BestSelf Behavioral Health, Inc. is the largest community based behavioral health organization serving children, adolescents and adults with mental health and substance use disorders in WNY. BestSelf provides innovative, evidence-based, accessible, and family focused behavioral health services promoting health, hope and recovery, and an enhanced quality of life.

BestSelfWNY.org | (716) 884-0888
THE RECREATION & LEISURE SERVICES DIRECTORY
2024

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

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

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

Recreationally,

Kimberly Kadziolka
Parent Network of Western New York

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

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

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

The Singelyn Group
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snacks for all children!

THE SINGELYN GROUP

TSG MANAGEMENT GROUP INC.

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4993 TRANSIT ROAD & RTE 78 DEPEW
5150 SHERIDAN DR    WILLIAMSVILLE
5316 MAIN ST        WILLIAMSVILLE
6035 S PARK AVE     HAMBURG
6890 ERIE RD        DERBY
5087 CAMP RD        HAMBURG
12976 MAIN ST       AKRON
12755 BROADWAY      ALDEN
2156 NIAGARA ST     BUFFALO
453 WILLIAMS ST     BUFFALO
241 W FERRY ST      BUFFALO
390 NIAGARA ST      BUFFALO
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ART PROGRAMS

**Arts for Learning WNY**
**County:** Erie
1 Lafayette Square, 2nd Floor, Buffalo 14203
**Contact:** info@artsforlearningwny.org, 716-881-0917
**Description:** Arts for Learning WNY’s mission is to inspire, expand learning, and strengthen our community through engagement with the arts. Offers workshops, residencies and assembly performances.
**Ages:** all Ages
**Website:** www.artsforlearningwny.org

**Intandem - Fine Arts Program**
**County:** Cattaraugus
1439 Buffalo Street, Olean 14760
**Contact:** info@intandem.org, (716) 375-4747
**Description:** Our day-habilitation locations in Niagara and Cattaraugus Counties offer daily classes and activities in music, movement, theatre, painting, fiber arts, printmaking, mixed media, collage, jewelry making, papier-mâché, and so much more. Grants provide opportunities to explore different mediums such as ceramics, glass fusing, and mural making. This aid also allows us to welcome guest performers and teaching artists to our spaces, all the while supporting our efforts to expand the availability of the arts, and arts engagement, in the communities where we live and work.
**Ages:** adults
**Website:** https://www.intandem.org/programs-support/fine-arts-program/
**Wheelchair Accessible?** Yes

FAMILY ACTIVITIES

**Museums for All**
**Description:** Free or reduced admission for those receiving food assistance and presenting an EBT card and photo ID. Search Website for participating locations.
**Website:** www.museums4all.org
**Art Park of Lewiston**

**County:** Niagara  
450 South 4th Street, Lewiston 14092  
**Contact:** boxoffice@artpark.net, (716) 754-4375  
**Description:** Artpark & Company fosters a transformative world of artistic engagement that explores the human experience, cultivates creativity, and encourages curiosity. Our work is informed by a long tradition of discovery, an expectation of artistic excellence, and an awareness of the inspiration of singular natural splendor.  
**Ages:** all Ages  
**Cost:** varies  
**Dates:** Various throughout the year.  
**Time:** Mon-Fri 10am-4pm, park/trails - dawn to dusk  
**Website:** artpark.net  
**Wheelchair Accessible?** Yes

**Butterfly Conservatory**

2565 Niagara Parkway, Niagara Falls, Ontario, Canada  
**Contact:** (877) 642-7275  
**Description:** Step inside one of the largest glass-enclosed butterfly conservatories in North America and discover a tropical garden oasis. The Niagara Parks Butterfly Conservatory features over 2,000 vibrantly coloured butterflies fluttering freely throughout winding pathways adorned with lush vegetation and trickling waterfalls. Your self-guided walking tour begins with a short, informative video presentation.  
**Days/Hours:** Sunday 10-7pm, Monday 10-6pm, Tuesday-Friday 10-5pm, Saturday 9-6pm  
**Cost:** Adult $19, Child 3-12y $12.50. 2 & under free  
**Website:** https://www.niagaraparks.com/visit/attractions/butterfly-conservatory/  
**Wheelchair Accessible?** Yes
**Gardens**

**Buffalo Botanical Gardens - Erie County**  
**County:** Erie  
2655 South Park Avenue, Lackawanna 14218  
**Contact:** info@buffalogardens.com, (716) 827-1584  
**Description:** The historic Buffalo Botanical Gardens is a premier cultural destination that engages visitors through a distinct and unique plant collection.  
**Ages:** all Ages  
**Cost:** $16.50 Adults, $15 Seniors (62+) and students (13+), students and children 3-12 $9, Kids 2 and under free  
**Dates:** Year round, Sunday-Saturday, closed on holidays  
**Time:** 10 am - 4pm  
**Website:** www.buffalogardens.com  
**Wheelchair Accessible?** Yes

---

**Gym**

**Family Gym Night**  
**County:** Niagara  
145 N. 4th Street (Onondaga St. entrance), Lewiston 14092  
**Contact:** recreation@villageoflewiston.net, (716) 754-1990  
**Description:** A space where children and their parents have Time and room to interact with one another. It is appropriate for children with varying levels of disabilities but parents are expected to stay with their child.  
**Ages:** Families with children 8th grade and younger  
**Cost:** Free  
**Dates:** September - June  
**Time:** 5:30 - 8:00  
**Website:** villageoflewiston.net
**INDOOR AVIARY**

**Bird Kingdom**  
**County:** Ontario, Canada  
5651 River Road, Niagara Falls L2D 7M7  
**Contact:** (905) 356-8888  
**Description:** Bird Kingdom is the World’s Largest Free-Flying Indoor Aviary. Discover hundreds of tropical birds as you explore the pathways throughout the multi-level rainforest. Meet friendly parrots and exotic animals at Bird Kingdom’s Animal Encounters. Explore the ruins of the Night Jungle that is home to many fascinating nocturnal creatures. Lorikeet Landing provides an unforgettable experience where you may feed and interact with the playful lorikeet birds. Bird Kingdom is an exciting adventure that is fun for all Ages.  
**Ages:** all Ages  
**Cost:** From $13.95 per person  
**Dates:** all year round  
**Time:** 9:30 am to 5 pm  
**Website:** [https://www.birdkingdom.ca/](https://www.birdkingdom.ca/)  
**Wheelchair Accessible?** Yes

**MOVIES**

**Buffalo Sensory Friendly Films**  
**County:** Erie  
AMC Maple Ridge 8, 4276 Maple Road, Suite C, Amherst 14226  
**Contact:** (716) 833-9545  
**Cost:** Normal ticket pricing  
**Dates:** 2nd and 4th Sunday and Wednesday evenings  
**Time:** check Website for viewing **Times**  
**Wheelchair Accessible?** Yes

**Sensory Friendly Films at FLIX 10**  
**County:** Erie  
4901 Transit Rd., Depew 14043  
**Contact:** larry@dipsontheatres.com, (716) 668-1888  
**Description:** The lights will be left on and the sound will be turned down. A raffle will be held at each screening.  
**Cost:** $7.75  
**Dates:** First Saturday of each month  
**Website:** [flix10.dipsontheatres.com](http://flix10.dipsontheatres.com)/Contact/sensory+friendly+family+film+series  
**Wheelchair Accessible?** Yes
Aquarium of Niagara Falls
County: Niagara
701 Whirlpool St., Niagara Falls 14301
Contact: info@aquariumofniagara.org, (716) 285-3575
Description: With our community and partners, we celebrate our natural wonders and inspire people to make a difference for aquatic life.
Cost: Adults $19.95, seniors 60+ $17.95, children Ages 3-12 $14.95, infants free
Time: Daily 9am-5pm
Au-some Aquarium Evenings
Contact: education@aquariumofniagara.org, (716) 285-3575 Ext 20
Description: Sensory friendly environment where families with children on the autism spectrum can meet. Touch tank, art activities, info and gluten free snacks are provided.
Cost: free, registration required
Dates: First Friday of the month
Time: 6 - 8 pm
Website: aquariumofniagara.org
Wheelchair Accessible? Yes

Buffalo & Erie County Naval & Military Park
County: Erie
One Naval Park Cove, Buffalo 14202
Contact: Paul Marzello, Sr., info@buffalonavalpark.org, (716) 847-1773
Description: March through September hours are 10am - 5pm, from October through November hours are 10am - 4pm. When touring most areas of the ships, visitors should expect to traverse narrow passageways, be able to step over significantly raised thresholds, and climb. A top family destination in Western New York, located on the waterfront in downtown Buffalo. The military park is the largest inland naval park in the country.
Ages: all Ages
Cost: Adult $20.00, Youth $14.00, Senior $17.00, Veterans $15.00. Age 4 and under FREE.
Dates: Late March through End of November
Time: 10 am - 5 pm
Website: www.buffalonavalpark.org
Wheelchair Accessible? No
Buffalo Fire Historical Society
County: Erie
1850 William Street, Buffalo 14206
Contact: bfhsmuseum@verizon.net, (716) 892-8400
Description: The society’s mission is to collect, preserve, exhibit and provide access to information and artifacts relating to the firefighting profession in general, fire safety and fire prevention; and to teach the public about these subjects.
Ages: all Ages
Cost: free
Dates: Saturdays
Time: 10 am - 4 pm
Website: www.bfhsmuseum.com
Wheelchair Accessible? Yes

Buffalo History Museum
County: Erie
1 Museum Court, Buffalo 14216
Contact: Greg D. Tranter, reception@buffalohistory.org, (716) 873-9644
Description: Major collections include the Holland Land Company, President Millard Fillmore, Seneca Indians, Buffalo Bills, the Pan-American Exposition, the Larkin Company, and more.
Ages: all Ages
Cost: The Museum is offering Pay What You Wish admission, recommended admission is $10 per person. Library appointments are $10 and free for members. Admission FREE on M&T Third Fridays.
When: Wednesday - Saturday 10 am - 5 pm, Sunday 12 - 5pm
Website: www.buffalohistory.org
Wheelchair Accessible? Yes

Buffalo Museum of Science
County: Erie
1020 Humboldt Parkway, Buffalo 14211
Contact: Marisa Wigglesworth, (716) 896-5200
Description: Since 2010, the BMS has been on an aggressive path to renovate all of the museum’s permanent exhibit experiences, transforming its former diorama-based exhibits into eight highly interactive and immersive science studio exhibit spaces.
Ages: all Ages
Cost: Adults $19, Seniors 62+ $16, Students & Military w. ID $16, Children 2-17 $16, Members and Children under 2 free
Dates: all year round  
Time: 10 am-4 pm; Weds 10 am-9 pm  
Website: www.sciencebuff.org  
Wheelchair Accessible? Yes

Buffalo Niagara Heritage Village  
County: Erie  
3755 Tonawanda Creek Road, West Amherst 14228  
Contact: guestservices@bnhv.org, (716) 689-1440  
Description: Our mission is to preserve, interpret, and exhibit the agricultural history and rural heritage of the Buffalo Niagara region.  
Ages: all Ages  
Cost: $8 adults, $6 children, military and seniors (Age 3 and under FREE)  
Dates: Special events only for 2024 season as they are preparing to move to Amherst Central Park in 2025. Check Website for special events.  
Website: www.bnhv.org/bnhv-events

Buffalo Zoo  
County: Erie  
300 Parkside Ave., Buffalo 14214  
Contact: (716) 837-3900  
Description: Social story and sensory bag available on request. Must provide license to borrow sensory bag.  
Ages: all Ages  
Cost: $21.95 13-64; $15.95 2-12; seniors 65+ $18.95; under 2 years free.  
Dates: year round  
Time: 10-4 daily (Grounds close at 5pm)  
Website: buffalozoo.org  
Wheelchair Accessible? Yes

