



Strengthening Community for
Individuals with Disabilities

Recreation Guide

For

Individuals with Disabilities

Updated March 2020

Introduction:

Greenville CAN is a network of self-advocates, service providers, families, and community stakeholders dedicated to making our community a better place to live for individuals with disabilities. One of Greenville CAN's focus areas is recreation and arts opportunities for individuals with disabilities.

Greenville has more to offer than most people realize for individuals with disabilities. This guide is a collection of recreation and arts opportunities developed by Greenville CAN's Recreation Team. Visit www.greenvillecan.org to learn more about Greenville CAN.

How to use this guide:

Disability Specific Opportunities:

The first part of this guide lists opportunities that are specifically for individuals with disabilities. Each category such as Camps, Dance, Etc is listed in alphabetical order.

Inclusive / Accommodating Settings:

The second part of this guide lists opportunities that are inclusive or at least accommodating for individuals with disabilities. Each category is listed in alphabetical order.

Disclaimer:

The information in this guide is designed to help individuals find opportunities for recreation and arts in Greenville County; however, the organizations, activities, and programs listed in this guide are not specifically endorsed by Greenville CAN. Individuals are encouraged to verify information with any organization before attending or participating.

Help us grow the list:

If you have experience with a disability specific recreation / art experience or know of experiences that are inclusive / accommodating that are not in this guide please contact Mike Teachey at mike.teachey@greenvillecan.org.

Table of Contents:

Disability Specific

Baseball
Basketball
Biking / Hand Cycling
Camps
Cheerleading
Dance
Golf
Gymnastics
Horseback Riding
Inclusive Playgrounds (Public)
Multi-Faceted Programs
Music
Sensory Gyms
Skiing / Snowboarding
Sled Hockey
Soccer
Social Events / Clubs
Special Events
Sports (General)
Swimming
Theater
Tennis
Water Skiing
Yoga

Inclusive / Accommodating Settings

Art
Baseball
Basketball
Bowling
Cheerleading
Dance
Flag Football
Gymnastics
Ice Skating
Karate
Museums
Music
Park Programs
Running
Skiing
Soccer
Social Events / Clubs
Special Events
Story Time
Theater / Acting
Volleyball
Waterparks
Zoo

Disability Specific Opportunities

Baseball

Mauldin Miracle League

The Mauldin Miracle League provides annual opportunities for over 140 children and adults with physical and developmental disabilities to play baseball. The League is comprised of two divisions.

All Stars Division: Each player is paired with a buddy to help them bat from a tee or pitched ball, run the bases, and play the field.

All American Division: Includes children and adults who do not need much if any assistance.

Both divisions play eight games each spring and fall on a specially designed wheelchair accessible field at Sunset Park in Mauldin.

The mission of the Mauldin Miracle League is “Every child deserves a chance to play baseball” and no player has been turned away for financial reasons.

Location: Sunset Park in Mauldin

Website: www.mauldinmiracleleague.com

Contact: Jeff Powers – (864) 303-2362 jefflori123@charter.net

Mauldin / Carolina Maulers

The Mauldin Maulers play adult wheelchair softball at Sunset Park in Mauldin. Call or visit their Facebook page for more information.

Location: Sunset Park in Mauldin

Facebook: <https://www.facebook.com/pages/Mauldin-Maulers/109821332375029>

Contact: Byron Armentrout - (864) 369-2791

Basketball

Roger C. Peace Wheelchair Basketball Team

Roger C. Peace offers a wheelchair basketball team for youth 18 and under. Eligible players must have a lower limb physical disability (do not need to use a chair regularly), be able to propel a wheelchair manually, be interested in playing on a basketball team, and be 18 years old or under.

Contact: Please contact Kristen Caldwell for more information at kristen.caldwell@prismahealth.org or 864-455-3262.

Biking / Hand-Cycling

Roger C. Peace

Roger C. Peace hosts adaptive cycling rides the second and fourth Thursday of each month from March to October. The rides are from 6 – 7:30pm and begin on the Swamp Rabbit trail. Register in advance with Kristen Caldwell at kristen.caldwell@prismahealth.org or 864-455-3262.

