

Community Resources of Physical Activity Opportunities that are friendly to the needs of Vanguard families

SPECIAL OLYMPICS

BERKS COUNTY- Contact: Heather Foltz, P.O. Box 6735, Reading, PA 19610, Phone: 570-509-3127
Email: sopbcmanager@gmail.com Website- <http://www.sopbc.org/>

BUCKS COUNTY- George Massimini, 3535 Rockview Drive, Bristol, PA 19007. Ph 215-781-6530
Email- sopabcgeorge@aol.com

CHESTER COUNTY- Angie Robinson, 350 Eagleview Blvd., Suite 160, Exton, PA 19341, Phone: 610-590-5370
Email: info@pasocc.org Website- <http://www.pasocc.org/>

DELAWARE COUNTY- Denise Dellaratta, P.O. Box 279, Morton, PA 19079 No phone listed
Website: <http://www.sodelco.org>

LANCASTER COUNTY- Lynn Lopez, PO Box 7442, Lancaster, PA 17604-7442, Phone: 717-299-2930
Fax: 717-625-4095, Email: traininglanastercounty@gmail.com
Website: www.specialolympicslanastercounty.com/

LEHIGH COUNTY- Kevin Neiley, Park Professional Bldg, 2200 Hamilton Blvd, Suite LL4, Allentown, PA 18102
Phone: 610-432-5346, Email: kneiley@easternsalesinc.com
Website: <http://www.specialolympicslehighcounty.org>

MONTGOMERY COUNTY- Scott Otterbein, 980 Harvest Drive Suite 203, Blue Bell, PA 19422,
Phone: 215-542-1140, Fax: 215-542-1144, Email: SpecialOlympicsMontCo@Verizon.net
Website: www.specialolympicsmontco.org/

NORTHAMPTON COUNTY- Amanda Sechrist, Colonial Intermediate Unit 20 6 Danforth Drive, Easton,
PA 18045 Ph- 610-252-5550 Fax: 610-252-5740 Email: ASechrist@ciu20.org
Website: <http://www.ncspecialolympicspa.org/>

PHILADELPHIA- Chase Trimmer, 2900 Southampton Road, Philadelphia, PA 19154, Phone: 215-671-5069
Fax: 215-671-5033, Email: ctrimmer@specialolympicspa.org Website: <http://www.sopaphilly.org/>

PERSONAL TRAINING

Fitme- Small group and individual fitness instruction for youth with special needs. Provided by a pediatric physical therapist who specializes in working with children with special needs.

Erin Rasnake, PT, MS, PCS phone- 215-935-9150, Email: fitmecclass@gmail.com Website:
[facebook.com/fitmecclass](https://www.facebook.com/fitmecclass)

BASKETBALL FOR CHILDREN WITH SPECIAL NEEDS

UPWARD BASKETBALL- Basketball for children with special needs- full team experiences, basketball, social, and team skills taught, Upward Junior, Upward Junior Shooters, Upward Shooting Stars- Contact Bryn Mawr Presbyterian Church 625 Montgomery Avenue, Bryn Mawr, PA 19010 Email upward@bmipc.org, Church Administrative Assistant Amy Bauer: 610-525-2821, ext. 8821, info at <http://www.bmipc.org/outreach/in-our-community/upward-basketball#sthash.NwHGXA5.HsJYNfOm.dpbs>.

LITTLE LEAGUE CHALLENGER BASEBALL TEAMS

WEBSITE <https://www.littleleague.org/play-little-league/challenger/> Menu- League Finder will provide contact information when address is provided

East Side Little League Challenger baseball: <https://eastsidell.sportsengine-prelive.com/challenger>
Joe McGuire- West Chester (East Side) coach

Little League Challenger Division- Contact Sam Ranck, -Ph- 570-326-1921, ext.254;
Email-challenger@LittleLeague.org

Yoga

YOGA HOME- Since our introduction of Adaptive Yoga Programming in January 2016, our program has served hundreds of individuals with varying abilities. With the belief that yoga is for EVERY body, we've customized yoga classes for adults and children in our studio, at residential and day programs and in schools.
Kerri Hanlon & Maura Manzo, Address 424 E. Elm Street, Conshohocken, PA 19428 info@ouryogahome.com •
Ph 484.344.5040

WALKING and BIKING TRAILS

French Creek State Park 843 Park Road, Elverson, PA 19520-9523 Ph. 610-582-9680

Hibernia County Park- Park Road, Coatesville, PA 19320 Ph. 610-383-3812

Marsh Creek State Park- 675 Park Rd. Downingtown, PA 19335-1898 Ph 610-458-5119

Perkiomen Trail Montgomery County End Points- Hill Rd. at Lumber St. (Green Lane) to Station Avenue (Oaks)

Ridley Creek State Park, 1023 Sycamore Mills Rd. Media, PA 19063-4398 Ph. 610-892-3900

Strubel Trail- Downingtown, PA 2.6 miles, Trailhead at Norwood Rd ends near March Creek. Connects to Uwchlan Trail.