Chautauqua Institution  
County: Chautauqua  
One Ames Avenue, Chautauqua 14722  
Contact: ticketoffice@chq.org, (716) 357-6250  
Description: Chautauqua is dedicated to the exploration of the best in human values and the enrichment of life through a program that explores the important religious, social and political issues of our Times; stimulates provocative, thoughtful involvement of individuals and families in creative response to such issues; and promotes excellence and creativity in the appreciation, performance and teaching of the arts.  
Time: Tuesday-Friday 10am-4pm  
Website: chq.org
Chautauqua Belle

County: Chautauqua
78 Water Street, Mayville 14757
Contact: thechautauquabelle@gmail.com, (716) 269-2355
Description: Join us for a round-trip experiential boat ride touring the Chadakoin River and South end of Chautauqua Lake, regaling you with tales from the late 1800’s.
Ages: all Ages
Cost: $25 adults; $10 age 3-12; under 2 free
Dates: Seasonal
Website: 269belle.com
Wheelchair Accessible? yes

Darwin R. Barker Historical Museum

County: Chautauqua
7 Day Street, Fredonia 14063
Contact: Sara Hart, (716) 672-2114
Description: The Barker Historical Museum is located in the heart of Fredonia, New York. The Museum includes an archive, two research libraries, and rotating exhibitions.
Ages: all Ages
Dates: Tuesdays 4-8 pm, Fridays and Saturdays 1-5 pm
Website: www.barkermuseum.org

Dunkirk Historical Museum

County: Chautauqua
513 Washington Avenue, Dunkirk 14048
Contact: Contact@dunkirkhistoricalmuseum.org, (716) 366-3797
Description: Provides arts programs to its diverse cultural and ethnic community, including artistic expressions focusing on storytelling, quilting, painting, photography, puppetry, pottery, dancing and music, all of these seeking to improve the communication.
Ages: all
Dates: Monday, Wednesday and Friday
Time: 9 am - 12 pm
Website: www.dunkirkhistoricalmuseum.org
Explore & More Children’s Museum
County: Erie
130 Main Street, Buffalo 14202
Contact: (716) 655-5131
Description: Through three-floors of educational play zones, this community-focused museum is the only children’s museum FOR and ABOUT Western New York, paying homage to the very attributes that make us so proud to be from this unique region.
Ages: birth to 12 years
Cost: Ages 1 & up $13
Dates: Open Play Wednesday -Sunday
Time: 10 am to 4 pm
Website: www.exploreandmore.org

Au-Some Evenings at Explore & More Museum
Contact: accessibility@exploreandmore.org, (716) 655-5131
Description: Registrations required In addition to a fun night of play with access to the museum space and exhibits, we have special programming for families! The evening features themed Art Studio projects, sensory exploration in our Tinkering Tank, therapy animals from the SPCA and student volunteers from SUNY Buffalo State’s Exceptional Education program.
Cost: Free
Dates: 2nd Friday of month
Time: 5:30 - 7:30 pm
Website: https://exploreandmore.org/au-some-evenings/
Wheelchair Accessible? Yes

Genesee Country Village & Museum
1410 Flint Hill Road, Mumford 14511
Contact: Elizabeth A. Wehle, info@gcv.org, (585) 538-6822
Description: The mission of Genesee Country Village & Museum is to inspire excitement and curiosity about the past and an appreciation for its relevance today. Visitors experience how life in small towns has changed over Time through engaging and enjoyable encounters.
Ages: all Ages
Cost: check website for current pricing
Dates: Season opens on May 8, 2024 and closes October, 2024
Time: 10 am - 4 pm
Website: www.gcv.org
Wheelchair Accessible? No
Herschel Carrousel Factory Museum  
**County:** Niagara  
180 Thompson Street, North Tonawanda 14120  
**Contact:** info@carrouselmuseum.org, (716) 693-1885  
**Description:** A premier national historic site and community resource for providing family recreation and learning that fosters an appreciation for the unique heritage of the carousel and related industries in the Niagara Region. Admission includes two ride tokens.  
**Ages:** all Ages  
**Cost:** Adult $12, Seniors $9, Children 2-16 $6 and under 2 are free.  
**Dates:** April 15, 2024 - December 2024.  
**Time:** Wednesdays - Sundays 10am - 4pm  
**Website:** www.carrouselmuseum.org

Jell-O Gallery Museum  
**County:** Genesee  
23 E. Main Street, Le Roy 14482  
**Contact:** jellohistory@gmail.com, (585) 768-7433  
**Description:** Follow the JELL-O brick road to the JELL-O Gallery and see where it all began! JELL-O was invented here in Genesee County in 1897 and this museum is dedicated to all things JELL-O, including the history and marketing of “America’s Most Famous Dessert.”  
**Ages:** all Ages  
**Cost:** Adults $6, Children age 6-11 $1.50, Age 5 and under FREE  
**Dates:** May - December  
**Time:** Thursdays - Saturdays 10 am - 4 pm, Sunday 1 - 4 pm  
**Website:** jellogallery.org

Maid of the Mist  
**County:** Niagara  
1 Prospect St., Niagara Falls 14303  
**Contact:** (716) 284-8897  
**Description:** A Maid of the Mist boat tour is perfect for groups of all sizes  
**Cost:** $28.25 adults; $17.75 age 6-12; age 5 and under free with paid adult  
**Dates:** April to November  
**Time:** Check Website for details  
**Website:** maidofthemist.com  
**Wheelchair Accessible?** Yes
Medina Railroad Museum  
**County:** Orleans  
530 West Avenue, Medina 14103  
**Contact:** Janien Klotzbach, medinarailroad@gmail.com, (585) 798-6106 for tickets: (716) 948-0505  
**Description:** Your Train Ticket also allows entry into our huge Train Museum. Our museum is filled with railroad artifacts. It has one of the biggest model-train layouts in the country. Check Website for special events.  
**Ages:** all Ages  
**Cost:** Adults $9, Seniors $8, Children under 18 $7, Under 2 are free  
**Dates:** Wednesday through Sunday  
**Website:** www.medinarailroad.com

Penn Dixie Paleontological and Outdoor Education Center  
**County:** Erie  
4050 North Street (Mail: 3556 Lakeshore Road, Ste. 230), Blasdell 14219  
**Contact:** Sarah Einhouse, sepenndixie@gmail.com, (716) 627-4560  
**Description:** This classic geologic 54-acre site has been ranked the No.1 Fossil Park in the United States and provides opportunities to collect and keep all the fossils you find.  
**Cost:** Adults $16; Seniors (62+) $15, students and military $56, children 3-17 $13, members and children under 3 are free.  
**Dates:** Penn Dixie is open on Saturdays and Sundays from 9 am to 4:30 pm. The park opens each day at 9 am and closes at 4:30 pm. All first-Time visitors receive a complimentary 20-minute guided tour.  
**Website:** www.penndixie.org  
**Wheelchair Accessible?** Yes

Strong National Museum of Play  
**County:** Monroe  
One Manhattan Square, Rochester 14607  
**Contact:** info@museumofplay.org, (585) 263-2700  
**Description:** The Strong is a highly interactive, collections-based educational institution devoted to the study and exploration of play. The Strong explores play in order to encourage learning, creativity, and discovery and to illuminate the American experience in particular and human experience in general.  
**Cost:** Basic admissions for adults and children 2-15 $25. More for special exhibits.  
**Date & Time:** 10am - 5pm, open til 8 pm in Friday and Saturdays  
**Website:** www.museumofplay.org  
**Wheelchair Accessible?** Yes
Have YOU enrolled your child for our inclusive overnight summer camp yet?

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

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

CradleBeach.org
716-549-6307 ext. 205
**SENSORY PLAY**

*Chuck E Cheese Sensory Sensitive Sundays*

All locations

**Description:** Chuck E. Cheese is proud to support families who have children with autism and other special needs.

**Ages:** all Ages

**Cost:** free admissions

**Dates:** first Sunday of every month

**Time:** open 2 hours early than normal working hours

**Website:** [www.chuckecheese.com/sensory-sensitive-sundays](http://www.chuckecheese.com/sensory-sensitive-sundays)

**Wheelchair Accessible?** Yes

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**TRAINS**

*Arcade & Attica Railroad*

**County:** Wyoming

278 Main Street, Arcade 14009

**Contact:** arcadeandatticarr@yahoo.com, (585) 492-3100;

**Tickets:** (716) 948-0505

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

**Ages:** all Ages

**Cost:** prices vary

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

**Website:** [www.aarailroad.com](http://www.aarailroad.com)

**Wheelchair Accessible?** Yes
Music

Buffalo Niagara Music Therapy Services
County: Erie
2211 Sheridan Drive, Suite 204, Town of Tonawanda 14223
Contact: Elyse Kochmanski, ekochmanski@bnmusictherapy.com, (716) 243-2776, ekochmanski@bnmusictherapy.com
Description: Provides individual or group therapy and adaptive music lessons. They provide services in home and at their clinic location in Tonawanda
Ages: All Ages
Cost: Varies
Dates: By appointment - home/facility visits can be arranged.
Time: Various
Website: www.bnmusictherapy.com

BPO Kids for Exceptional Kids
County: Erie
3 Symphony Circle, Buffalo 14201
Contact: rpudlewski@bpo.com, rpudlewski@bpo.com, (716) 242-7822,
Description: BPO Kids is a classical concert series just for kids and a great way to introduce children to a lifelong love of music.
Ages: all Ages
Cost: Check Website for updated pricing
Dates: Check Website for events
Website: bpo.org
Wheelchair Accessible? Yes

Community Music School of Buffalo
County: Erie
217 East Delevan Avenue, Buffalo 14208
Contact: (716) 884-4887
Description: Individual and group classes and lessons in music, adult and teen classes, active ensembles and music therapy. Summer camps are also available.
Ages: All Ages
Cost: Varies - Financial aid available
Time: Mon-Fri 10 am - 8:30 pm
Website: communitymusicbuffalo.org
Darien Lake Performing Arts  
**County:** Genesee  
9993 Alleghany Road, Darien Center 14040  
**Contact:** darienlakepacinfo@livenation.com, (716) 428-5930  
**Website:** https://www.livenation.com/venue/KovZpaF0ne/darien-lake-amphitheater-events

Drum 4 Health  
**County:** Erie  
190 Wabash Avenue, Kenmore 14217  
**Contact:** Carol Zimmerman, carolyn@drum4health.net, (716) 491-0031, z100790@hotmail.com  
**Description:** Recreational music making/drum circles via a variety of drums and percussion instruments.  
**Ages:** Kids of all Ages, 2 - 102+  
**Cost:** Varies  
**Dates:** By appointment  
**Time:** Various  
**Website:** www.drum4health.net  
**Wheelchair Accessible?** Yes

DANCE

Danceability, Inc.  
**County:** Erie  
3859 George Urban Blvd., Suite 600, Cheektowaga 14225  
**Contact:** danceabilitywny@gmail.com, (716) 651-0094  
**Description:** Willingness to move with music to promote physical, social, and emotional wellness. Danceability is an individualized dance, fitness and movement program serving the special needs community. Our studio is led by qualified staff and dedicated volunteers who create a nurturing environment that empowers our students to flourish and grow while promoting a healthy lifestyle and we have a little fun along the way.  
**Ages:** 3+  
**Cost:** varies - call for updated pricing by program  
**Dates:** September through May  
**Time:** 3-8 pm  
**Website:** www.danceabilityinc.org  
**Wheelchair Accessible?** Yes
Graceful & Gifted Dance Program  
**County:** Niagara  
2419 Hyde Park Blvd., Niagara Falls 14305  
**Contact:** Timetodancestudionf@gmail.com, (716) 946-7909  
**Description:** Our vision is to create an inclusive and welcoming studio where everyone can access the magic of dance. Our dance program utilizes dance movement therapy. Classes are offered for ambulatory and non-ambulatory individuals.  
**Ages:** All Ages  
**Dates:** Day and evening classes  
**Website:** Timetodancestudios.org

