Cerebral Palsy of North Carolina

Address: P. O. Box 27707
Raleigh, NC 27611
Phone: 919-832-3787
800-868-3787

ADA Information

Southeast Disability Business Technical Assistance Center

Address: Suite 208 N
1776 Peachtree Road
Atlanta, GA 30309
Phone: 800-949-4232
Website: www.ucpa.org/html/innovative/sedbtac_index.htm

Office on the Americans with Disabilities Act

Address: 217 West Jones Street
Raleigh, NC 27603-1336
Phone: 919-715-2302
Contact: Rodger Foushee

Advocacy Organizations

Governor's Advocacy Council for Persons with Disabilities

Address: 2113 Cameron St., Suite 218
Raleigh, NC 27605
Phone: 919-733-9250
Contact: Allen Perry, Executive Director

The ADAPTABLES

Address: 4265 Brownsboro Road
Winston-Salem, NC 27106
Phone: 336-896-0779
Contact: Darla Sykes Bates

Universal Disability Advocates

Address: P.O. Box 12988
Raleigh, NC 27605
Phone: 919-828-2677
Contact: Rene Cummins

Orange County Disability Awareness Council

Address: P.O. Box 8443
Carrboro, NC 27510
Phone: 919-967-5429

The Association of Self Advocates of North Carolina

Address: 6149-F St. Guiles Street
Raleigh, NC 27612

Address: P.O. Box 1488
Winterville, NC 28590

Phone: 252-355-9580

Independent Living Rehabilitation Programs

Albemarle Independent Living Rehabilitation Program

Address: Centre Pointe Plaza, Suite 17
Albemarle, NC 28001

Phone: 704-985-1172

Contact: Susan Hughes, Recreation
Therapist

Serving Anson, Cabarrus, Montgomery,
Richmond, Rowan, Stanly, and Union
counties

Asheville Independent Living Rehabilitation Program

Address: 599 Tunnel Road
Asheville, NC 28805

Phone: 828-298-9137

Serving Buncombe, Henderson,
Madison, McDowell, Polk, Rutherford,
and Transylvania counties

Boone Independent Living Rehabilitation Program

Address: 190 Southgate Drive
P. O. Box 1309
Boone, NC 28607

Phone: 828-265-5419

Contact: Terri Cleavenger, Rehab
Therapy Coordinator

Serving Alleghany, Ashe, Avery, Mitchell,
Watauga, Wilkes, and Yancey counties

Charlotte Independent Living Rehabilitation Program

Address: 401 S. Independence Blvd.,
Suite 660
Charlotte, NC 28204

Phone: 704-342-6003

Contact: Tammy Coltrane, Recreation
Therapist

Serving Gaston and Mecklenburg
counties

**Durham Independent Living
Rehabilitation Program**

Address: 3414 North Duke Street,
Suite 100
P. O. Box 15670
Durham, NC 27704
Phone: 919-560-6815

Serving Chatham, Durham, Lee,
Orange, Person, and Granville counties

**Elizabeth City Independent Living
Rehabilitation Program**

Address: 305 B South Road St.
Elizabeth City, NC 27909
Phone: 252-338-0175
Contact: Linda Buff, Recreation
Therapist

Serving Camden, Chowan, Currituck,
Dare, Gates, Pasquotank, Perquimas,
Tyrrell, and Washington counties

**Fayetteville Independent Living
Rehabilitation Program**

Address: 711-B Executive Plaza
Suite 200
Winding Creek Exec. Place
Fayetteville, NC 28305
Phone: 910-486-1717

Serving Bladen, Cumberland, Harnett,
Hoke, Robeson, Sampson, Moore and
Scotland counties

**Greensboro Independent Living
Rehabilitation Program**

Address: 3401-A West Wendover Ave.
Greensboro, NC 27407
Phone: 336-852-4523
Contact: Susan Wood, Recreation
Therapist

Serving Alamance, Caswell, Guilford,
Randolph, and Rockingham counties

**Greenville Independent Living
Rehabilitation Program**

Address: P. O. Box 242
101 Foxhaven Drive
Greenville, NC
Phone: 252-830-3471

Serving Beaufort, Greene, Hyde, Lenoir,
Pitt, and Wayne counties

**Hickory Independent Living Rehabilitation
Program**

Address: 1050 Zion Church Road
Hickory, NC 28602
Phone: 828-294-0338

Serving Alexander, Burke, Caldwell,
Catawba, Cleveland, Iredell, and Lincoln
counties

