

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

SPECIAL OLYMPICS

STATEWIDE WEBSITE: <https://specialolympicspa.org/get-involved/become-an-athlete>

SPORTS SIGN UP BY REGION link: <https://specialolympicspa.org/get-involved/sports-sign-ups>

BERKS COUNTY- Contact: Julie Benjamin, Regional Executive Director,
Special Olympics PA, 2158 Avenue C, Suite 204, Bethlehem, PA 18017,
Phone: 610-850-0449 Email: jbenjamin@specialolympicspa.org
Website- <https://specialolympicspa-glvpr.org>

BUCKS COUNTY- George Massimini, P.O. Box 317, Bristol, PA 19007.
Phone: 215-595-7799 Email- sopabcgeorge@aol.com
Website: <http://www.specialolympicspabucksco.org/>

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- Kathryn McKeone, Program Manager
Special Olympics Pennsylvania – Delaware County, P.O. Box 1202, Havertown, PA 19083 Email:
manager.sopadelco@gmail.com Website: <https://sopadelco.org/about-us/>

LANCASTER COUNTY- Doug Welch, program manager; Anne Phillips, Sports Coordinator;
PO Box 7442, Lancaster, PA 17604-7442,
Phone: 717-940-8335 Email: sopateamlancaster@gmail.com
Website: specialolympicspa.org

LEHIGH COUNTY- Suzanne Vincent Lehigh Team Leader
Park Professional Bldg, 2200 Hamilton Blvd, Suite LL4, Allentown, PA 18102
Phone: 610-432-5346, Email: icsopa.manager@gmail.com
Sports team Leader- Dan Floryshak
Email: icsopa.sportsteamleader@gmail.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
Phone- 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

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 [League Finder - Little League](#)

Little League Challenger Director of League Development- Contact: Sam Ranck, -
Phone- 570-326-1921, ext.2254 Email challenger@LittleLeague.org

West Chester- East Side Little League Challenger Baseball:

Joe McGuire- West Chester (East Side) coach

<https://eastsidell.sportsengine-prelive.com/challenger>

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

Website: info@ouryogahome.com Phone: 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

Struble Trail- Downingtown, PA 2.6 miles (5.2 round trip), Trailhead at Norwood Rd, Downingtown ends near March Creek. Connects to Uwchlan Trail.

Valley Forge National Historical Park – 1400 North Outer Line Drive, King of Prussia, PA 19406

<https://www.nps.gov/vafo/index.htm>

SWIMMING AND FITNESS

YMCA Seventh Grade initiative - Free YMCA membership for all seventh graders

Ability Programs and Special Needs accommodations offered through the 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.

Bucks and Hunterdon Counties <https://www.ymcabhc.org/community-family/ability-programs>

Doylestown Branch: Kaitlyn Stevens Associate Director of Ability and Camp

In addition to ability specific adapted aquatics and personal training, many of the Doylestown youth or teen program can become an ability program through their Inclusive Programming Model. Children and teens can join their peers of all abilities in a variety of mainstreamed youth programs with the assistance of an ability instructor. Use contact information below for more information on all of their adapted and ability specific programs.

Address: 2500 Lower State Road, Doylestown, PA 18901

Phone: 215.348.8131 ext. 1168

Email: kstevens@ymcabhc.org

Website: ymcabhc.org

Quakertown Branch: Becky Mussleman

In addition to ability-specific adapted aquatics, many of the Quakertown YMCA youth programs can become an ability program through their Inclusive Programming Model. Children can join their peers of all abilities in a variety of mainstreamed youth programs with the assistance of an ability instructor. Use contact information below for more information.

Phone: 215.536.8841 x 3126

Email: bmusselman@ymcabhc.org

Fairless Hills Branch: Ilyse Sacks

Email: jsacks@ymcabhc.org

The Fairless Hills branch has an All Abilities Teen Night Program and Seekers program for adults with developmental disabilities. Visit their website: www.ymcabhc.org for more details.

Greater Philadelphia YMCA

Willow Grove YMCA Special Needs Program

3300 Davisville Rd., Hatboro, PA 19040 Phone: 215-392-4900

Spring Valley YMCA Special Needs Program

Limerick YMCA Special Needs Program

19 W. Linfield-Trappe Road, Limerick, PA 19468 Phone: 484-984-2000

Boyertown YMCA – Bruce Bingaman

YMCA Brandywine (Coatesville, West Chester, Lionville, Upper Main Line)

Contact Erin Lacotta, Adaptive Coordinator

Phone: 610-643-9622, ext. 2126

Email: elacotta@ymcagbw.org

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

KARATE FOR CHILDREN WITH SPECIAL NEEDS

Action Karate specializes in karate for children on autism spectrum

1980 Butler Pike, Conshohocken, PA 19428.	Phone: (610) 834-7650
1 Highpoint Dr, Chalfont, PA, 18914	Phone: (215) 791-5750
11 Penns Trail, Newtown, PA, 18940	Phone: (215) 820-1082
12320 Academy Rd, Philadelphia, PA, 19154	Phone: (215) 637-6701
594 E. Broad St, Souderton, PA, 18964	Phone: (215) 723-4402
1800 Bridgetown Pike, Feasterville, PA, 19053	Phone: (215) 355-5003
917 Huntingdon Pike, Abington, PA, 19006	Phone: (215) 663-1005

Chang's School of Martial Arts – Karate Adapted for Autism (KAFA)

499 S. Henderson Rd, King of Prussia, PA, 19046 Phone: (610) 277-2919.

The KAFA program is structured specifically for children and adults with autism spectrum disorders. Each participant is evaluated by CSMA's Clinical Specialist in Autism and a custom program is developed for each student designed to meet their unique needs and goals.