Jaclyn Carol's Dance Academy: A Chance to Dance  
**County:** Erie  
3571 Niagara Falls Blvd, North Tonawanda or 2751 Main Street, Newfane  
**Contact:** JCDAdance@gmail.com, (716) 260-1787  
**Description:** Our family owned and operated dance studio offers unmatched special programming through field trips, dance competitions, guest artists, numerous performance opportunities for your child, as well as themed Summer Programs and intensive workshops for children, teens, and college students.  
**Ages:** all Ages  
**Cost:** varies  
**Dates:** September - June  
**Time:** Monday - Thursday 4:15pm-8:45pm, Saturdays 10am-1pm  
**Website:** www.jcdadance.com

Moving Miracles Dance Program (Division of Sasi)  
**County:** Erie  
954 Union Road Suite 1, West Seneca 14224  
**Contact:** info@movingmiracles.org, (716) 656-1321  
**Description:** We provide supervised, personalized exercise programs for teens and adults with special needs that are designed to be fun and effective, in a supportive environment. The program curriculum targets resistance, endurance and cardio training resulting in distinct physical, cognitive, social and developmental benefits.  
**Ages:** 16+  
**Cost:** $30 registration/$60 monthly group session fee  
**Dates:** Tuesday or Thursday evenings  
**Website:** www.movingmiracles.org  
**Wheelchair Accessible?** Yes
Star Legacy Dance Class
County: Niagara
7502 Porter Road, Niagara Falls 14301
Contact: legacdance17@gmail.com, (716) 299-0146
Description: Children with intellectual disabilities Our goal is to help children express themselves through music and movement.
Ages: Ages 5 and up Cost: Sliding scale Dates: September - May
Time: Monday - Friday 4:30 pm-8pm
Website: legacydancewny.com

Alleyway Theatre
One Curtain Up Alley, Buffalo 14202
Contact: email@alleyway.com, (716) 852-2600
Description: Education & development programs foster the talents of emergent artists from Western New York and beyond ... embracing fearlessness, theatricality, humanity, & authenticity.
Website: alleyway.com
Wheelchair Accessible? Yes

Buffalo State Performing Arts Center - Rockwell Hall
1300 Elmwood Avenue, Buffalo 14222
Contact: rhpac@buffalostate.edu, (716) 878-3005
Description: The Performing Arts Center (PAC), with more than 180 events and 50,000 patrons a year, is proud of the contribution it makes to the cultural vitality of SUNY Buffalo State and Western New York.
Website: www.buffalostatepac.org
Wheelchair Accessible? Yes

Inclusive Theater of WNY
County: Erie
Buffalo 14208
Contact: inclusivetheaterofwny@gmail.com, (716) 218-8129
Description: ITOWNY depends on Volunteers in different aspects of the production and administration including ushering, backstage, marketing, directing, and fundraising. A performing and visual arts company, that is dedicated to advancing artists of all forms and levels of ability – including artists with disabilities – to encourage the change of socially constructed images and misconceptions that exist of people from diverse backgrounds and groups.
Website: inclusivetheaterofwny.com
Irish Classical Theatre
County: Erie
625 Main Street, Buffalo 14203
Contact: (716) 853-4282,
Description: The Irish Classical Theatre Company is a performing arts theatre located in Buffalo, NY. It presents outstanding productions at The Andrews Theatre, Western New York’s only true theatre-in-the-round. In this intimate setting, you’re never more than 12 feet from the stage.
Website: www.irishclassical.com
Wheelchair Accessible? No

Musicalfare Theatre
4380 Main St., Ste 123 (c/o Daemen College), Amherst 14226
Contact: musicalfare@daemen.edu, (716) 839-8540
Description: A not-for-profit professional musical theatre company dedicated to becoming a significant regional theatre with national prominence by developing and presenting world premiere musicals, re-imagined classic musicals and regional premieres.
Website: musicalfare.com

Shakespeare in the Park
County: Erie
Delaware Park - 199 Lincoln Parkway, Buffalo 14222
Contact: Saul Elkin, info@shakespeareindelawarepark.org, (716) 856-4533, info@shakesppeareindelawarepark.org
Description: Shakespeare in Delaware Park is a not-for-profit professional theatre company that provides free, high-quality public theatre to enrich, educate, and entertain diverse audiences through the works of William Shakespeare.
Cost: Free (Donations accepted)  Dates: Summer
Website: shakespeareindelawarepark.org
Wheelchair Accessible? No

Shea’s Performing Arts Center
646 Main Street, Buffalo 14202  Contact: (716) 847-1410
Description: To restore and maintain Shea’s Buffalo Theatre for present and future generations to enjoy as a working historic theatre providing a wide variety of live performing arts experiences for our patrons and innovative and effective educational experiences fostering an appreciation of live theatre by area youth.
Website: www.sheas.org
Wheelchair Accessible? No
Wherever you go in Western New York, it goes without saying that Northtown Automotive is a part of it.

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Theatre of Youth Sensory Performance Series
County: Erie
203 Allen Street, Buffalo 14201
Contact: Michelle at Theatre of Youth, michelle@theatreofyouth.org, (716) 884-4400 x304, admin@theatreofyouth.org
Description: Noise muffling headsets and a calming space are available. General seating. Theatre of Youth (TOY) welcomes you to enjoy a performance in a sensory-friendly environment. Your children can sit where they are most comfortable and move around as they need, all while enjoying the magic of live theatre.
Cost: Check Website for updated pricing
Dates: Check Website for events
Website: https://theatreofyouth.org/sensory-friendly/
Wheelchair Accessible? Yes

Unique Theatre Company
County: Erie
545 Elmwood Avenue, Buffalo 14222
Contact: Vienna Haak, suzunique@gmail.com, (716) 982-7755, suzunique@gmail.com
Description: Unique Theatre Company produces one full length play per year. Each year auditions are held searching for actors of all abilities. UTC throughout the year takes all story and play submissions to be considered for their yearly production. Drama workshop available, 6 classes $100.
Ages: All Ages depending on needs of the theatre product
Dates: One Time per year play produced at local theatre, two Times per year writing group.
Website: uniquetheatrecompany.com

PARKS

Reserve America
18 Division Street, Saratoga Springs 12866
Contact: (518) 885-4282
Description: We continually seek out new ways to enrich experiences and bring different cultures and communities together. To achieve that, we’re grounded in industry collaboration, creating convenient user experiences, and innovating technology through the insights.
Dates: year round
Website: www.reserveamerica.com
Pfeiffer Nature Center Eshelman Property
County: Cattaraugus
1420 Yuba Dam Road, Portville 14770
Contact: Michael Cole, naturalist@pfeiffernaturecenter.org, (716) 933-0187
Description: 460 acres and has 3+ miles of trails through wetlands and secondary growth forest. Historically a small farm, this property has a variety of habitat, successional forest, wetlands, and mixed areas. Birders especially enjoy this property during migration.
Ages: all Ages
Cost: free, donations welcomed
Dates: January through September
Time: dusk til dawn
Website: www.pfeiffernaturecenter.org

Roger Tory Peterson Institute of Natural History
County: Chautauqua
311 Curtis Street, Jamestown 14701
Contact: Twan Leenders, info@rtpi.org, (716) 665-2473,
Description: Founded as an educational institution charged with preserving Peterson’s lifetime body of work. Home to the largest collection of Roger Tory Peterson’s work, the Roger Tory Peterson Institute is a leader for the study, exhibition and nurturing of art that matters to the planet.
Ages: all Ages
Cost: Adults $12, Seniors/Military $10, Children & Students $8, Family $30
Dates: Year round closed on Mondays and holidays
Time: Wednesday-Saturday 10 am - 4 pm, Sunday 1 pm - 5 pm, Monday and Tuesday by appointment
Website: www.rtpi.org
Audubon Community Nature Center
County: Chautauqua
1600 Riverside Road, Jamestown 14701
Contact: Leigh Rovegno, info@auduboncnc.org, (716) 569-2345, lrovegno@auduboncnc.org
Description: The Audubon Community Nature Center is a 600-acre wetland preserve that includes over five miles of trails, a native tree arboretum, picnic areas, a natural play space, and educational gardens for you to explore daily from dawn until dusk.
Cost: Adults $6, children age 3-15 $2, maximum Cost for families $15, members and children under 2 are free.
Time: Monday - Saturday 10-4:30pm, Sunday 1-4:30pm
Website: www.auduboncnc.org
Wheelchair Accessible? Yes

Buffalo Audubon Society & Beaver Meadow Audubon Center
County: Wyoming
1610 Welch Road, North Java 14113
Contact: Ed Sirianno, ed@buffaloaudubon.org, (716) 230-8373, melissa.fratello@gmail.com
Description: A 324-acre nature preserve that features glacial kettle ponds, wetlands, with a boardwalk trail, wooded uplands, meadows, a hawk watch, an arboretum, and eight miles of marked and groomed trails.
Dates: Tuesday-Saturday, closed on major holidays Time: 10am-4pm
Website: www.buffaloaudubon.org
Wheelchair Accessible? Yes

Reinstein Woods Environmental Education Center
County: Erie
93 Honorine Drive, Depew 14043
Contact: reinsteinwoods@dec.ny.gov, (716) 683-5959
Description: Reinstein Woods is a 292-acre complex of forests, ponds and wetlands. We offer a variety of opportunities to explore and learn about nature for people of all Ages and abilities. Free guided tours of the woods are available.
Time: Education Center M-F 9am-4:30pm, Sat 1-4:30pm; Trails sunrise-sunset
Website: reinsteinwoods.org
Wheelchair Accessible? Yes
Losson Trails
County: Erie
Stiglmeier Park, 810 Losson Road, Cheektowaga 14227
Contact: (716) 656-2220
Description: Stiglmeier Park is a 308 acre recreation facility in the
Southeastern quarter of the town of Cheektowaga which hosts 15 nature
trails, each with varying distances. There is a wooden boardwalk that is
wheelchair accessible. Open to the public.
Ages: all Ages
Cost: free
Website: www.tocny.org
Wheelchair Accessible? Yes

Tiff t Nature Preserve
County: Erie
1200 Fuhrmann Boulevard, Buffalo 14203
Contact: tifftreservations@sciencebuff.org, (716)825-6397
Description: Tiff t Nature Preserve is a 264-acre nature refuge dedicated
to conservation and environmental education. Guided walks, groups, and
workshops.
Ages: all Ages
Cost: No fee - donations appreciated.
Dates: Trails open daily from dawn until dusk
Time: Visitor Center Wednesday-Sunday 10am-4pm
Website: tiff.t.org
Wheelchair Accessible? Yes

Iroquois National Wildlife Refuge
County: Orleans
1101 Casey Road, Basom 14013
Contact: iroquois@fws.gov, (585) 948-5445
Description: To plan for your trip you should Contact the refuge
headquarters to gather pertinent information on the refuge and surrounding
area. Iroquois National Wildlife Refuge, located mid-way between Rochester
and Buffalo, NY has been described as one of the best kept secrets of
Western New York. Teeming with wildlife and wild lands the refuge offers
opportunities for the public to experience. Activities include biking, cross
country skiing, hunting, ranger-led programs, birding, fishing, ice fishing,
show-shoeing, boating, hiking photography and more.
Ages: all Ages  Cost: free  Time: sunrise to sunset
Website: www.fws.gov/refuge/iroquois
Allegany State Park
County: Cattaraugus
2373 ASP, Route 1, Salamanca 14779
Contact: Erik Kulleseid, (716) 354-2182
Description: With more than 250 parks and historic sites in the New York State park system, there are more than 2,000 miles of trails just waiting to be explored. From easy walks on carriage roads to rugged backcountry treks, camping, fishing and more.
Ages: all Ages
Cost: Vehicle fee $7
Dates: Sunrise to Sunset
Website: parks.ny.gov/parks
Wheelchair Accessible? Yes