**New Bern Independent Living
Rehabilitation Program**

Address: 2203 Neuse Blvd.
New Bern, NC 28561
Phone: 252-514-4806

Serving Carteret, Craven, Jones, Onslow,
and Pamlico counties

Raleigh Independent Living Rehabilitation Program

Address: 436 N. Harrington St.
Raleigh, NC 27603
Phone: 919-715-0543

Serving Franklin, Johnston, Vance, Wake,
and Warren counties

Rocky Mount Independent Living Rehabilitation Program

Address: Station Square, Suite 163
Rocky Mount, NC 27804
Phone: 252-446-0867
Contact: Kim Stewart, Recreation
Therapist

Serving Bertie, Edgecombe, Halifax,
Hertford, Martin, Nash, Northampton,
and Wilson counties

Sylva Independent Living Rehabilitation Program

Address: 122 Slyva Plaza
P. O. Box 756
Sylva, NC 28779
Phone: 828-586-3455
Contact: Francie Lanius, Recreation
Therapist

Serving Cherokee, Clay, Graham,
Haywood, Jackson, Macon, and Swain
counties

Wilmington Independent Living Rehabilitation Program

Address: 1506 Market Street, Suite B
Wilmington, NC 28401
Phone: 910-251-5810
Contact: Carl Thompson, Recreation
Therapist

Serving Brunswick, Columbus, Duplin,
New Hanover, and Pender counties

Winston-Salem Independent Living Rehabilitation Program

Address: 1510-B Martin Street, Suite
201
Winston-Salem, NC 27103
Phone: 336-761-2433

Serving Davidson, Davie, Forsyth,
Stokes, Surry, and Yadkin counties

Independent Living Centers**Live Independently Networking Center**

Address: P. O. Box 1135
Newton, NC 28658
Phone: 828-464-0331
Contact: Cynthia Harton

Serving Catawba county

Guilford Advocacy Project (GAP)

Address: P. O. Box 86
Greensboro, NC 27402
Phone: 336-272-0501
Contact: Aaron Shabazz

Serving Guilford county

Pathways for the Future

Address: P. O. Box 2114
Sylva, NC 28779
Phone: 828-586-2471
Contact: Eldon Sprague

Serving Jackson county

Programs for Accessible Living

Address: 5701 Executive Center Dr.,
Suite 320
Charlotte, NC 28212
Phone: 704-375-3977
Contact: Julia Sain, Director

Serving Mecklenburg county

The Disability Awareness Network (DAWN)

Address: 3313 Midland Court
Greenville, NC 27834
Phone: 252-758-2973

Serving Craven, Green, Martin, Pitt, and Wilson counties

Adaptive Equipment/ Assistive Technology Centers

**Eastern Regional Assistive Device Clinic,
Caswell Center**

Address: 2415 West Vernon Ave.
Kinston, NC 28501
Phone: 252-559-5371
Contact: Kate Snodgrass
Special services: adaptive toys, comprehensive assistive technology program serving individuals with developmental disabilities of all ages, assessment, intervention, planning, family training, preservice training, assistance in searching for funding sources

Serving Beaufort, Bertie, Brunswick, Camden, Carteret, Chowan, Craven, Currituck, Dare, Duplin, Edgecombe, Gates, Greene, Halifax, Hertford, Hyde, Jones, Lenoir, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Sampson, Tyrrell, Washington, and Wilson counties

North Carolina Assistive Technology Project (Southcentral Region)

Address: 1110 Navaho Drive
Suite 101
Raleigh, NC 27609
Phone: 919-850-2787
TDD: 919-850-2787
Contact: Sonya Van Horn
Special services: technical assistance, demonstration and trial of devices

Serving Anson, Bladen, Chatham, Cumberland, Durham, Harnett, Hoke, Johnston, Lee, Montgomery, Moore, Orange, Richmond, Robeson, Sampson, Scotland, and Wake counties

North Carolina Assistive Technology Project (Eastern Region)

Address: 2313 Executive Park Circle
Greenville, NC 27834
Phone: 252-830-8575
TDD: 252-830-8575
Contact: Sandra Baldwin
Special services: technical assistance, demonstration and trial of devices

Serving Beaufort, Brunswick, Camden, Carteret, Chowan, Columbus, Craven, Currituck, Dare, Duplin, Edgecombe, Gates, Greene, Halifax, Hertford, Hyde, Jones, Lenoir, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Tyrrell, Washington, Wayne, and Wilson counties

North Carolina Assistive Technology Project (Northcentral Region)

Address: Whitaker Rehab Center, 3333
Silas Creek Parkway
Winston-Salem, NC 27103
Phone: 336-718-1660
Contact: Harriet Forbis
Special services: technical assistance, demonstration and trial of devices