Events can also be found on: www.facebook.com/RogerCPeace

“I Can Bike” Program at Eastside YMCA

The I Can Bike program is a five day program that teaches individuals with disabilities how to ride a bike independently. The program serves individuals 8 years and older. Riders must be able to walk independently.

Location: Taylors First Baptist Church, 200 West Main St., Taylors, SC 29687

Cost: Varies based on funding. Bikes and equipment are provided.

Contact: Eastside YMCA 864-292-2790

I Can Bike is part of a national effort called iCan Shine. Learn more at www.icanshine.org/ican-bike-taylors-sc/.

Greenville Cycling & Multi-Sport

Greenville Cycling & Multi-Sport is a locally based training and performance center with experience and expertise in training emerging and elite level para-cycling athletes and able-bodied athletes.

Location: 205 Cedar Lane Road, Suite E, Greenville, SC 29611

Contact: Jim Cunningham – 864-430-7871 / info@greenvillecyclingcenter.com
www.greenvillecyclingcenter.com

SC AMBUCS

SC AMBUCS offers adaptive Amtrykes for youth with disabilities and veterans at no required cost for families. Each person attends a fitting with a Physical or Occupational therapist to ensure proper accessories are utilized to ensure the bike is safe, fun, and therapeutic.

Contact: upstatescambucs@gmail.com www.facebook.com/amtrykesupstate

Camps

Camp Spearhead

Camp Spearhead is a residential summer camp for youth (8yrs +) and adults with special needs and disabilities operated by Greenville County Rec in northern Greenville County. Camp Spearhead serves approximately 90 campers per week and offers eight one-week sessions June through July.

Location: Pleasant Ridge Camp & Retreat Center, 4232 Highway 11, Marietta, SC 29661

Cost: \$330 + per week (Scholarships are available on a limited basis.)

Contact: Randy Murr 864-288-6470 ext. 127 or rmurr@greenvillecounty.org

www.campspearhead.org

Pretty Place Star Gazers Retreat – YMCA Camp Greenville & Greenville County Rec

The Pretty Place Star Gazers Retreat takes place annually on the weekend after Labor Day at the YMCA's Camp Greenville. This retreat serves families of children with Down Syndrome.

Location: YMCA Camp Greenville – 100 YMCA Camp Road, Cleveland, SC 29635

Cost: \$140 for a family of three and up

Contact: Randy Murr – 864-288-6470 ext. 127 or rmurr@greenvillecounty.org or

groupcamping@ymcagreenville.org or www.campgreenville.org/groups-retreats-events/family-camps
864-836-3291

Young Life Capernaum Group (Faith Based) (David's Table)

Young Life Capernaum is part Young Life Greenville that serves teens and young adults with disabilities. Young Life offers summer and weekend camp opportunities at their Carolina Point facility near Brevard, NC open to individuals with and without disabilities.

Location: Carolina Point (Near Brevard, NC)

Cost: \$500 +/- Scholarships are available / Weekend Camps \$150 +/-

Weekly Meetings During the School Year: Monday Nights at Rocky Creek Baptist Church 5:20pm – 7pm

Contact: Skeeter Powell 864-915-2479 or skeeter.powell@gmail.com

www.greenvillesc.younglife.org

Camp Burnt Gin

Camp Burnt Gin is a residential summer camp for children who have physical disabilities and chronic illnesses. They maintain a 3 to 1 camper to staff ratio and enrollment is limited to children from South Carolina. Camp Burnt Gin offers four one-week sessions for ages 7ys – 15yr, two one-week sessions for ages 16yrs – 20yrs, and one 4-day session for 21yrs – 25yrs.

Location: Wedgefield, SC (Sumter County)

Cost: Free

Contact: Marie Aimone 803-898-0455 campburntgin@dhec.sc.gov

<http://www.lscdhec.gov/health/childteenhealth/servicesforchildrenwithspecialhealthcareneeds/cbg/>

Clemson University Outdoor Lab Camps

The Clemson University Outdoor Lab plays host to four different camps for individuals with disabilities.