Lake Erie State Park
County: Chautauqua
5838 Rt. 5, Brocton 14716
Contact: (716) 792-9214
Description: High bluffs overlooking Lake Erie provide a breathtaking view for the visitor to Lake Erie State Park. Lake Erie features a shoreline covering over three quarters of a mile bordering the shallowest of the Great Lakes
Ages: all Ages  Cost: Vehicle fee $7
Dates: Trails open daily from dawn until dusk
Website: parks.ny.gov/parks
Wheelchair Accessible? Yes

Letchworth State Park
County: Wyoming
1 Letchworth State Park, Castile 14427  Contact: (585) 493-3600
Description: Provides a safe and inclusive area for individuals with autism or other related disabilities. The accessible mile long trail hosts eight different sensory stations for individuals and families of individuals to experience and explore nature. Letchworth State Park, renowned as the “Grand Canyon of the East,” is one of the most scenically magnificent areas in the eastern U.S. The Genesee River roars through the gorge over three major waterfalls between cliffs—as high as 600 feet in some places—surrounded by lush forests.
Ages: all Ages  Cost: Vehicle fee between $10  Dates: Trails open daily from dawn until dusk
Website: parks.ny.gov/parks
Wheelchair Accessible? Yes
VINTAGE RIDES

Olcott Beach Carousel Park
5979 Main Street, Olcott
Description: Kiddie rides are for children up to 52 inches, no exceptions. Vintage kiddie park with Magic Show at 2 pm onstage
Ages: All Ages  Cost: All rides $0.25
Dates: Memorial Day through Labor Day
Time: Saturday, Sunday 12-6 pm through June, Friday through Sunday 12-6 pm through Labor Day
Website: https://olcottbeachcarouselpark.org

PEER SOCIAL EVENTS

Collaborative Community Mission
Contact: , collabcomm.mission@gmail.com, ,
Description: Check Website for upcoming events To foster relationships among a diverse community of caregivers and professionals that promote learning and child development through accessible programming, resources, and expertise.
Website: www.collaborativecommunitymission.org

Fantastic Friends of Western New York
County: Erie
1284 French Rd., Depew 14043
Contact: Debbie Cordone, fantasticfriendswny@gmail.com, (716) 863-7393
Description: Fantastic Friends hosts a fun monthly events for our special needs members Ages 10-teens and volunteer “buddies”. Members are always paired with a 1:1 buddy at each event, who help them interact with other Fantastic Friends and participate in all events.
Ages: All Ages  Cost: Check Facebook for events
Website: www.fantasticfriendswny.org
Friends United of WNY
County: Erie
14 Cheryl Drive, West Seneca 14224
Contact: Mary Brickowski, friendsunited192@gmail.com, (716) 512-4825
Description: Bowling and culinary classes, dances and more! Friends United Together, Inc. (FUTI) was created to help people with disabilities receive training in daily living skills, to form friendships, develop social skills and to keep active and healthy through sports and social activities!
Ages: Adults
Website: FUTI (futiwny.org)

Our Place
County: Erie
Melissa's Coffee House, 5005 Sheridan Drive, Williamsville 14221
Contact: amherstyouthfoundation@gmail.com, (716) 633-6773
Description: Young adults who are independent in the community. An inclusive recreation and service program that provides an opportunity for young adults with disabilities to socialize with peers, organize events and participate in volunteer activities within the community.
Website: https://www.amherstyouthfoundation.org/our-place---special-needs-youth.html
Wheelchair Accessible? Yes

Sensational Fun
County: Erie
2881 Southwestern Blvd., Unit 1, Orchard Park 14127
Contact: Jennifer Kline, info@sensationalfun.org, (716) 674-7001
Description: Equipment has weight limits of 175-320 lbs. We provide a family oriented play place where children with special needs can learn and interact with others, while still being themselves in a safe, engaging, and fun environment. Events include Gym classes, Disney Balls with Characters, respite and socials.
Ages: no age limits
Cost: Depends on program - from $5 and up.
Dates: Tue, Thu 12-7; Wed, Fri, Sat 12-5; Sun 10:30-3.
Time: Check Website for details by event
Website: www.sensationalfun.org
Wheelchair Accessible? Yes
**Sweet Charlotte’s**  
**County:** Other  
10255 Main Street, Suite 9, Clarence  
**Contact:** sweetcharlottes@yahoo.com, (716) 320-5848  
**Description:** A relaxed and safe environment where ALL children are welcome and encouraged to explore our space using their own imagination and creativity to play in a way that makes them happy. Crafts are also available for busy little hands.  
**Ages:** children under 10  
**Cost:** $15 for first child. Discount for each additional child  
**Dates:** Thursday 10 - 11:30 am, Friday 10-11:30, 12-1:30 pm, and Saturday 9:30 - 11 am.  
**Time:** MTWF 9 am -3 pm, Saturday 9 am - 12 pm  
**Website:** www.sweetcharlottes.org

**Friendship Fortress**  
1590 Hopkins Road, Amherst 14221  
**Contact:** friendshipfortresswny@gmail.com, (716) 276-8461  
**Description:** Visit Friendship Fortress Play Cafe for a couple hours or a whole day of fun! At Friendship we have areas for Children up to 8 years old, where parents can enjoy a wonderful cup of coffee, treats, and lunch fare while they supervise their little ones. We have areas for all Ages of development that are designed for independent or social play.  
**Ages:** children up to 8 years old  
**Cost:** $15 / child and $5 per adult  
**Dates:** Monday - Thursday 9 am to 5 pm, Friday 9 am to 6 pm, Saturday 9 am to 8 pm, Sunday 9 am to 4:30 pm  
**Website:** www.wnyfriendshipfortress.com

**Friendship Village Play Café**  
**County:** Erie  
5470 Camp Road, Hamburg 14075  
**Description:** we offer a variety of different services. Including Weekly Gymnastics classes for the little ones and all-day open play for all Ages, whether they want to bounce around in our bounce houses, climb our indoor tree house.  
**Cost:** $16 per child  
**Dates:** Monday-Tuesday 10-1pm; Wednesday-Thursday 10-3pm; Friday-Saturday 10-6pm; Sunday 10-5pm  
**Website:** https://www.friendshipvillageplay.com/
Village Play
651 Oakwood Avenue, East Aurora 14052
Contact: (716) 544-2188, info@village-play.com
Description: 1 or 2 hours of open lay. We offer a screen free play space full of natural wood toys and décor with soft colors to harness organic creativity. Village Play encourages active and imaginative play.
Cost: $19.88 2 hours; $10.88 1 hour
Dates: Monday through Saturday
Time: Book Time via Website
Website: https://www.village-play.com/

Little Buffalo
County: Erie
633 Hertel Avenue, Buffalo 14207
Contact: (716) 427-3668, littlebuffaloplay@gmail.com
Description: Boutique indoor playspace for kids. Gross motor playground, pretend and dramatic play, sensory play. Open Play Time, Play School Drop-Off Program (2.5-5 years); Summer camps and special events
Cost: Check Website for specific pricing.
Dates: Check Website
Website: https://www.littlebuffaloplay.com/

Billy Beez
1 Walden Galleria, Unit TH271, Buffalo 14225
Contact: (716) 989-5012
Description: Slides, Ballistics Arena, Sports courts, Mini Beez, Games, Tunnels & More
Cost: Ages 1-7 $18.95, Infant (0-11 mo) Free with paid child or $13.95 Infant & Adult; Adult 1st $4.95, Adult 2nd $6.95, Senior (65+) Free
Dates: Monday - Thursday, 11 am to 6:30 pm; Friday 11-8 pm; Saturday 10-9 pm; Sunday 10-8 pm
Website: https://billybeezus.com/location/walden-galleria/

Climb & Play Café
3701 McKinley Parkway, McKinley Mall, Blasdell 14219
Contact: (716) 398-5649, climandplaybuffalo@usa.com
Description: Indoor maze and climbing play structure with ball pits, an area for little climbers and a cozy lounge with TVs. Video game zone for kids 8+
Cost: $10 for 2 hours of play
Website: https://www.climbandplaybuffalo.com/
Get Air
3637 Union Road, Cheektowaga 14225
Contact: (716) 205-3794
Description: Must book Timeslots and able to do this online. Trampolines, dodgeball, ninja activities, kiddie court, foam pit, slamball, jackline, fidget ladder and massage chairs.
Cost: $28.99 3 Hour Jump; $25.99 2 Hour Jump; $17.99 1 Hour Jumb, $21.99 3 Hour Little Air (under 46 inches); $18.99 2 Hour Little Air; $11.99 1 Hour Little Air
Website: https://getairsports.com/buffalo/

Urban Air
1 Walden Galleria, Buffalo 14225
Contact: (716) 568-7083
Description: Must book Timeslots and able to do this online. Trampoline courts, Mini-golf, Trapeze, Spin Zone Bumper Cars, Virtual Reality, Go-Kart Trac, Bowlling, Climbing Walls, Playground, Warrior Course
Website: https://www.urbanair.com/new-york-buffalo/

FunCity Adventure Park
3781 Union Road, Cheektowaga 14225
Contact: (716) 288-7075, funcitybuffalo@gmail.com
Description: Must book timeslots and able to do this online. Trampoline Courts, Dodge Ball, Arcade Machines, Bumper Ball, Basketball, Battle Beam, Ninja Course, Foam Pit, Climbing and Playground.
Cost: 2 hour $28.99/Toddler 2 hour $20.99; Jump socks $3.50
Dates: Sunday-Thursday, 12 pm to 9 pm; Friday 12 pm - 10 pm; Saturday 10 am to 10:30 pm
Website: https://www.funcitybuffalo.com/
A Playground for All at Chestnut Ridge Park
County: Erie
6121 Chestnut Ridge Road, Orchard Park 14127
Contact: Gordon Panek, gpanek@chestnutridgeconservancy.org
Description: Together with the Erie County Parks Department, the Chestnut Ridge Conservancy is engaging in a very ambitious project for the purchase and installation of a significant new playground at Chestnut Ridge Park which will be fully accessible for children of all needs and abilities and have play equipment for children of all Ages and abilities.
Ages: all Ages
Website: chestnutridgeconservancy.org
Wheelchair Accessible? Yes

Billy Wilson park
County: Erie
1290 Hopkins Road, Williamsville 14221
Contact: parksadmin@amherst.ny.us
Description:
Ages: all Ages
Dates: Year round
Time: Dawn till dusk
Website: www.amherst.ny.us
Wheelchair Accessible? Yes

Mason’s Mission Playgrounds
County: Niagara
6570 Campbell Blvd, Lockport 14094
Description: All children, not just those with special needs, can use all the equipment. We’re creating a playground where none otherwise exists – adding to the quality of life of all WNY families. Disabled other adults can use the equipment, too. So wheelchair-bound parents can still enjoy a day at the park with their kids!
Ages: all Ages
Website: masonsmissionfoundation.org
Wheelchair Accessible? Yes
West Dawson Park
County: Erie
Columbia Avenue, Depew 14043