Serving Alamance, Caswell, Davidson, Davie, Forsyth, Franklin, Granville, Guilford, Person, Randolph, Rockingham, Stokes, Surry, Vance, Warren, and Yadkin counties

North Carolina Assistive Technology Project (Western Region)

Address: 1200 Blythe Blvd., Rankin
Bldg.
Charlotte, NC 28203
Phone: 704-355-2703
Contact: Michael Panther
Special services: technical assistance, demonstration and trial of devices

Serving Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Cabarrus, Caldwell, Catawba, Cherokee, Clay, Cleveland, Gaston, Graham, Haywood, Henderson, Iredell, Johnson, Lincoln, Macon, Madison, McDowell, Mecklenburg, Mitchell, Polk, Rowan, Rutherford, Stanly, Swain, Transylvania, Union, Watauga, Wilkes, and Yancey counties

Assistive Technology Resource Center of Western North Carolina

Address: Thomas Rehabilitation Hospital
68 Sweeten Creek Road
Asheville, NC 28803
Phone: 828-274-6177
Contact: Janice Bing
Special services: technical assistance, demonstration and trial of devices

Serving Avery, Buncombe, Burke, Cherokee, Clay, Cleveland, Graham, Haywood, Henderson, Jackson, Lincoln, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Wilkes, and Yancey counties

United Cerebral Palsy Children's Center

Address: Division of Program Services,
P. O. Box 27707
Raleigh, NC 27611
Phone: 919-832-3787
Contact: Suester Sowell
Special services: adaptive toys, camp services

Serving Chatham, Durham, Franklin, Johnston, and Wake counties

Assistive Technology and Outreach Program

Address: Charlotte Institute of Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203
Phone: 704-355-7119

Serving Cabarrus, Gaston, Lincoln, Mecklenburg, and Union counties

Comprehensive Assistive Technology Services (CATS)

Address: Western Carolina Center
300 Enola Road
Morganton, NC 28655
Phone: 828-433-2678

Serving
Catawba county
Catawba Area Program, 828-326-5900

Cleveland county
Cleveland Center, 704-482-8941

Gaston and Lincoln counties
Developmental Disabilities Support Services, 704-854-4840

Alexander, Burke, Caldwell, and McDowell counties
Foothills DD Services, 828-438-6242

Alleghany, Ashe, Avery, Watauga, and Wilkes counties
New River Area Program, 828-262-9933

Polk and Rutherford counties
Rutherford Center, 828-287-6417

Adaptive Technology Centers, Inc.

Address: 1110 Navaho Drive, Suite
105
Raleigh, NC 27609
Phone: 919-954-0188
Contact: Saroj Primlani

Serving Chatham, Durham, Franklin,
Johnston, and Wake counties

**Check-It-Out—North Carolina Network of
Assistive Technology Equipment Loan
Programs**

Address: Carlton G. Watkins Center
3500 Ellington Street
Charlotte, NC 28211
Phone: Jennifer Ray, 704-336-6630
Phone: Sonya Van Horn, 919-850-
2787

Partnerships in Assistive Technology

Address: 1110 Navaho Drive
Suite 100
Raleigh, NC 27609
Phone: 919-872-2298
Fax: 919-872-2294
Email: assist@pat.org
Website: <http://www.pat.org>

Statewide

Tadpole Lending Library

Address: Murdoch Center
P.O. Box 3000
1600 East C Street
Butner, NC 27509-3000
Phone: 919-575-7772
Fax: 919-575-7641

Statewide

Printed Recreation Resources

What you will find in this section

There are numerous materials that have been written about sports and recreation for persons with disabilities. These can be very helpful in learning more about the opportunities that are available, how to get started and finding equipment. This section contains books and magazines arranged alphabetically by title.

Books

Access America: An Atlas and Guide to the National Parks for Visitors with Disabilities

Address: Northern Cartographic
Attn: Access America Editor
P. O. Box 133
Burlington, VT 05402

ACCESS North Carolina

Address: North Carolina Division of
Vocational Rehabilitation
Services
Independent Living
Rehabilitation Program
P. O. Box 26503
Raleigh, NC 27611
Phone: 919-733-3364

free vacation and travel guide for
individuals with disabilities

Accessible Gardening

Address: Woodbine House
6510 Bells Mill Rd.
Bethesda, MD 20819
Phone: 800-843-7323

Canoeing and Kayaking for Persons with Physical Disabilities

Address: American Canoe Association
7432 Alban Station Blvd.
Suite B-226
Springfield, VA 22150-2311
Phone: 703-451-0141