- **Jaycee Camp Hope** is for children and adults, ages 7 and older, who have developmental disabilities. Camp Hope offers 3 one-week sessions and 1 two-week session. The cost is \$435 in-state.
- **Camp Sertoma** is for children ages 7 – 13 who are either underprivileged or who have a speech or hearing impairment. Camp Sertoma offers 6 one-week sessions. The camp is free. Participants must register through a Sertoma Club.
- **Camp Lions Den** is for children and teens ages 7 – 17 who have visual impairments or are blind. Camp sessions are one-week. Camp Lions Den is free.
- **Camp Sunshine** is for children ages 6+ and adults who have severe and profound developmental disabilities. Camp Sunshine offers six weekend retreats through the school year. Cost to attend is free but a \$50 registration fee is required.

For questions or additional information to determine the best program for your camper, contact the camp director at cuolcamps-L@clemson.edu or 864-646-7502.

South Carolina School for the Deaf and the Blind

The South Carolina School for the Deaf and the Blind offers camps for ages 6 – 16. Activities include horseback riding, waterpark, music, dance, bowling, cooking, career exploration and more.

Cost: Free (Bring \$40 for field trips and incidental expenses)

Contact: 888-447-2732 toll free – lgray@scsdb.org

www.scsdb.org

Cheerleading

Foothills Gymnastics and Cheer Center

They offer a Special Olympics cheer squad that practices on Saturdays from 10am – 11am March – mid May. Please contact Penny Crocker for more information.

Location: 198 Couch , Easley, SC 29642

Contact: Penny Crocker at tigerfans@thecdr.net

Dance

Carolina Dance Collaborative

Carolina Dance Collaborative offers inclusive summer camps for individuals with disabilities as well as classes specifically catered for pre-teen-adult individuals with disabilities. CDC is a mobile Dance Outreach Company that does not have a physical location as they primarily collaborate with organizations, facilities, and businesses in the upstate to bring dance to all people. CDC offers specific programs for individuals with disabilities which can be found below.

Contact: Kelsey Crum, (864) 315-3732, info@carolinadancecollaborative.com

Website: CarolinaDanceCollaborative.com

Adaptive Flash Mob: Ages 6 - Adult for individuals with Disabilities. Performs at Fountain Inn Christmas Festival and includes 4 one hour rehearsals leading up to a performance on the 2nd Saturday of December. Total Cost: \$65, includes special t-shirt, carriage ride with family, rehearsals, performance,

and reception following. Full and half scholarships are available make possible through the Barbara Stone Foundation.

CONNECT:: Saturday morning classes for preteen, teen, and adult levels for participants with disabilities as well as their SIBLINGS. Performance culminates at the end of the year.

Monthly Cost: \$50/month

Location: First Baptist Greenville AYMC – 10:30am – 11:30am Saturday mornings August – May.

For more information concerning these programs, visit www.carolinadancecollaborative.com/disability-special-need-classes. Full and half scholarships available made possible through the Barbara Stone Foundation.

International Ballet Academy

The International Ballet Academy provided classes for adults with disabilities in partnership with Thrive Upstate. Currently, participants must be part of Thrive Upstate’s program; however, efforts are underway to expand the program beyond Thrive Upstate participants.

Location: 1018 S. Batesville Road 1-CD, Greer, SC 29650

Cost: Free (Limited to Thrive Upstate participants)

Contact: Lena Forster 864-879-9404

www.internationalballetsc.org

Golf

Upstate Carolina Adaptive Golf

Upstate Carolina Adaptive Golf serves individuals with disabilities through golf therapy. UCAG serves adults and children with developmental disabilities, individuals recovering from physical or mental trauma, and veterans. UCAG offers a variety of clinics and programs at various locations in the Upstate.

Location: Varies

Cost: Free / Varies

Contact: Brandon Worley ucagnow@gmail.com

www.ucagnow.org

Roger C. Peace

Roger C. Peace offers golf clinics 6 times / year for youth and adults with physical disabilities at the Haas Family Golf Center as part of their UCAN Sports program. The events are free and open to anyone with a physical disability.