Motion Junction
2640 Outhouse Road, Canandaigua 14424

Winchester Academy Inclusive/Adaptive Playground
650 Harlem Road, West Seneca

Ellicott Creek Park
1 Ellicott Creek Drive, Tonawanda 14150

Eco Park Playground
318 Crosby Blvd., Buffalo 14226

RECREATION DEPARTMENTS

Town of Amherst Youth & Recreation Department (Summer Day Camp)
County: Erie
1615 Amherst Manor Drive, Williamsville 14221
Contact: Janice Zapfel, jzapfel@amherst.ny.us, (716) 631-7132
Description: Summer day camp for youth Ages 5 - 11 (five sites) and Ages 12-14 (one site). Staff works with families to develop individualized implementation plans for each child with special needs.
Ages: 5-14
Cost: $175 per week with a $15 registration fee for Amherst residents; $225 per week for non-residents
Dates: July 1-August 16
Time: Monday-Friday (8am-5:30pm)
Website: www.amherstyouthandrec.org
Wheelchair Accessible? Yes

Erie County Recreation Department
Contact: (716) 858-8355
Description: See Website for listing of parks and activities.
Cattaraugus County Youth Recreation  
**County:** Cattaraugus  
200 Erie Street, Little Valley 14755  
**Contact:** (716) 938-9111 x2612  
**Description:** Check Website for more detailed information on programs available.  
**Ages:** 0-21 years  
**Website:** www.cattco.org/youth-bureau/youth-bureau

Olean Recreation Department  
**County:** Cattaraugus  
101 East State Street, Olean 14760  
**Contact:** kshewairy@cityofolean.org, (716) 376-5698  
**Description:** Check Website for more detailed information on programs available. Various sports and events.  
**Website:** https://cityofolean.org/departments/youth-recreation/

Amherst Youth & Recreation Department  
**County:** Erie  
1615 Amherst Manor Drive, Williamsville 14221  
**Contact:** (716) 631-7132  
**Website:** www.amherstyouthandrec.org

Aurora Dept. of Parks & Recreation  
**County:** Erie  
300 Gleed Avenue, East Aurora 14052  
**Contact:** recreation@townofaurora.com, (716) 652-8866  
**Description:** Check Website for more detailed information on programs available. Recreation programs for the Town of East Aurora.  
**Website:** www.aurorany.myrec.com

Grand Island Parks & Recreation  
**County:** Erie  
3278 Whitehaven Road, Grand Island 14072  
**Contact:** recreation@grand-island.ny.us, (716) 773-9680  
**Description:** Check Website for more detailed information on programs available. Swimming, volleyball, basketball, holiday events and more  
**Ages:** all Ages  
**Cost:** $57.84 per month  
**Website:** https://grandislandny.myrec.com/info/default.aspx
Hamburg Recreation Department
County: Erie
107 Prospect St, Hamburg 14075
Contact: (716) 646-5154
Description: Check Website for more detailed information on programs available. Adaptive, Youth and Adult Recreation available.
Website: https://www.townofhamburgny.gov/203/Youth-Recreation-Senior-Services

City of Lackawanna Recreation Department
County: Erie
714 Ridge Road, Room 219, Lackawanna 14218
Contact: recreation@lackny.com, (716) 827-6457
Description: Check Website for more detailed information on programs available.
Website: www.lackawannany.gov/departments/recreation/

Orchard Park Recreation Department
County: Erie
200 North Lake Drive, Orchard Park 14127
Contact: oprec@orchardparkny.org, (716) 662-6450
Description: Check Website for more detailed information on programs available. Various sports and events available.
Website: https://www.oprec.org/Youth-Teen-Programs

Tonawanda Youth, Parks & Recreation Dept.
County: Erie
299 Decatur Avenue, Town of Tonawanda 14223
Contact: (716) 831-1001
Description: The Town of Tonawanda Department of Youth, Parks and Recreation will be responsible for providing quality facilities, grounds, programs and leisure and family enrichment services to all residents of the Town of Tonawanda and Village of Kenmore. We will establish a network of youth development and family enrichment programs and services that enable youth to acquire assets to become productive, functional and fully integrated members of the community.
Website: https://www.tonawanda.ny.us/document-center/youth-parks-recreation.html
We Prioritize PEOPLE

PEOPLE. INTEGRITY. TRUST

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

Scan the code to learn more below!

560 Delaware Ave Buffalo, NY 14202
| 1-888-977-7030 |
www.personcenteredservices.com
West Seneca Recreation Department
County: Erie
1300 Union Rd., West Seneca 14224
Contact: recdept@twsny.org, (716) 674-6086
Description: Check Website for more detailed information on programs available. Softball, swimming, camps, basketball, and many other sports and holiday activities
Website: https://westsenecany.myrec.com/info/default.aspx

Genesee County Youth Bureau
County: Genesee
5130 E Main Street, Batavia 14020
Contact: youthbureau@co.genesee.ny.us, (585) 345-3063
Description: Check Website for more detailed information on programs available. Programs and activities are provided in the area of Youth Empowerment, Cultural Enrichment, Recreation, and Education.
Website: https://www.co.genesee.ny.us/departments/youthbureau/index.php

Dunkirk Youth Bureau and Recreation Commission
County: Chautauqua
338 Central Avenue, Dunkirk 14048
Contact: rhall@cityofdunkirk.com, (716) 366-9886
Description: The Dunkirk Recreation Department offers a variety of leagues and activities for all Ages to enjoy.
Website: https://www.cityofdunkirk.com/government/departments/youth_and_recreation/youth_bureau.php

Town of Alden Recreation
County: Other
Alden
Contact: dmoultrup1@verizon.net, (716) 937-7393
Description: The Alden Recreation Department provides a year round recreation program for youth, adults and Sr. citizens using Alden Town Parks, Alden Community / Sr. Center, Town Hall and Alden Central School facilities. Year round sports activities and community events.
Website: https://www4.erie.gov/alden/recreation
Town of Clarence Recreation Department
County: Erie
10510 Main Street, Clarence 14031
Contact: ctrapper@clarence.ny.us, (716) 407-2162
Description: The Recreation Department provides a wide variety of opportunities for indoor and outdoor activities. Year round sports activities and community events.
Website: https://www4.erie.gov/clarence/recreation-department
Wheelchair Accessible?

North Tonawanda Department of Youth, Recreation and Parks
County: Niagara
500 Wheatfield St. - Keller Bldg., North Tonawanda 14120
Contact: alexd@northtonawanda.org, (716) 695-8582
Description: Check Website for more detailed information on programs available. Year round sports activities and community events.
Website: northtonawandany.myrec.com/info/default.aspx

Town of Cambria Recreation Department
County: Niagara
4160 Upper Mountain Road, Sanborn 14132
Contact: townclerk@townofcambria.com, (716) 433-7664
Description: Check Website for more detailed information on programs available. The Town of Cambria offers Summer Day Recreation and Baseball Programs for the youth of our community Ages 5 years through 16 years old.
Website: townofcambria.com/Parks-Recreation

Town of Lewiston Recreation Department
County: Niagara
1375 Ridge Road, Lewiston 14092
Contact: lewportsports@yahoo.com, (716) 754-8213
Description: Check Website for more detailed information on programs available. Year round sports activities and community events.
Website: https://www.townoflewiston.us/recreation-department
Town of Porter Recreation  
**County:** Other  
3265 Creek Road, Youngstown 14174  
**Contact:** (716) 745-3730  
**Description:** Check Website for more detailed information on programs available. Year round sports activities and community events.  
**Website:** www.townofporter.net/recreation  
Wheelchair Accessible?

Town of Wheatfield Recreation Department  
**County:** Niagara  
6812 Nash Road, North Tonawanda 14120  
**Contact:** miker@wheatfield.ny.us, (716) 731-3942  
**Description:** Check Website for more detailed information on programs available. Year round sports activities and community events.  
**Website:** www.wheatfield.ny.us/159/Recreation

Wyoming County Youth Bureau  
**County:** Wyoming  
8 Perry Avenue, Warsaw 14569  
**Contact:** (585) 786-8850  
**Description:** Check Website for more detailed information on programs available.  
**Website:** wyomingco.net/226/youth-bureau

City of Buffalo Youth Recreation Centers  
**Website:** https://www.buffalony.gov/380/Youth-Recreation-Centers

Town of Cheektowaga Youth & Recreational Services  
**County:** Erie  
275 Alexander Avenue, Cheektowaga 14211  
**Contact:** (716) 897-7207  
**Website:** https://tocny.org/departments/youth-recreational-services/

Town of Collins  
**Contact:** (716) 532-2006  
**Website:** https://www.townofcollins.com/Departments/Youth-Recreation
Town of Hamburg Recreation Summer Program  
**County:** Erie  
4540 Southwestern Boulevard, Hamburg 14075  
**Contact:** (716) 646-5145 EXT- 4332  
**Website:** https://www.townofhamburgny.gov/203/Youth-Recreation-Senior-Services

Town of Tonawanda  
**County:** Erie  
299 Decatur Road, Tonawanda 14223  
**Contact:** (716) 831-1006  
**Ages:** youth  
**Website:** https://www.tonawanda.ny.us/youth-parks-recreation.html

### RESPITE

**Boys & Girls Clubs of Buffalo**  
**County:** Erie  
282 Babcock Street, Buffalo 14210  
**Contact:** info@bgcbuffalo.org, (716) 825-1016  
**Description:** Check Website for more detailed information on programs available. The Clubs provide a safe, structured environment for socializing and play, learning and growing and fostering positive character values and attitudes.  
**Ages:** 13-May  
**Cost:** $250 per semester  
**Time:** Afterschool program  
**Website:** bgcbuffalo.org

**Aspire Respite Programs**  
**County:** Erie  
2356 North Forest Road, Getzville 14068  
**Contact:** intake@aspirewny.org, (716) 838-0047  
**Description:** Must be waiver enrolled. Diverse cultural sports and general leisure **Time** activities. On-site respite with some community outings.  
**Ages:** all Ages  
**Cost:** free  
**Dates:** Afterschool, Hourly, Free Standing and Saturday Recreational respite  
**Website:** https://www.arceriecounty.org/home-and-community-based  
**Wheelchair Accessible?** Yes
Community Services for Every 1  
**County:** Erie  
180 Oak Street, Buffalo 14203  
**Contact:** info@csevery1.com, (716) 883-8888  
**Description:** Must be waiver enrolled. Parents and guardians are you looking for a safe and positive place for your child, adolescent or young adult? Our Respite Programs offer planned short-term and **Time**-limited opportunities for families and care providers to have some personal **Time**.  
**Ages:** all Ages  
**Cost:** free  
**Dates:** Saturday, Weekend and Stay Late  
**Time:** various  
**Website:** https://www.csevery1.com/referrals/children-and-youth-services/respite-2/  
**Wheelchair Accessible?** Yes

Cradle Beach Respite (Weekend Program)  
**County:** Erie  
8038 Old Lakeshore Road, Angola 14006  
**Contact:** gclark@cradlebeach.org, (716) 549-6307  
**Description:** Developmentally disabled individuals living with family in WNY. Weekend respite and recreation; 4 sessions in the spring and 4 sessions in the fall.  
**Ages:** 8+  
**Cost:** Home & Community Medicaid Waiver Program  
**Dates:** Various  
**Time:** 7pm Friday-3pm Sunday  
**Website:** www.cradlebeach.org  
**Wheelchair Accessible?** Yes

People Inc.  
**County:** Erie  
1219 North Forest Road, Williamsville 14231  
**Contact:** (716) 817-7400  
**Description:** Must be waiver enrolled. Afterschool, after work, vacation, and recreation respite available. Please check Website for more details.  
**Website:** https://www.people-inc.org/respite/  
**Wheelchair Accessible?** Yes
sasi Recreation Respite  
960 W Maple Ct., Elma 14059  
**Contact:** info@sasinc.org, (716) 805-1555  
**Description:** Recreation is offered on both weekday evenings and weekends. Recreation respite offers a variety of evening and weekend activities around WNY. Transportation is provided to and from the event from central meeting locations. Past outings include dances, bowling, festivals, movies, and shopping. This program allows people to have opportunities for socialization and recreation in various community settings.  
**Website:** [www.sasinc.org/Services/Community-Services/](http://www.sasinc.org/Services/Community-Services/)