Community Recreation and People with Disabilities

Address: Paul Brooks Publishing
P.O. Box 10624
Baltimore, MD 21285-0624
Phone: 800-638-3775

Don't Forget the Fun

Address: Institute for Community
Inclusion
Children's Hospital
300 Longwood Avenue
Boston, MA 02155
Phone: 617-355-6506

Fitness and Nutrition

Address: Wheelchair Sports, USA
3595 East Fountain Blvd.,
Suite L-1
Colorado Springs, CO 80910
Phone: 719-574-1150

A Guide to Wheelchair Sports and Recreation

Address: Paralyzed Veterans of
America
2111 East Highland Ave.,
Suite 180
Phoenix, AZ 85016-4702
Phone: 602-224-0500

Introduction to Fitness and Nutrition

Address: Wheelchair Sports, USA
3595 East Fountain Blvd.
Suite L-1
Colorado Springs, CO 80910
Phone: 719-574-1150

Introduction to Fitness with Persons Who Are Disabled

Address: Vinland National Center
P. O. Box 308
Loretto, NM 55357
Phone: 612-479-3555

Introduction to Swimming

Address: Wheelchair Sports, USA
3595 East Fountain Blvd.
Suite L-1
Colorado Springs, CO 80910
Phone: 719-574-1150

Introduction to Table Tennis

Address: Wheelchair Sports, USA
3595 East Fountain Blvd.
Suite L-1
Colorado Springs, CO 80910
Phone: 719-574-1150

Making School and Community Recreation Fun for Everyone

Address: Paul Brooks Publishing
P.O. Box 10624
Baltimore, MD 21285-0624
Phone: 800-638-3775

Play and Recreation for Individuals with Disabilities: Practical Pointers

Address: American Alliance for Health,
Physical Education,
Recreation and Dance
1900 Association Drive
Reston, VA 22091

Phone: 800-321-0789

Playing and Coaching Wheelchair Basketball

Address: University of Illinois Press
54 East Gregory Dr.
Champaign, IL 61820

Phone: 800-638-3030

A Practical Guide to Health Promotion After Spinal Cord Injury

Address: Aspen Publishers, Inc.
200 Orchard Ridge Dr.
Suite 200
Gaithersburg, MD 20878

Recreation and Sports: An Accent Guide

Address: Accent/ Cheever Publishing
P. O. Box 700
Bloomington, IL 61702

Spinal Network

Phone: 800-338-5412

Sports and Recreation for the Disabled: A Resource Manual

Address: Benchmark Press, Inc.
8435 Keystone Crossing
Suite 175
Indianapolis, IN 46420

Tennis in a Wheelchair

Address: National Foundation of
Wheelchair Tennis
940 Calle Amanecer, Suite B
San Clemente, CA 92672

Phone: 714-361-6811

Wheelchair Basketball, 2nd Edition

Address: PVA Sports and Recreation
801 18th St., NW
Washington, D.C. 20006

Phone: 800-424-8200

**Wheelchair Sports and Recreation,
2nd Edition**

Address: PVA Sports and Recreation
801 18th St., NW
Washington, D.C. 20006
Phone: 800-424-8200

Wheelchair Track and Field

Address: Wheelchair Sports, USA
3593 East Fountain Blvd.
Suite L-1
Colorado Springs, CO 80910
Phone: 719-574-1150

Magazines

Access to Recreation Catalog

Phone: 800-634-4351

free catalog of adaptive recreation and
sports equipment

Active Living

Address: 5 Columbia Dr.
Niagara Falls, NY 14305
Phone: 905-309-1639
Fax: 905-309-1640

Disabled Outdoors

Address: 5223 South Lorel Ave.
Chicago, IL 60638
Phone: 708-358-4160

In Motion

Address: Amputee Coalition of
America
P. O. Box 2528
Knoxville, TN 37901-2528
Phone: 423-524-8772

New Mobility

Address: P. O. Box 15518
North Hollywood, CA
91615-9773
Phone: 310-317-4522

Palaestra

Address: P. O. Box 508
1948 Riverview Dr.
Macomb, IL 61455
Phone: 309-833-1902

Paraplegia News

Address: Paralyzed Veterans of
America, Inc.
2111 East Highland Ave.
Suite 180
Phoenix, AZ 85016-4702
Phone: 602-224-0500

Sports 'n Spokes

Address: Paralyzed Veterans of
America, Inc.
2111 East Highland Ave.
Suite 180
Phoenix, AZ 85016-4702
Phone: 602-224-0500