SWIMMING AND FITNESS

YMCA Contact Cait Waxler, Advanced Director of Ability Programs. She is located in Ambler but will connect families with their local programs in their local areas. Ph- 215-628-9950 Ext. 1537

Email- cwaxler@philaymca.org

Central Bucks Family YMCA Ability Programs for Youth offers adapted activities for youth of all ages including land fitness classes, one-on-one fitness instruction, karate, ACHIEVE peer socialization, summer camp, teen nights and afterschool programs. Julianne Hirst, Director of Ability Programs, Ph 215-348-8131 x1136

jhirst@cbfymca.org

Philadelphia Area Ability Programs in Abington, Ambler Area, Boyertown, Hatboro, Haverford Area, Northeast Family, Pottstown, Roxborough, Spring Valley

Seventh Grade initiative - Free YMCA membership for all seventh graders

Shark Tails: Adaptive Aquatics for Kids A.I. DuPont Nicole Anne Needles 302-651-4381

nneedles@nemours.org, Sheri Dawson 302-651-6057 sdawson@nemours.org, and Michele DeMaio 302-651-4385 mdemaio@nemours.org

KARATE FOR CHILDREN WITH SPECIAL NEEDS

Action Karate specializes in karate for children on autism spectrum

1980 Butler Pike, Conshohocken, PA 19428. Ph- (610) 834-7650

1 Highpoint Dr, Chalfont, PA, 18914 Ph- (215) 791-5750

11 Penns Trail, Newtown, PA, 18940 Ph-(215) 820-1082

12320 Academy Rd, Philadelphia, PA, 19154 Ph-(215) 637-6701

594 E. Broad St, Souderton, PA, 18964 Ph-(215) 723-4402

1800 Bridgetown Pike, Feasterville, PA, 19053 Ph- (215) 355-5003

917 Huntingdon Pike, Abington, PA, 19006 Ph- (215) 663-1005

Chang's School of Martial Arts – Karate Adapted for Autism (KAFA) 499 S. Henderson Rd, King of Prussia, PA, 19046 Ph (610) 277-2919

Tae kwon-do Kicks for Kids A.I. duPont Jason Beaman 302-651-6475 jbeaman@nemours.org

ICE HOCKEY FOR CHILDREN WITH SPECIAL NEEDS

American Special Hockey Association enter location to search for a team

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

Bucks County American Special Hockey Association Brian Damiani Team Manager 1185 York Rd, Warminster, PA, 18974 Ph- (215) 674-3744 Email- brian@simplifiedlogistics.com
Website <http://www.bcsn1.org/activities/iceHockey.php>

Philadelphia American Special Hockey Association Contact Mike Riggs 701 W. Dutton Mills Rd, Aston, PA, 19014 Ph-(610) 497-2200 E-mail-mriggs3445@hotmail.com
Website www.littleflyers.org/page.php?page_id=12033

BOY SCOUTS OF AMERICA

Boy Scouts of America throughout Vanguard geographic region Contact Bob Brown
Boy Scouts of America Senior District Executive - Diamond Rock Ph 610-696-2900 x 22
Fax- 610-696-3389 Email- robert.brown@scouting.org Regional contact to direct to appropriate troop depending on age and geography

Boy Scout troop for children with special needs- Philadelphia area Theresa Gabor- St Anselm Church 12670 Dunks Ferry Rd, Philadelphia, PA 19154-1425 Ph-215-632-1334

ACTING for SOCIAL SKILLS

Acting Antics- offers unique opportunities for children, teens, and adults who have difficulty with social skills or a diagnosis on the autism spectrum. We believe in using the creative arts to encourage social skills and communication growth.

The best way to learn is by having fun! At Acting Antics we capitalize on the strengths and abilities of our participants to observe and copy gestures, tones of voice, and mannerisms. The built-in structures that theatre and music provide can help the development of social understanding and flexible thinking through the opportunity to act and react in everyday situations.

Director Melissa Frassoni, P.O. Box 545, Broomall PA 19008, 610-942-4219, Website- www.actingantics.org

BICYCLE RIDING TRAINING

iCan Shine, Inc Formerly known as "Lose the Wheels". P.O. Box 541 Paoli, PA 19301. Website:

<http://icanshine.org/find-a-program/> Sign up early because classes fill up very quickly.

MUSIC THERAPY

TEMPO Music Therapy Services. Addresses sensory and motor needs through music. West Chester, Media, Lionville, King of Prussia, and Reading. Address- 7 North Five Points Rd. West Chester, PA 19380. Ph- 610-344-7030, Website- www.tempotherapy.com

SOCCER

Chester County:

HIGH 5 Soccer for players with special needs- age- 5-19 years old, Spring season – Fellowship Fields, Chester Springs Saturdays from 3:00-4:00 beginning April 12 FREE to all participants

Website- <http://www.geyasoccer.org/>

Delaware County: <http://www.ridleyunitedsoccer.org/>

Berks County:

Amity AC, Douglasville, PA Contact- David Bransberg-

Website: <http://tcteams.com/>

Boyertown SC, Gilbertsville, PA, Kevin Reilly, ph- (610) 326-0845

Website- <http://www.boyertownsoccerclub.net/>

Twin Valley SC, Morgantown, PA, Tim Gage ph- (610) 745-9838

Website- <http://tvsc.gotsport.com/>

Wilson Junior SC, West Lawn, PA, Joe Marsden ph- (610) 777-2353

Website- <http://wjsc.org/topsoccer/>

Montgomery County:

Colonial SC, Blue Bell, PA, Top Soccer Contact- Joe Hunter, ph (610) 842-0066

Website: <http://www.colonialsoccerclub.org/topsoccer/>

Harleysville FC, Harleysville, PA Top Soccer Contact- Debbie James Roland

Website: <http://www.harleysvillesoccer.org/TOPSoccer/>

Upper Dublin SC, Fort Washington, PA, Top Soccer Contact- Meg Lockard & Bruce Buckman

Website: <http://upperdublinsoccerclub.org/>

West-Mont United SA, Collegeville, PA, Top Soccer Contact- Angela Bruecks, ph- (610) 505-4371

Website: <http://www.westmontunitedsoccer.org/>

Philadelphia County:

Fishtown AC, Contact- Pat Kane, ph- (215) 739-5118

Website: <http://fishtownac.com/soccer.html>

Lighthouse SC, Contact- Steve Milligan, ph- (215) 579-2656

Website: <http://lighthousesoccerclub.org/programs/topsoccer/>

