


## Physical activity and leisure offers many benefits to your wellbeing:

- Improved health, decreased obesity and lower risk of health problems (such as heart disease, breathing problems, diabetes, some cancers, liver disease, and early death)
- Improved strength and stronger bones, fewer joint problems and pain
- Improved mental health and better sleep
- Improved thinking and learning
- Improved social skills and builds relationships with peers
- Improved growth and development
- Improved independence, fewer medical and equipment needs

*We define inclusivity as the practice of participants of all abilities engaging in recreation together.*


## Guide to Program Types

 This program has been evaluated with a validated Inclusivity Assessment Tool and found to meet general criteria for inclusivity including,

1. Inclusive mission;
2. Staff training for inclusivity;
3. Ongoing inclusivity plans;
4. Inclusion point of contact;
5. Available activity modification

and/or

- Partnered with a recognized inclusivity focused organization such as Rochester Accessible Adventures

 This program appears to be inclusive based on review of program information but has NOT been formally evaluated with the Inclusivity Assessment Tool.

 This program offers recreation specifically designed for people with disability.



[KidsThrive585.org](http://KidsThrive585.org)

Helping kids thrive with access to Great Rochester resources.

**Rochester Regional Center for Autism Spectrum Disorders, Strong Center for Developmental Disabilities**  
in the Division of Developmental-Behavioral Pediatrics

## The Hoekelman Center

[www.hoekelmancenter.org](http://www.hoekelmancenter.org)

The Hoekelman Center is in the Department of Pediatrics at the University of Rochester Medical Center.



2024 Edition. Created by Dr. Adriana Verwey, MD, MPH, Assistant Professor – Department of Pediatrics, Developmental & Behavioral Pediatrics.

Guide design by  
 **Soucier Design**  
CREATIVITY FOR NON-PROFITS

# A Guide to **Recreation and Leisure for All** in Greater Rochester



Funded by



**The Hoekelman Center**  
for Health Beyond Medicine

# Recreation

## Abilities Movement

Personalized fitness/wellness classes, Power Wheelchair Soccer, and Mighty Dunks basketball. All ages.

144 Fairport Village Landing # 332  
Fairport, NY 14450  
(585) 690-4408 (call or text)  
abilitiesmovement.org

## Autism Up

Family Swim, Personal Training and Fitness Classes, Social Skills, Minecraft, Cooking and Baking, Bowling, Basketball, Soccer, Readiness, Community Readiness, Art and Music, and Instructional Support and Guidance Navigating a variety of activities in our Sensory Gym. All ages.

50 Science Parkway  
Rochester, NY 14620  
585-248-9011  
autismup.org

## Building Families First

Christ Centered Agency-Video making, Acting, Cooking, Personal Fitness, Creative Arts, African Drum Class. All ages.

3736 St. Paul Blvd.  
Rochester, NY 14617  
(585) 802-2495  
buildingfamiliesfirst.info

## CDS Monarch Community Recreation

Recreation respite. Fitness center, pool, on-site and community recreation activities. Ages 5+

860 Hard Rd  
Webster, NY 14580  
585-341-4600  
cdslifetransitions.org/cds-monarch

## Challenger Miracle Field of Greater Rochester

Baseball/softball, bowling, soccer, flag football. Ages 4+

1000 Ridge Rd  
Webster, NY 14580  
(585) 737-7499  
rochestermiraclefield.org

## Community Place of Greater Rochester

The Sky is the Limit Program offers structured recreation. Ages 5-22

57 Central Park  
Rochester, NY 14605  
585.327.7200 x145  
communityplace.org/programs/disability-services/

## CP Rochester/ SportsNet

Recreation respite, swimming, fitness, fine arts, cycling, golf, canoeing, hockey, basketball, skiing  
Ages 5+

CP Rochester: (585) 334-6000  
x2281  
SportsNet: (585) 334-6000  
x1120  
cprochester.org/recreation.asp  
sportsnetny.org

## Equicenter

Equestrian programs, yoga. Ages 3+

3247 Rush Mendon Road  
Honeoye Falls, NY 14472  
585-624-7772  
equicenterny.org

## Erie Canal Boat Company

Paddling, cycling. All ages.

7 Liftbridge Lane  
Fairport, NY 14450  
(585) 748-2628  
eriecanalboatcompany.com

## GiGi's Playhouse

Free therapeutic and educational programming. All Ages.

372 North Goodman Street  
Rochester, NY 14607  
585-563-7487  
gigisplayhouse.org/rochester/

## Gliding Stars

Ice skating. Ages 18 months+

Webster Ice Arena  
Webster, NY 14580  
(716) 608-8345  
glidingstars.org/gliding-stars-of-rochester-ny/

## Greece Rec Friends and Fun Social

Social group, mini golf league. Ages 14+

Greece Parks and Recreation  
1 Vince Tofany Blvd  
Greece, NY 14612  
(585) 723-2425  
greeceny.gov/

## Ludus Fencing Studio

Fencing. Ages 6+

26 Arcampus Drive  
Rochester, NY 14612  
(570) 793-1522  
ludusfencing.com/program

## Perinton Parks and Recreation

Large variety of programs for seasonal recreation and leisure for both Perinton residents and non-residents with a designed Inclusion Coordinator. \*Check out your local Parks and Rec Center for additional programs. All ages.

1350 Turk Hill Road  
Fairport, NY 14450  
(585) 223-5050 x1180

## RCommunityBike

Provides tricycles to individuals with disabilities. Mon-Sat 9am-1pm

226 Hudson Ave  
Rochester, NY 14605  
(585) 234-2008  
rcommunitybikes.org

## Rochester Accessible Adventures

Trains recreation businesses in Greater ROC, FLX & WNY regions to operate inclusively (follow updated list on website). Also supports adaptive & inclusive sports, eg, wheelchair basketball, sled hockey. All ages.