Location: Haas Family Golf Center, 8000 Pelham Road, Greenville, SC

Cost: Free

Contact: Kristen Caldwell, 864-455-3262 kristen.caldwell@prismahealth.org

www.facebook.com/RogerCPeace

www.ghs.org/healthcare/rehabilitation/hospital/rcp-communityevents/

Special Olympics Greenville

Special Olympics Greenville offers golf for individuals 8yrs and older.

Location: Haas Family Golf Center

Cost: No Cost

Contact: Lara Ceisel, 864-288-6470 lceisel@greenvillecounty.org

Gymnastics

Foothills Gymnastics and Cheer Center

Their gymnastics program is currently full. Please contact Penny Crocker to be placed on their waiting list.

Location: 198 Couch, Easley, SC 29642

Contact: Penny Crocker at tigerfans@thecdr.net

Horseback Riding

Bramblewood Stables

Bramblewood Stables is a riding academy in the truest sense where all students, regardless of needs or abilities, work within the traditional program in a series of one-on-one instruction. Bramblewood Stables believes everyone should explore the gifts of the horse in a nurturing, positive environment. Bramblewood is located 15 minutes from downtown Greenville. Lessons are offered throughout the day and year, Tuesday through Sunday. Lessons are offered in hour and half-hour segments. Most riders are semi-private or private lessons. Group lessons are reserved for advanced jumping riders.

Cost: \$45 per one-hour private session.

Contact: Kim Carter at 864-363-3727 or bramblewoodstables@gmail.com

www.bramblewoodstables.com www.facebook.com/bramblewoodstables

Eden Farms – Happy Hooves Program

Eden Farms offers therapeutic riding lessons for children and adults with lessons tailored to suit the individual's needs. Lessons typically last 30 minutes and can include grooming and saddling as well as riding.

Location: 4700 Dacusville Highway, Marietta, SC 29661

Cost: \$39 per lesson - Some scholarships & group programs available

Contact: Sedranko Avril 864-898-0043 edenfarmssc@aol.com

www.edenfarms.net/happy-hooves-therapeutic-riding.html

Let's Saddle Up

Let's Saddle Up therapeutic horsemanship is a non-profit organization that strives to enhance the lives of children and adults with physical, mental, social, or emotional disabilities through their Veteran's, Silver Stirrups, and Therapeutic Horsemanship programs.

Location: 1907 Durbin Road, Fountain Inn, SC 29644

Contact: letssaddleup4tr@yahoo.com or 864-871-1744

www.letssaddleup.org

Whispering Pines

Whispering Pines offers therapeutic riding, tours, field trips, birthday parties, and offers a summer horse camp program. The weeklong camp runs each day from 9am – 12pm. Cost is \$200 per week. Ages 5+ Visit www.wpstables.com for more information.

They also offer a vocational program for high school students with autism.

Location: 681 Campbell Bridge Road, Seneca, SC 29678

Contact: Debbie Webster at debbiewebster615@gmail.com or 864-360-3222

www.wpstables.com or www.thehorselady.org

Inclusive Playgrounds (Public)

The Playground (Boundless Playground - Greenville County Rec)

The Playground is South Carolina's first Boundless Certified Playground and is designed for individuals of all abilities.

Location: The Pavilion Recreation Complex – 4806 Old Spartanburg Road, Taylors, SC 29687

www.greenvillerec.com/theplayground

Century Park

The playground at Century Park in Greer offers many adaptive elements for children with disabilities.

Location: Century Park – 3605 Brushy Creek Road, Greer, SC 29650

www.cityofgreer.org/department/century.php

Sunset Park

The playground adjacent to the Mauldin Miracle League field at Sunset Park is fully inclusive for children of all abilities.

Location: Sunset Park – 204 Fowler Circle, Greenville SC 29607

Multi-faceted Programs

Camp Spearhead Weekend Program

The Camp Spearhead Weekend program is for individuals 8 years old through adults of all disabilities and offers ten Saturday programs in the fall and ten Saturday programs in the spring.

Location: Drop-off and pick up for all activities is at the Bob Jones University Primary Center, 1450 Wade Hampton Blvd.