**Science**

**Challenger Learning Center**  
**County:** Niagara  
160 Washburn Street, Lockport 14094  
**Contact:** (716) 434-3196  
**Description:** The mission of the Challenger Learning Center is to engage students and teachers in dynamic, hands-on exploration and discovery opportunities that strengthen knowledge in science, technology, engineering, mathematics (STEM), inspire students to pursue careers in these fields, and provide an outlet to learn and apply important life skills.  
**Cost:** Please check Website for more information on programs, **Dates** and **Cost**.  
**Website:** [https://www.clclockport.org/](https://www.clclockport.org/)

**Sports**

**Baseball**

**Amherst Youth Basketball Diversified**  
**County:** Erie  
4380 Main Street, Amherst 14226  
**Contact:** (716) 430-0870  
**Description:** No previous experience playing basketball is needed. This basketball league is for high school students who have a disability.  
**Ages:** High School Students  
**Cost:** Free  
**Dates:** Once per week March through April  
**Website:** [www.amherst-basketball.com](http://www.amherst-basketball.com)
Central Amherst Little League Challenger Baseball
480 Wehrle Drive, Amherst
**Contact:** David Whalen, challenger@centralamherst.com, (716) 565-9338
**Description:** We are WNY’s only recognized baseball program for players with disabilities by Little League Baseball (Williamsport, PA). We play baseball that allows athletes to experience the game as it’s intended to be played in a safe, comforting, fun environment.
**Ages:** Minors - 4-10 years; Majors - 11-18 years; Seniors 19+ years
**Cost:** T-Ball $155+; Seniors $180+; All other levels $170+
**Dates:** Season May through July
**Website:** www.centralamherst.com/challenger-league

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**Biking**

iCan Bike
**County:** Erie
The R.O.C.K., 425 Meyer Road, West Seneca 14224
**Contact:** wnylearntoride@gmail.com, (716) 677-9100
**Description:** Have a diagnosed disability, a minimum inseam of 20 inches, weigh less than 220 pounds, be able to walk without assistive devices, be able to side-step quickly, and be able to willingly wear a properly fitted helmet. Using adaptive bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a two-wheel bicycle.
**Ages:** 8+  **Cost:** $250 (after May 1, 2024)  **Dates:** July 15-19, 2024
**Time:** 75 minutes each day - varies
**Website:** https://www.thechampionprojectwny.com/icanbike

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**Boating**

Excalibur Leisure Skills Center, Inc.
90 North Drive, Buffalo 14216
**Contact:** Jim Catalano, jim@excaliburls.com, (716) 831-3188, jim@excaliburls.com
**Description:** Excalibur is dedicated to providing adaptive boating and fishing opportunities for developmentally challenged and disadvantaged persons. Fishing and boating excursions available. Please tell our office which you are interested in.
**Dates:** Monday-Friday
**Time:** 2-hour excursions at different **Times** throughout the day
**Website:** https://excaliburls.com/boating-excursions/
**Wheelchair Accessible?** Yes
Wimbledon Lanes
County: Erie
220 Center Road, West Seneca 14224
Contact: wimbledonlanes@gmail.com, (716) 674-3333
Description: Bowling with adaptive equipment (bumpers available). No ramp available - welcome to bring your own.
Ages: All Ages
Dates: Please call the Lanes for availability, open bowling may NOT always be available.
Website: www.wimbledonlanes.com
Wheelchair Accessible? No

Bowling League for Special Needs
County: Erie
Mallwitz’s Island Lanes - 1887 White Haven Rd., Grand Island 14072
Contact: Vienna Haak, (716) 430-5118, vahaak@yahoo.com
Description: Any age individual with special needs Bowling
Cost: $10 registration; $7 for two games and shoe rental.
Dates: September - April  Time: Saturdays 11 am - 12:30

Good Times of Olean
County: Cattaraugus
800R E. State Street, Olean 14760
Contact: (716) 379-8210
Description: Bumper bowling, arcade, mini-golf available
Ages: All Ages
Cost: Varies by activity  Dates: Year Round
Website: www.gtofood.com
Wheelchair Accessible? Yes

Jamestown Bowling Co.
County: Chautauqua
850 Foote Avenue, Jamestown 14701
Contact: (716) 483-1818
Description: Bumper bowling is available
Cost: Check website for updated pricing
Website: https://www.facebook.com/people/Jamestown-Bowling-Co/100057657151322/
Wheelchair Accessible? Yes
AMF Airport Lanes
County: Erie
3754 Genesee Street, Cheektowaga 14225
Contact: (716) 632-0655
Description: Bowling with adaptive equipment (bumpers and ramps available). Lanes have complete wheelchair accessibility.
Website: www.amf.com
Wheelchair Accessible? Yes

AMF Lancaster Lanes
County: Erie
4913 Transit Road, Depew 14043
Contact: (716) 668-1000
Description: Bowling with adaptive equipment (bumpers and ramps available). Lanes have complete wheelchair accessibility.
Ages: all Ages
Website: www.amf.com
Wheelchair Accessible? Yes

Classic Lanes
County: Erie
1840 Military Road, Kenmore 14217
Contact: (716) 873-3383
Description: Bowling with adaptive equipment (bumpers and ramps available). Lanes have complete wheelchair accessibility.
Ages: all Ages
Website: www.classiclanesny.com
Wheelchair Accessible? Yes

Kenmore Lanes
County: Erie
1691 Kenmore Avenue, Kenmore 14217
Contact: kenmorelanes@yahoo.com, (716) 875-5340
Description: Bowling with adaptive equipment (bumpers and ramps available). Lanes have complete wheelchair accessibility.
Website: https://www.facebook.com/kenmorelanesny/
Wheelchair Accessible? Yes
Transit Lanes
County: Erie
7850 Transit Road, Williamsville 14221
Contact: (716) 632-3838
Description: Bowling with adaptive equipment (bumpers and ramps available). Lanes have complete wheelchair accessibility.
Website: www.transitlanes.net
Wheelchair Accessible? Yes

Allie Brandt Lanes
County: Niagara
6510 Lincoln Avenue, Lockport 14094
Contact: alliebrandtlanes@gmail.com, (716) 433-5976
Description: There are 36 lanes with bumper bowling. Challenger Sports runs for 24 weeks, starting in October.
Cost: Check Website for updated pricing
Website: www.alliebrandtlanes.com
Wheelchair Accessible? Yes

Bennington Lanes
County: Wyoming
1374 Clinton Street Road, Attica 14011
Contact: (585) 591-2314
Description: Bowling ramp available
Ages: All Ages
Cost: Varies by activity
Dates: Year round
Website: www.facebook.com/pg/bennington-lanes
Wheelchair Accessible? Yes

Letchworth Pines
County: Wyoming
6985 Fillmore Road, Portageville 14536
Contact: kevin@letchworthpines.com, (585) 468-2166
Description: Bumper bowling and ramps available for bowlers
Cost: Check Website for updated pricing
Dates: Year round
Website: www.letchworthpines.com
Wheelchair Accessible? Yes
Buffalo Envy All Stars Adaptive Cheerleading

County: Erie
2600 Hamburg Turnpike, Space “H”, Lackawanna 14218
Contact: buffalo.envy@aol.com, (716) 822-2572
Description: Athletes learn tumbling, dancing, stunting, and other cheerleading skills. The team practices once a week and has the opportunity to perform at several local and regional cheerleading competitions.
Ages: No age limit
Cost: Varies - Independent Health FlexFit card accepted
Dates: Year-round (training classes in May and June, season July - April)
Time: Hours vary, closed on Sundays
Website: www.buffaloenvyallstars.com/adaptive-cheer-program.html
Wheelchair Accessible? Yes

Cheerabilities

County: Erie
7330 Townline Road, North Tonawanda 14120
Contact: eliteheatcheer@gmail.com, (716) 389-0731
Description: Athletes learn cheer essentials, stunting and tumbling. Athletes work with helpers to ensure safety. The team practices once a week and performs five local competitions.
Ages: 7-18 Dates: January through March
Cost: $180 for season, $50 annual insurance, $20 practice gear
Website: www.eliteheatbuffalo.com
Wheelchair Accessible? Yes

GOLF

The First Tee of WNY

County: Erie
(Mail only) P.O. Box 482, Buffalo 14207
Contact: Contact link via Website, (716) 250-3355
Description: A comprehensive youth development program that offers learning opportunities to WNY youths. Programs are conducted in partnership with local golf facilities, elementary & middle schools and organizations serving youth.
Ages: 5 - 18
Website: www.thefirstteewesternny.org
Wheelchair Accessible? Yes
Flips Gymnastics & Sport
County: Niagara
6017 S. Transit Road, Lockport 14094
Contact: (716) 433-8811
Description: Flips has the largest facility in Western New York fully equipped with mats, beams, bars and much more to provide great activities for your children. Our amazing, spacious facility allows for us to care for over 35 different community organizations, making us a positive force in the community.
Ages: Preschoolers to children over 12
Cost: Monthly classes start at $78 - check Website for updated details.
Dates: Year round
Website: https://www.flipkids.com/

Horseback Riding

High Hurdles Therapeutic Riding
County: Erie
13339 Route 39, Sardinia 14134
Contact: Shelby Dytschkowskyj, shelby.dytschkowskyj@sasinc.org, (716) 496-5551
Description: Therapeutic riding and horsemanship for individuals who are physically, cognitively and emotionally challenged. Also, hands on field trips are available.
Ages: 3+
Cost: 8-week session: $250; Full season: $900
Dates: Sessions run March through November
Time: Varies per session; Times available throughout the day
Website: www.sasinc.org/creative-opportunities/High-Hurdles
Wheelchair Accessible? Yes

Lothlorien Therapeutic Riding Center
County: Erie
15 Reiter Road, East Aurora 14052
Contact: Katie Macre, program.ltrc@gmail.com, (716) 655-1335
Description: Must have the ability to ride Recreational adaptive horseback riding for adults and children (3 and up) with special needs.
Ages: 3+
Cost: Lessons $65; 4 wk $260; 6 wk $390; 8 wk $520 Tuition assistance and
family discounts available.

**Dates:** April through November riding sessions  
**Website:** www.lothlorientrc.org  
**Wheelchair Accessible?** Yes

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**Centaur Stride Therapeutic Horseback Riding & Experiential Learning Center**  
**County:** Chautauqua  
8488 Jones Road, Sherman 14781  
**Contact:** info@centaurstride.org, (716) 326-4318  
**Description:** Programs are open to all in an integrated setting (some restrictions apply). Horseback riding to accommodate various disabilities, while focusing on safety, integration and challenge. Experiential learning to focus on social skills and group dynamics in a natural environment.  
**Cost:** $30/lesson  
**Time:** Scheduling by appt. only  
**Website:** www.centaurstride.org  
**Wheelchair Accessible?** Yes

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**Buffalo Therapeutic Riding Center, Inc. (BTRC)**  
**County:** Erie  
950 Amherst Street, Buffalo 14216  
**Contact:** becandbtrc@aol.com, (716) 877-9295  
**Description:** The only indoor riding facility in the City of Buffalo, this program offers classes for mentally and emotionally impaired, learning disabled and developmentally challenged children.  
**Ages:** 6-18 years cannot exceed 150 pounds  
**Cost:** Scholarships are available  
**Dates:** Monday afternoons 3:30 pm to 7:30 pm, April through November  
**Website:** www.thebtrc.org  
**Wheelchair Accessible?** Yes

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**ICE SPORTS**

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**Cornerstone Ice Arena**  
**County:** Niagara  
1 Grigg Lewis Way, Lockport 14094  
**Contact:** (716) 438-7698  
**Description:** Offers public skating, learn to skate for adults and kids, figure skating, sled hockey, youth and adult hockey and ice bumper cars.  
**Ages:** all Ages  
**Cost:** check Website for more details  
**Website:** cornerstoneicearena.com
Buffalo Sabres Sled Hockey
**County:** Erie
Northtown Center, Amherst or Cornerstone Arena, Lockport, or Buffalo State Arena

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

**Description:** Must be able to sit upright. Alternative style of hockey for those with disabilities is played on a sled with the same rules of ice hockey.