ICE HOCKEY FOR CHILDREN WITH SPECIAL NEEDS

American Special Hockey Association – The American Special Hockey Association (ASHA) is a nonprofit organization dedicated to serving those with intellectual, developmental, and physical disabilities through the sport of hockey. The American Special Hockey Association (ASHA) provides an environment of learning, mutual respect and a sense of community to thousands of athletes and families across North America.

Website: <https://www.specialhockey.org/> Click on “Find a Program” to locate a team in your area.

Bucks County Admirals Special Hockey Brian Damiani Team Manager

1185 York Rd, Warminster, PA, 18974

Phone: 267-679-8831 Email- coachbrian37@gmail.com

Website <https://www.facebook.com/BCSNhockey/>

Philadelphia American Special Hockey Association Philadelphia Freeze

Contact Walt Mullholland

701 W. Dutton Mills Rd, Aston, PA, 19014

Phone: 215-685-1226 Email: walter.mullholland@phila.gov

Website <https://www.specialhockey.org/page/show/5881621-philadelphia-freeze?subseason=696829>

BOY SCOUTS OF AMERICA

Boy Scouts of America throughout Vanguard geographic region Contact Bob Brown

Boy Scouts of America Senior District Executive - Diamond Rock

Phone: 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 – Contact: Theresa Gabor

St Anselm Church 12670 Dunks Ferry Rd, Philadelphia, PA 19154-1425 Phone: 215-632-1334

ACTING for SOCIAL SKILLS

Acting Antics- Through music and theatre arts, we provide unique, inclusive social instruction to those on the autism spectrum, with other social cognition needs, or simply wanting to have fun in a safe, accepting space for people of all abilities. 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 Ferkler

P.O. Box 545, Broomall PA 19008
[@actingantics](#) on social media

Phone: 610-942-4219

Website- www.actingantics.org

BICYCLE RIDING TRAINING

iCan Shine, Inc Formerly known as “Lose the Wheels”. Sign up early because classes fill up very quickly.

P.O. Box 541 Paoli, PA 19301.

Website: <http://icanshine.org/find-a-program/>

iCan Bike Philadelphia area- June 10-14, 2024

Academy of Notre Dame 560 Sproul Road Villanova, PA 19085

E-mail Megan directly at icanbikepa@gmail.com or call 610-977-0799

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.

Phone: 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/>

Soccer Shots – Chester County, PA - 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.

Website - <https://www.soccershots.com/chester/> Phone – 484-321-3193

Email - chester@soccershots.com

Delaware County:

Radnor- <http://www.radnorsoccerclub.org/champions-division-spring-soccer/>
Ridley- <http://www.ridleyunitedsoccer.org/>

Soccer Shots – Southeast, PA (Delaware and Montgomery County) - 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.
Website - <https://www.soccershots.com/southeastpa/> Phone – 484-329-7651
Email – southeastpa@soccershots.com

Berks County:

Amity AC, Douglasville, PA – Contact: David Bransberg
Email: dbsoccer@ptd.net Website: <http://tcteams.com/>

Boyertown SC, Gilbertsville, PA – Contact: Kevin Reilly
Phone: (610) 326-0845 Website- <http://www.boyertownsoccerclub.net/>

Twin Valley SC, Morgantown, PA – Contact: Tim Gage
Phone: (610) 745-9838 Website- <http://tvsc.gotsport.com/>

Wilson Junior SC, West Lawn, PA – Contact: Joe Marsden
Phone: (610) 777-2353 Website- <http://wjsc.org/topsoccer/>

Soccer Shots – Berks County, PA - 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.
Website - <https://www.soccershots.com/berkscounty/> Phone – 484-329-7651
Email – berks@soccershots.com

Montgomery County:

Colonial SC, Blue Bell, PA, Top Soccer – Contact- Joe Hunter
Phone: (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
Phone: (610) 505-4371 Website: <http://www.westmontunitedsoccer.org/>

Spangenberg Handout of Community Activities

Soccer Shots – Southeast, PA (Delaware and Montgomery County) - 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.

Website - <https://www.soccershots.com/southeastpa/> Phone – 484-329-7651

Email – southeastpa@soccershots.com

Philadelphia County:

Fishtown AC, Contact- Pat Kane

Phone: (215) 739-5118

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

Lighthouse SC, Contact- Steve Milligan

Phone: (215) 579-2656

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

Soccer Shots – Philadelphia, PA - 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.

Website - <https://www.soccershots.com/philadelphia/> Phone – 267-630-1557

Email – philly@soccershots.com