Cost: Ranges from \$30 - \$65 depending on the activity

Contact: Josh Wall at 864-380-6961 or jwall@greenvillecounty.org

www.greenvillerec.com/weekend-program

Hope Alive / Project Hope

This program is for teens and young adults with autism spectrum disorders. It meets every Wednesday from 12 – 3 in the summer in includes opportunities to socialize, exercise, learn life skills, and build social skills.

Learn more: www.projecthopesc.org/hope-alive

YMCA RECESS Program

RECESS serves adults with disabilities who have completed high school. RECESS stands for Recreation, Exercise, Community, Education, Service, & Social Skills. Visit www.ymcagreenville.org for more programs they offer for individuals with disabilities.

Location: Caine Halter YMCA, 721 Cleveland Street, Greenville, SC 29601 M,W,F

Simpsonville Youth Program Center: M,W,F + T, Th

St. Peter's Episcopal Church – GVL Eastside: M,W,F

Cost: \$55/wk Scholarships available

Contact: Rebecca Cunningham 864-679-9622 ext. 210

Young Life Capernaum Group (David's Table) (Faith Based)

Youth Life Capernaum Group is for teens and young adults with disabilities and meets Monday nights throughout the school year for music, fellowship, Bible lessons, and dinner. During summer months they offer tennis and lunch on Thursdays at 10:00. Call for more information.

Location: Rocky Creek Baptist Church on Woodruff Road

Cost: Free

Contact: Skeeter Powell at 864-915-2479 or Brian Cooper at 864-350-3676

Music

Greenville Symphony

The Greenville Symphony welcomes individuals with disabilities and low cost or subsidized tickets are often available for select concerts. Concerts are available throughout the year.

Location: Greenville Symphony Orchestra, 200 South Main Street, Greenville, SC 29601

Cost: Varies

Contact: Braxton Ballew at 864-232-0344 ext. 19 or braxton@greenvillesymphony.org

Sacred Heart Beats

Sacred Heart Beat offers therapeutic improvisational group drumming, classes, and workshops.

Learn more at: www.sacredheartbeats.org

Drum Percussion Studio

Drum Percussion Studio provides classes and performing ensembles for early learners through adults. A wide range of scholastic programming is offered to meet the needs of traditional schools, home-schooling programs, and those with special needs, both on-site and on location.

Learn more at: www.drumpercussionstudio.com

Sensory Gyms

We Rock The Spectrum Kid's Gym Greenville

We Rock the Spectrum Kid's Gym (WRTS) is an indoor kid's sensory gym for children that provides kids of ALL abilities a place to play and grow together. At WRTS, we offer a place where children can play with purpose and have fun while benefiting from an active environment. We aim to help children in the areas of strength, movement, sensory processing, behavior modification, and social interactions. We also host events such as birthday parties, play dates, field trips, parent's night out, baby showers, classes, break time, and private character events. With WRTS specializing in sensory equipment, ALL kids can benefit from our inclusive activities and unique facility. \$12/1st child, \$10/siblings for up to 3 hours of play. Hours vary, call for updated hours.

We Rock Spectrum Kid's Gym
2607 Woodruff Rd, Suite A
Simpsonville, SC 29681
(864) 243-8419
www.werockthespectrumgreenville.com
Facebook: @WrtsGreenville

Skiing and Snowboarding

Beech Mountain Adaptive Snowsports Center

Beech Mountain offers lessons for individuals with disabilities ages 5+ in sit down and stand up skiing during adaptive ski week only which is Martin Luther King Week each year. Applications are sent out in November to people who have expressed interest to Al Kaye in advance.

Location: Beech Mountain, 403-A Beech Mountain Parkway, Beech Mountain, NC 28604 828-387-9283 or 800-468-5506

Cost: Free for sit down skiers. Stand up skiers responsible for rentals.

Contact: Al Kaye, Clinical Specialist – Patricia Neal Rehabilitation Center at Ft. Sanders Regional Medical Center, 1901 Clinch Avenue, Knoxville, TN 37916. 865-541-1353

Cataloochee Ski Area

Cataloochee Ski Area offers half and full day lessons by appointment for individuals with disabilities.