**Ages:** 5 and up

**Cost:** check Website for current information

**Dates:** September through March

**Time:** Saturdays and Sundays with travel for games and tournaments

**Website:** www.buffalosabressledhockey.org

**Wheelchair Accessible?** Yes

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Buffalo Sabres Thunder Ice Hockey
**County:** Erie
North Buffalo Rink, 156 Tacoma Avenue, Buffalo 14216

**Contact:** Michael Steffan, bsthockey2008@gmail.com, (716) 691-4530

**Description:** To play hockey for the Buffalo Sabres Thunder, a player should be comfortable skating on ice and be able to feel comfortable in the use of the protective hockey equipment. Previous skating experience is recommended. Provides individuals with developmental disabilities the unique opportunity to play ice hockey. A coed, non-checking ice hockey team with individuals who love hockey and have some ice skating experience.

**Ages:** Dependent on skating ability and experience

**Cost:** $100 fee

**Dates:** October - April

**Website:** www.wnyspecialhockey.com

**Wheelchair Accessible?** Yes

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Gliding Stars of WNY
**County:** Niagara
911 Robins Drive, Niagara Falls

**Contact:** info@glidingstars.org, (716) 608-8345

**Description:** Gliding Stars is a non-profit organization that provides adaptive ice skating programs to individuals of all ages with physical, mental, and/or emotional challenges. Adaptive Ice Skating Program that serves individuals with disabilities in WNY. Nationwide including chapters in OH, PA, NY and FL.

**Ages:** 18 months+

**Cost:** Contact for Cost (OPWDD Eligible)

**Dates:** Sundays, 4:30 to 6 pm

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

**Wheelchair Accessible?** Yes
SABAH
County: Erie
2607 Niagara Street, Buffalo 14207
Contact: info@sabahinc.org, (716) 362-9600
Description: SABAH continues to be dedicated to the mission of enriching the quality of life for individuals challenged by physical, cognitive, and/or emotional disability by providing education and therapeutic recreation, promoting fitness, and developing social and Adaptive Ice Hockey, Ice Skating, Summer Skates, Fit & Fun for Adults with Disabilities, Summer Athletes Bold at Heart and other events. Check Website for more detail.
Cost: Varies depending on sport, check Website for specifics
Website: www.sabahinc.org
Wheelchair Accessible? Yes

Young Athletes Program - Special Olympics Western Region
County: Erie
2821 Wehrle Drive, Suite 7, Williamsville 14221
Contact: Daniel Kuberka, dkuberka@nyso.org, (716) 580-3346 ext.3302, dkuberka@nyso.org
Description: To provide year-round sports training and athletic competition in a variety of Olympic-style sports for children and adults with intellectual disabilities.
Ages: 6+
Website: www.specialolympics-ny.org/western/

CAUSE (Center of Allied and Unified Sport and Exercise)
County: Erie
Daemen’s Gym - 4433 Main St., Amherst 14226
Contact: Brooke Densing, bdensing@daemen.edu, (716) 839-7652, bdensing@daemen.edu
Description: Athletic coaches, faculty, students and student athletes are paired with participants in activities to promote sport, exercise, and socialization.
Ages: Ages 6-18
Cost: Free. Must pre-register
Dates: During the Fall and Spring semesters on Sunday, Wednesday and Thursdays
Time: Sunday 1-2:30p or 3-4:30p; Wednesday 6-7:30p; Thursday 6-7:30p
Website: daemenwildcats.com/cause
Cheektowaga Adapted Recreation Program
County: Erie
275 Alexander Ave., Buffalo 14211
Contact: yservices@tocny.org, (716) 897-7205
Description: Youth with developmental disabilities between Ages 5-21, and youth with learning disabilities Ages 5-16. A variety of adapted recreational activities and social opportunities for youth with developmental and learning disabilities.
Ages: 5-21 (Developmental); 5-16 (Learning)
Cost: Various; Rates are OPWDD eligible.
Dates: October through May
Website: https://tocny.org/departments/youth-recreational-services/

Challenged Athletes Participating in Sports (CAPS)
County: Erie
240 Glencove Rd., Town of Tonawanda 14223
Contact: zero7kevin@verizon.net, (716) 418-3698
Description: Since 2006, we have been giving children and young adults with physical and mental developmental disabilities the chance to locally participate in sports and recreational activities. We have been operating as Challenger Baseball since 1990, but have expanded to other sports.
Ages: All Ages
Website: www.capswny.com
Wheelchair Accessible? Yes

Great Buffalo Adaptive Sports
County: Erie
9 Sagebrush Lane, Lancaster 14086
Contact: community@greaterbuffaloadaptivesports.org, (716) 984-2585
Description: Greater Buffalo Adaptive Sports was formed to provide adults and children with physical, developmental, and intellectual disabilities with the opportunity to participate in sports, make friends, and grow. Now, we offer a variety of programs, always looking to expand and to serve a new group of athletes.
Website: greaterbuffaloadaptivesports.org
Wheelchair Accessible? Yes
YMCA Challenger Sports - Genesee County Sports
County: Genesse
209 East Main Street, Batavia 14020
Contact: Josh Bender, jbender@glowymca.org, (585) 344-1664,
Description: Challenger Sports is a program for kids Ages 5-21 with both physical and learning disabilities. The YMCA sensed there was a need in the community for a sports program for kids with disabilities.
Ages: Ages 5-21
Cost: $25
Website: glowymca.org/programs/sports/challenger-sports/

WNY Challenger Sports
Contact: challengersportswny@yahoo.com
Website: www.wnychallengersports.com

ROCK CLIMBING

Niagara Climbing Center
County: Niagara
1333 Strad Avenue, North Tonawanda 14120
Contact: climbing@niagaraclimbingcenter.com, (716) 695-1248
Description: Stretch your mind and body in a controlled and fun indoor rock climbing environment. We can bring the 24 foot high portable climbing wall to you. Professionally trained staff is provided by the Center.
Ages: All Ages
Cost: Starting at $25 for a day pass; $10 for kids under 5 years old. $5 Shoe rental required.
Time: Mon-Fri 4pm-10pm, Saturdays 10am-10pm, Sundays 12pm-6pm
Website: www.niagaraclimbingcenter.com
Wheelchair Accessible? Yes
**RUNNING**

**RACIN! Rollin’ Athletic Club Inclusion Network**  
**County:** Erie  
95 Franklin Street - Rm 625, Buffalo 14202  
**Contact:** frank.a.cammarata@erie.gov, (716) 858-6233  
**Description:** For athletes with impairments that extra support to run. The mission of RACIN! Is to improve the physical, social and emotional lives of people with developmental disabilities through regular physical activity and involvement in the local racing scene. Together, we run, walk and roll!  
**Ages:** All Ages  
**Cost:** No Cost  
**Dates:** Check Website for events  
**Website:** www.buffaloracin.org  
**Wheelchair Accessible?** Yes

**Boys on the Right Track**  
**County:** Erie  
1597 Evergreen Drive, Lake View 14085  
**Contact:** Juliet Meade, julietmeade@boysontherighttrack.org, (716)316-1789  
**Description:** Boys on the Right Track is a fun, non-competitive running wellness program for young men Ages 8-13. Through providing an environment that nurtures growth, fosters open communication, promotes inclusivity, and prioritizes both mental and physical health, we are empowering our boys to navigate the challenges they face with resilience so that they may thrive in our rapidly evolving world.  
**Ages:** 13-Aug  
**Website:** www.boysontherighttrack.org

**SCUBA DIVING**

**Phoenix SCUBA & Water Sports**  
**County:** Erie  
619 Ridge Road, Lackawanna 14218  
**Contact:** dive@phoenixscuba.com, (716) 939-3889,  
**Description:** Adaptive SCUBA Diving for the physically disabled with cognitive challenges.  
**Time:** Tues-Fri 2pm-6pm, Saturdays 10am-2pm  
**Website:** www.phoenixcubabuffalo.com  
**Wheelchair Accessible?** Yes
The Phoenix Adaptive Program
County: Cattaraugus
Holimont - 6921 Route 242, Ellicottville 14731
Contact: snowsports@holimont.com, (716) 699-8159
Description: Adaptive ski/snowboard program focusing on the instruction and guidance for adults and children with special needs. Staffed by dedicated volunteers and trained instructors, this program provides a safe, compassionate skiing environment. Each student is matched up with an instructor and a volunteer.
Cost: Various (Lift and equipment rentals)
Dates: Lessons offered during the season, open to members and non-members, a special 4-day Christmas Camp
Time: Various, Single lessons offered Saturdays and Sundays
Website: https://holimont.com/programs/phoenix-adaptive/
Wheelchair Accessible? Yes

Hills Angels Adaptive Snow Sports Program
County: Erie
Buffalo Ski Club
PO Box 608  (Mail Only), Orchard Park 14127
Contact: office@buffaloskiclub.com, (716) 941-5654
Description: Join the Hills Angels adaptive coaches for two hour sessions designed for children and adults with physical disabilities and developmental delays. Staff work with participants and their companions to tailor sessions to the skier or snow boarders needs. Our goal is to train participants and companions with the skills to ski independently.
Cost: 7 week sessions - $300 members, $400 non members
Dates: Saturdays and Sundays
Time: Saturday, Sunday 10:30 am and 1:30 pm prearranged coaching sessions
Website: https://www.buffaloskicenter.com/hills-angels/
Bill Lounsbury Adapted Ski Program
County: Cattaraugus
6557 Holiday Valley Road, Ellicottville 14731
Contact: info@lounsburyadaptive.org, (716) 699-3504 (ski season only)
Description: Call for details; Cost includes lift ticket, two hours of private instruction and equipment use. Adapted ski programs for physically and mentally challenged individuals. We can accommodate a wide variety of disabilities, including people with wheelchairs.
Ages: 5+
Cost: 2 hour lesson is $100
Dates: December 26th through mid-March (The Penguin Paddle is held in February)
Time: 9:30 - 11:30 and 1 - 3 pm
Website: lounsburyadaptive.org
Wheelchair Accessible? Yes

Buffalo Ski Club
County: Erie
7414 State Road, Colden 14033
Contact: (716) 941-5654
Description: Buffalo Ski Club brings together three ski areas — Sitzmarker Ski Club, Ski Tamarack and Buffalo Ski Club—and covers 300 acres with 43 trails ranging in terrain from expert to beginner.
Cost: Grow membership $500 annually, Play membership $1000 annually
Dates: seasonal
Time: sat-sun 9am-4pm
Website: www.buffaloskicenter.com

Kissing Bridge Adaptive Ski Program
County: Erie
10296 State Road, Glenwood 14069
Contact: (716) 592-4963
Description: Kissing Bridge has 39 slopes across 700+ acres. There’s terrain that caters to all skill levels, from beginner to intermediate riders, plus several challenging slopes for expert levels. Our nine lifts provide the opportunities to explore the hillside trails and shred through several terrain parks.
Ages: all Ages
Cost: seasonal passes and lessons offered, prices vary
Dates: seasonal
Time: Tues-Wed 10am-9pm, Thurs-Fri 10am-10pm, Sat 8am-10pm, Sun 8am-8pm
Website: www.kbski.com
Soccer Shots Empower Program  
**County:** Erie  
225 Delaware Avenue, Buffalo 14202  
**Contact:** buffalo@soccershots.com, (716) 408-3071  
**Description:** Soccer Shots offers three core programs to meet the developmental needs of children Ages 2 to 8. It’s way more than just learning the game of soccer. We aim to build character, skills and confidence while also having a whole lot of FUN. We’re committed to providing safe, positive experiences through the game of soccer.  
**Ages:** Ages 2-8  
**Time:** seasonal  
**Website:** www.soccershots.com/buffalo/  
**Wheelchair Accessible?**