2165 Brighton-Henrietta  
Town Line Rd  
Rochester, NY 14623  
585-491-6011  
rochesteraccessibleadventures.org

## Rochester Rookies

Track, field, road racing, swimming, weight lifting, archery, table tennis. Ages 5+.

College at Brockport and Nazareth College Golisano Training Center  
585-301-1144  
therochesterrookies.org

## RocVenture Climbing

Rock climbing. All ages.

1044 University Ave  
Rochester, NY 14607  
585-442-5462  
rocventuresclimbing.com

## Special Olympics of New York

Sports training and athletic competition in Olympic style sports. **Unified Sports** program provides inclusive opportunities. Ages 2+

1 Grove St, Suite 216  
Pittsford, NY 14534  
585-586-7400  
specialolympics-ny.org

## TIES - Together Including Every Student (Starbridge)

In 30 school districts in Western, Central, and Finger Lakes regions of NY. Partner with peer volunteer for participation in organized recreation or extracurricular school activities. Ages 8-21

Starbridge, 1650 South Avenue, Suite 200  
Rochester, NY 14620  
(585) 546-1700  
www.starbridgeinc.org/ties-program

## The Pieters Family Life Center

Fitness room, fitness classes, multi-purpose gymnasium, zumba, yoga, water aerobics, Creative arts studios. Operated by Heritage Christian Services. Ages 12+

125 Commons Way  
Rochester, NY 14623  
585-487-3500  
pietersfamilylifecenter.org

## TOPSoccer

Soccer. Ages 5-15  
All Star Sports Arena  
557 Ridge Rd  
Rochester, NY 14621  
(585) 957-2949  
iscsoccer.com/Page.asp?n=161054&org=AWW.ISCSOCCER.COM

## Victor Parks and Rec

Large variety of programs for seasonal recreation and leisure for both Victor residents and non-residents with a designed Inclusion Coordinator. \*Check out your local Parks and Rec Center for additional programs. All ages.

85 E Main St  
Victor, NY 14564  
585-742-0140 x5045  
victoryny.org

## YMCA-General

Large variety of programs for youth and adult sports, gym/ personal training, group exercise, arts and dance, yoga. All ages.

444 East Main Street  
Rochester, NY 14604  
(585) 546-5500  
rochesterymca.org

# Dance/Theater/Music/Art

## Artists Unlimited

Theater, Voice. All ages.

PO Box 26766  
Rochester, NY 14626  
585-219-5188  
rocartistsunlimited.com

## Ashford Dance Company

Dance. Ages 1+

376 North Goodman Street  
Rochester, NY 14607  
585-417-6580  
ashforddanceco.com

## Hochstein School of Music & Dance

Music, art, dance. All ages.

50 N Plymouth Ave  
Rochester, NY 14614  
(585) 454-4596  
jennifer.phillips@hochstein.org  
hochstein.org/Expressive-Arts

## Spectrum Creative Arts

Music, Art, Theater All ages.

3300 Monroe Ave  
Rochester, NY 14618  
(585) 383-1999  
spectrumcreativearts.org

## Spotted Rabbit Studio

Art, music, creative arts therapy. Ages 5+

2376 Monroe Ave  
Rochester, NY 14618  
(585) 430-9877  
spottedrabbitstudio.com

## Studio East Dance Company

Dance Abilities Classes, ages 13+ years

370 Macedon Center Road,  
Suite 3  
Fairport, NY 14450  
(585) 364-3136

## 25 North Dance

Dance. Ages 1-18

15 South Main St  
Pittsford, NY 14534  
(585) 737-0680  
25northdance.com

## Autism Nature Trail

An experience in nature, designed specifically for visitors with ASD and their families

6773 Trailside Rd  
Castille, NY 14427  
585-237-0270 x2103  
autismnaturetrail.com

## Camp Eastman

Barrier free park and water spray park

1301 Lake Shore Blvd  
Irondequoit, NY 14617  
585-336-6070 to reserve facility/cabin  
585-336-6033 for general park questions  
(Dept. of Public Works)  
irondequoit.gov/174/  
Parks-Facilities

## Egypt Park

Playground with some adaptive equipment and swings. Nearby walking trails.

99 Victor Rd  
Fairport, NY 14450  
(585) 223-5050  
perinton.org/Departments/Parks/buildings/egyptpk

## The Karpus Family Playground

Barrier free playground

Challenger Miracle Field, 1000 Ridge Rd  
Webster, NY 14580  
(585) 737-7499  
rochestermiraclefield.org

## Heyer-Bayer Memorial Park

Playground with some adaptive equipment and swings.

469 Pemberton Rd  
Rochester, NY 14622

## Rothfuss Park

Inclusive playground with adaptive equipment, virtual fitness walk/ bike trail.

1648 Five Mile Line Rd  
Penfield, NY 14526

## Victor Central School

Open to public outside of school hours. Two playgrounds with adaptive equipment and swings.

953 High St,  
Victor, NY 14564

## Basil Marella Park

Barrier free playground, wheelchair accessible paved nature trail.

975 English Rd  
Rochester, NY 14616

## Motion Junction:

Fully inclusive barrier free playground

2640 Outhouse Rd,  
Canandaigua, NY 14424

For more information on obtaining an access pass for free or discounted use of state parks, historic sites, and recreational facilities, and contact 518-474-2324 during normal business hours or email accesspass@parks.ny.gov. Please note these facilities may not be considered accessible for all.