Location: Cataloochee Ski Area, 1080 Ski Lodge Road, Maggie Valley, NC 28751

Cost: \$140 Full Day / \$70 Half Day

Contact: Samuel J. Lloyd at 828-859-2832 or contact the ski school at 828-926-0285 ext. 7315

Roger C. Peace also coordinates adaptive ski clinics at Cataloochee Ski Area. Contact Kristen Caldwell at kristen.caldwell@prismahealth.org for more information.

Sled Hockey

Roger C Peace

Roger C Peace offers sled hockey clinics six times per year for all ages with physical disabilities.

Location: Ice on Main, the Pavilion, Bon Secours Wellness Arena

Cost: Free

Contact: Kristen Caldwell at 864-455-3262 or kristen.caldwell@prismahealth.org

www.facebook.com/RogerCPeace

<http://www.ghs.org/healthcare/rehabilitation/hospital/rcp-communityevents/>

Soccer

CESA Top Soccer

CESA offers soccer for individuals of all ages with disabilities six Sunday afternoons in the spring and six Sunday afternoons in the fall.

Location: TBD

Cost: Free

Contact: Richard Delap at rdelap@bellsouth.net or Amy Verrilli at amyverrilli@gmail.com

Social Events / Clubs

SEEYA (Social Events for Exceptional Young Adults)

This program is for young adults ages 15 and older.

Location: New Beginnings Methodist Church in Boiling Springs

Contact: info@scseeya.com

Spectrum Sundays (SC Autism Society)

All families affected by autism or related conditions are invited and do not need to be a YMCA member or a resident of Greenville. Activities include swimming, open gym, and arts & crafts. Registration is required.

Location: YMCA Adams Mill Program Center, 100 Adams Mill Road, Simpsonville, SC

Cost: \$5 / family Scholarships are available.

Contact: Greg McKee at 864-963-3609 ext. 24 or gmckee@ymcagreenville.org

Christy R. Delseni Autism Program

The mission of the Christy Delseni Autism Program is to develop a nurturing and safe environment for young adults experiencing Autistic Spectrum Disorders (ASD) by providing a support group led by committed individuals knowledgeable in the area of ASD, along with facilitating social skills and job training, educational opportunities, and supervised / supported living arrangements for group members resulting in the equipping of these young adults to reach their individual potential to be productive members of society.

Location: Brookwood Church

Contact: Sharon Birnbaum at 864-320-4002 or birnbaums@bellsouth.net

www.crdautismprogram.org

Theatre

Applied Theatre Center - Spectrum Program

This program is for teens and young adults on the autism spectrum. Participants practice social skills while developing a learning and performing a theatre piece. They meet the 2nd and 4th Thursday night of the month.

Location: First Baptist Church of Greenville, 847 Cleveland Street, Greenville, SC

Cost: \$240 / Year

Contact: Dale Savidge at 864-430-9502 or dsavidge@appliedtheatrecenter.org

Special Events

Come Dream with Me Prom – Family Connection of South Carolina

This is an annual event for teens and adults with disabilities put on by Family Connection. Formal attire is available at pre-dance events.

Location: TBD

Date: TBD

Cost: Free

Learn more at: www.familyconnectionsc.org

Joni and Friends

Joni and Friends works with local churches and organizations to provide outreach programs for individuals with disabilities.

Learn more at: www.joniandfriends.org/south-carolina/

Night to Shine Prom Sponsored by the Tim Tebow Foundation

The first Night to Shine Prom for teens and adults with disabilities was a huge success. Hopefully this will become an annual event.

Location: Brookwood Church

Sports / General

Special Olympics

Special Olympics offers opportunities for individuals with disabilities 8 years and older to compete in a variety of sports. Everyone is invited to attend the Spring and Fall games as well as other competitions throughout the year.

Location: Varies

Cost: Free

Contact: Lara Ceisel at 864-288-6470 or lceisel@greenvillecounty.org

Swimming

Spectrum Sundays (SC Autism Society)

All families affected by autism or related conditions are invited and do not need to be a YMCA member or a resident of Greenville. Activities include **swimming**, open gym, and arts & crafts. Registration is required.