**West Seneca Soccer Club**  
**County:** Erie  
3747 Seneca Street, West Seneca 14224  
**Contact:** David Milazzo, dmilazzo@westsenecasoccer.org, ,  
**Description:** Our House League program is a recreational soccer program which focuses on learning the game of soccer and developing skills through training and game play.  
**Ages:** 4 and older  
**Cost:** Contact program  
**Time:** May-August  
**Website:** www.westsenecasoccer.org

**WNY Flash Soccer House League**  
**County:** Erie  
6831 Seneca Street, Elma 14059  
**Contact:** cdanko@wnyflashsoccer.com, (716)-427-5527  
**Description:** The WNY Flash Academy is a complete program that provides a home for all players, no matter what skill level. We take pride in each and every player’s development within our club, from our Junior Academy and local level competition, to guiding players into the highest levels of soccer in the United States.  
When: May-August  
**Website:** www.wnyflash.com
EMW Elma/Marilla/Wales “Dream League”
County: Erie
Creek Road Park, Elma 14059
Contact: info@emwbaseball.org, (716) 907-9313
Description: In the Dream League, every player bats every inning, batters swing until they get a hit (with or without assistance), players are safe on the bases, there are no outs and every player scores a run each inning.
Ages: Ages 5 to 21
Cost: $35
Dates: Saturdays, May-June
Website: www.emwbaseball.org/dreamleague

Touching Bases Softball League
Walden Pond Park, Lancaster
Contact: Brenda Christopher, bc.touchingbases@gmail.com,
Description: We are a co-ed softball league made up of amazing adults with a wide variety of disABILITIES.
Ages: 18+
Cost: $50 for the season and it includes the team uniform, a hot dog roast party, end of the year banquet and a trophy.
Dates: July 31st - August 29th, Monda and Tuesday evenings
Time: 6-8 pm
Website: www.touchingbaseswny.org

SWIMMING

Au-Some Swimmers
County: Other
Jewish Community Center of Greater Buffalo, Buffalo
Contact: eponiatowski@jccbuffalo.org, (716) 886-3172 Ext 411
Description: A learn to swim program for children with autism spectrum disorders. The JCC of Greater Buffalo is proud to serve the WNY Community by organizing swim programs for numerous groups, including our Au-Some swim lesson program for children with special needs.
Cost: Offers private or group lessons.
Time: Check Website for details by event
Website: jccbuffalo.org
Clarence Learn to Swim Adaptive Program
County: Other
Either at Clarence Middle or Clarence High Schools, Clarence
Contact: clarenceadaptiveswim@gmail.com
Description: Adaptive Learn-to-Swim is reserved for children with a classified disability or significant medical condition. These lessons are open to the public, no significant paperwork is required. Coach Becca may reach out for more information on your child.
Ages: 4-9 (Level; one); 8-16 (Level two)
Cost: Approximately $17 per class paid up front.
Dates: Fall (Sept-Nov), Winter (Jan-March), Spring (April-June), Summer (July-Aug roughly 4-5 weeks)
Website: https://www.gomotionapp.com/team/cmncsc/page/faqs/
program-Description

Niagara Aquatics Adaptive LTS
Niagara
Contact: (716) 857-075
Description: Adaptive swim program for kids with special needs.
Website: niagaraaquatics.com

WNY Adaptive Water Sports
3621 Stony Point Road, Grand Island 14072
Contact: wnyadaptivewatersports@gmail.com, (716) 553-76770
Website: https://wnyadaptivewatersports.org/

SUMMER PROGRAMMING

Arts

Maker’s Art Camp
County: Niagara
5138 Lower Mountain Road, Lockport 14094
Contact: makersartcamp@gmail.com
Description: To provide a summerTime space for kids to explore their imagination while learning new art skills. Children will practice with many different art materials, techniques, and styles. One day art camps available
Ages: 5 - 12 years
Cost: $200 per child
Dates: Three weeks in July - Monday-Thursday
Time: 8 am to 12 pm week camps; 1-4 pm day camp
Website: https://www.makersartcamp.com/
**Camp Turner**  
**County:** Cattaraugus  
PO BOX 264, (9150 ASP 3), Salamanca 14779  
**Contact:** John Mann, campturner@olvcharities.org, (716) 354-4555,  
**Description:** Camp Turner offers a traditional overnight camping program for boys and girls from Ages 7 – 16. The camp is located the gorgeous, pastoral hills of Allegany State Park in the woods amidst pristine streams and lakes.  
**Ages:** 7-16  
**Cost:** Varies, financial assistance available.  
**Dates:** July to Mid August  
**Website:** www.campt Turner.com  
**Wheelchair Accessible?** Yes

**Cheektowaga Summer Day Camps**  
**County:** Erie  
275 Alexander Avenue, Buffalo 14211  
**Contact:** yrservices@tocny.org, (716) 897-7205  
**Description:** Limited availability for one-on-one assistance. Six week Integrated Day Camp and Teen Club at Alexander Community Center, Neighborhood Day Camp at Dartwood Community Center.  
**Ages:** 4-12, teen club 13-15  
**Cost:** Chktg res. $960/ 6 wks or $175/ wk, Non-res. $1195/ 6 wks or $246/ wk; OPWDD Eligible  
**Dates:** July - August (Monday - Friday)  
**Time:** 8:30 am - 3:30 pm  
**Website:** tocny.org  
**Wheelchair Accessible?** Yes

**Cradle Beach Camp**  
**County:** Erie  
8038 Old Lake Shore Road, Angola 14006  
**Contact:** Ann-Marie Orlowski, admissions@cradlebeach.org, (716) 549-6307 ext. 205, aorlowski@cradlebeach.org  
**Description:** Children must be able to take care of personal needs Residential camp designed for children with disabilities and those who come from economically disadvantaged backgrounds. Provides a healthy environment and organized activities to promote socialization, self-worth, and decision making.  
**Ages:** 8-16  
**Cost:** Based on family income/sliding fee scale  
**Dates:** July - August (sessions vary in length)  
**Website:** www.cradlebeach.org  
**Wheelchair Accessible?** Yes
Camp Eagr
County: Other
Rochester Rotary Sunshine Camp, Rush
Contact: Michael Radell, mradell@epiny.org, (585) 442-4430 Ext. 2741
Description: Registration on Website Children from all over the Northeast, regardless of their seizure control, can experience a camp complete with swimming, hiking, canoeing, arts and crafts, nature, wall climbing and horseback riding with other kids with epilepsy.
Ages: 8-17 and siblings
Cost: $750 with scholarships available
Dates: July 21-27
Website: www.epiny.org/epilepsy-camp-eagr.php

Camp Abilities
County: Monroe
350 New Campus Drive, Brockport 14420
Contact: Lauren J. Lieberman, llieberman@brockport.edu, (585) 395-5361
Description: Empower children and teens with visual impairments to be physically active and productive members of their schools, towns, cities, and communities, as well as to improve the health and well-being of people with sensory impairments.
Ages: various
Cost: Summer camp
Dates: June 30th - July 7th
Website: www.campabilities.org
Wheelchair Accessible? Yes

Camp Get-A-Way (Camp Bristol Hills)
County: Chautauqua
4437 Kear Road, Canandaigua 14424
Contact: hello@cgaw.org
Description: Offering Day and Overnight sessions for families to connect and recharge. We know that living with mental, emotional, and behavioral health challenges can feel overwhelming and waitlists for services are long. Our day camp sessions offer the perfect space for your family to experience a taste of the help, hope, and fun of Camp Get-A-Way.
Ages: families of all Ages
Website: www.cgaw.org
Associated Physical & Occupational Therapists
County: Erie
3767 Delaware Road, Kenmore 14217
Contact: Contact@apot-wny.com, (716) 874-6175
Description: Summer programming, kindergarten readiness and parent education APOT is a local, women-owned, therapist-owned PT & OT organization working with kids across WNY. In addition to PT and OT therapies, kindergarten readiness and parent education groups, and summer programs are available.
Time: Mon-Fri 9am-4:30pm
Website: https://www.apot-wny.com/services
Wheelchair Accessible? Yes

VACATIONS

People and Places
Contact: vacations@people-and-places.org, (716) 937-1813, vacations@people-and-places.org
Description: We provide small group, year-round vacation opportunities for persons with developmental and intellectual disabilities. On each trip eight vacationers travel the world along with two People and Places escorts. We encourage adults with developmental and intellectual disabilities to realize their potential as individuals.. to grow.. to change.. and to experience a life with a full range of opportunities.
Ages: Age 18 and older
Website: www.people-and-places.org

Exceptional Vacations
Contact: (866) 748-8747
Description: Exceptional Vacations Provides High Quality Vacations for Individuals with Developmental Disabilities and Other Special Needs. We provide a wonderful opportunity for personal growth, normalization and socialization in a safe and fun atmosphere. We have professional staff committed to providing our travelers with the experience of a life
Website: www.exceptional-vacations.com
Wheelchair Accessible? Yes
New Directions Travel
Contact: hello@newdirectionstravel.org, (805) 967-2841
Description: New Directions for people with disabilities, inc. (New Directions Travel) is a non-profit organization providing leisure and educational travel opportunities for adults who have mild to moderate intellectual and or developmental disabilities.
Website: www.newdirectionstravel.org

Search Beyond Adventures
Contact: (800) 800-9979
Description: Search Beyond Adventures provides all-inclusive escorted vacations for travelers with disabilities and special needs, Ages 17 and up. Most of our travelers have developmental disabilities, although some participants may also have a physical disabilities. We have five program divisions. Our main Search Beyond Adventures tours is the largest and offers tours all over the world.
Website: www.searchbeyond.com
Wheelchair Accessible? Yes

The Guided Tour, Inc.
County: Other
7900 Old York Road - Ste 111-B, Elkins Park 19027
Contact: , director@guidedtour.com, (215) 782-1370,
Description: Men and women with developmental challenges, autism, down syndrome, and other special needs have achieved greater independence through travel experiences provided by The Guided Tour, Inc.
Ages: 17+
Website: www.guidedtour.com
Wheelchair Accessible? Yes
USEFUL WEBSITES

www.parentnetworkwny.org
The Parent Network of Western New York

www.erie.gov/ecod
Erie County Office for People with Disabilities

www.buffaloplacce.com
The Buffalo Place

www.beenews.com
The Bee News

www.iloveny.com
I Love New York

www.ddawny.org
The Developmental Disabilities Alliance of Western New York

Find the help you need throughout Western New York. Use our search form to filter results by keywords, and/or location.
211wny.org
Thank you for Exhibiting!

Associated Physical & Occupational Therapists
Bloom Creative Arts
Brick Buffalo
Buffalo Commons Charter School
Challenger Baseball
C-HOPE
Community Services for Every1
Cradle Beach
EPIC - Every Person Influences Children
Help Me Grow
Mental Health Advocates of WNY
New York Deaf-Blind Collaborative
Niagara Frontier Radio Reading
People, Inc.
Person Centered Services
The Champion Project - High Five
Unique Theater Company, Inc.
United Healthcare
Thank you

BestSelf Behavioral Health

Northtowns Auto Center

For your Sponsorships!
Recreation & Leisure Service Directory
Changes, Additions and Deletions

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

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

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

Thank you!
Support · Educate · Connect · Empower

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

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

parentnetworkwny.org

ParentNetwork PNWNY