Location: YMCA Adams Mill Program Center, 100 Adams Mill Road, Simpsonville, SC

Cost: \$5 / family Scholarships are available

Contact: Greg McKee at 864-963-3609 ext. 24 or gmckee@ymcagreenville.org

Aquatic Adventures

Aquatic Adventures provides special needs / adaptive swim programs and lessons. Specialize in infant / toddler survival swim lessons and learn to swim for 4 years up.

Location: Courtyard Marriott, 115 The Parkway, Greenville, SC

Contact: Carla Reynolds at 540-969-8201 or creynolds@swimsurvivethrive.com

Tennis

Kroc Center

Private Tennis lessons are available at the Kroc Center.

Wheelchair Tennis Team: The Kroc Center also has a wheelchair tennis team coached by former National Collegiate Champion, Sarah Casteel. Anyone is welcome to come out and play. Practice is usually held each Saturday from 10am – 12pm. Tennis wheelchairs are provided.

Wheelchair Tennis Clinics: The Kroc Center also host two wheelchair clinics a year through Roger C. Peace Rehabilitation Hospital. They are open to anyone who is interested in playing wheelchair tennis. Tennis wheelchairs are provided.

Location: 205 Gibbs Street, Greenville, SC 29601

Cost: Varies for private lessons. Wheelchair tennis is free.

Contact: Sarah Casteel at 864-324-8310 or sarahslc@aol.com

Young Life Capernaum Group

Adults with disabilities are invited to play tennis with the Young Life Capernaum Group on Thursday Mornings at 10:00.

Location: Cleveland Park tennis courts

Cost: Free

Contact: Skeeter Powell at 864-915-2479 or Skeeter.powell@gmail.com

Theatre

Applied Theatre Center - Spectrum Program

This program is for teens and young adults on the autism spectrum. Participants practice social skills while developing, learning, and performing a theatre piece. They meet the 2nd and 4th Thursday night of the month.

Location: First Baptist Church of Greenville, 847 Cleveland Street, Greenville, SC

Cost: \$240 / Year

Contact: Dale Savidge at 864-430-9502 or dsavidge@appliedtheatrecenter.org

Water Skiing

Roger C. Peace

Roger C. Peace offers a "Ski Bash" twice in the summer for individuals with physical disabilities.

Location: Lake Bowen

Cost: Free

Contact: Kristen Caldwell at kristen.caldwell@prismahealth.org (864) 455-3262

www.facebook.com/RogerCPeace

<http://www.ghs.org/healthcareservices/rehabilitation/hospital/rcp-communityevents/>

Yoga

North Main Yoga

North Main Yoga offers private and group lessons upon request for youth 11 years and under with physical limitations.

Location: Varies

Cost: \$15 - Group Package is available

Contact: Liz Delaney 567-8048

Yoga-2-Go, LLC

Yoga-2-Go offers children's yoga classes at schools, daycares, and youth programs in Greenville and surrounding areas for children with and without special needs. They also offer private yoga therapy based on an evaluation of a person's needs and will create a home yoga program for the family to use on their own. Serving ages 3+ of all ability levels.

Location: Varies

Cost: Varies

Contact: Amy Starkey – aims314@yahoo.com or 330-495-3864

www.missamysyoga2go.com

Inclusive / Accommodating Settings

Art

Art Haven

Art Haven offers drawing and pottery classes for all ages. Camps are also available in the summer.

Cost: Varies

Location: Fountain Inn Civic Center, 315 N. Main Street, Fountain Inn, SC 29644

www.yountscenter.org/visual-art

Michael's Arts and Crafts

During the summer Michael's offers a series of craft classes that welcome children with disabilities.

Cost: Typically around \$2.00 per class.

Location: Michael's Arts and Crafts on Woodruff and Laurens Road

The Glazing Pot

The Glazing Pot is especially accommodating for summer day camps.

Cost: Varies

Location: 3093 SC-14, Greer, SC 29650

Uptown Art

Uptown Art is very accommodating and willing to provide extra staff if needed with advanced notice and serves all ages.

Cost: \$35 per class

Location: 1117 Woodruff Road, Greenville, SC 29607

Baseball

Upward Sports

This is a nationwide program with thousands of locations. Identify a location that works best for you through their website.

Cost: Varies

Location: Varies

www.upward.org/find-a-place-to-play

Greenville Drive

The stadium is very accessible and they offer free valet parking for individuals with disabilities.

Cost: Varies

Location: 945 S. Main Street, Greenville, SC 29601

www.greenvilledrive.com

Basketball

Upward Sports

This is a nationwide program with thousands of locations. Identify a location that works best for you through their website.

Cost: Varies

Location: Varies

www.upward.org/find-a-place-to-play

Bowling

AMF Bowling Lanes

Summer bowling pass for \$39.00. Bowl 3 games per weekday throughout the summer. Must rent or purchase shoes.

Cost: See above

Location: 740 S Pleasantburg Drive, Greenville, SC 29607 - 864-242-5764

Wade Hampton Bowling

\$2.00 per game including shoes if needed. This location is wheelchair accessible.

Cost: See above

Location: 3065 Wade Hampton Blvd, Taylors, SC 29687 – 864-268-4136

Cheerleading

Upward Sports

This is a nationwide program with thousands of locations. Identify a location that works best for you through their website.

Cost: Varies

Location: Varies

www.upward.org/find-a-place-to-play

Dance

Carolina Dance Collaborative

Carolina Dance Collaborative offers inclusive summer camps for individuals with disabilities as well as classes specifically catered for pre-teen-adult individuals with disabilities. CDC is a mobile Dance Outreach Company and does not have a physical location as they primarily collaborate with other businesses, facilities, and organizations in the Upstate. CDC offers inclusive after-school and YMCA classes as well as summer dance camps for individuals with disabilities.

Contact: Kelsey Crum, (864) 315-3732, info@carolinadancecollaborative.com

Website: CarolinaDanceCollaborative.com

Summer Camps: Children with disabilities are invited to participate in any summer camp that CDC teaches through the YMCA, Schools, and others sites. Cost ranges from \$75-\$150 and summer camp sites and dates can be found at CarolinaDanceCollaborative.com.

YMCA Classes (ages 2-12; or older student with disability). Branches of YMCA Greenville Include: Verdae, Caine Halter, George I Theisen, Eastside, Middle Tiger, Powdersville, and the Simpsonville Program Center. Classes consist of creative movement and tumbling (Little Learners), Ballet, and Jazz/Hip-Hop. For more information about classes and to register, visit: carolinadancecollaborative.com/ymca-classes. Quarterly Registration in 8 week sessions running August-May with additional Summer Sessions. Classes run one day a week for 45 minutes to 1 hour with a final demonstration at the end of each quarter. Price is \$90 for each 7 week quarterly session. Students with disabilities are invited to participate fully in the program. Modifications will be made and potential assistants may be suggested depending on the student's needs.

After-School Classes (Elementary): CDC works directly with after-school programs to provide enrichment classes for 6-14 weeks at pre-school and elementary school locations. Students learn a variety of genres and stay at school for dance class once a week. Prices vary depending on length of the program, performance follows at the end of each semester. Programs run in Fall or Spring terms. For more information please visit: carolinadancecollaborative.com/after-school-classes to see if your school is a CDC partner, or ask your school administration for registration information. Don't see your child's school listed? Ask us to contact their school; we are always looking to to add more school sites to our program. Students with disabilities are invited to participate fully in the program. Modifications will be made and potential assistants may be suggested depending on the student's needs.

CDC has many other programs specifically catered for individuals with disabilities such as: Weekly Saturday classes, Adaptive Christmas Flash Mob, High School Special Education residencies, and much more. Please visit the Exclusive Disabilities activities guide for further information.

Contact: www.carolinadancecollaborative.com or info@carolinadancecollaborative.com or 864-315-3732 ext. 1.

Flag Football

Upward Sports

This is a nationwide program with thousands of locations. Identify a location that works best for you through their website.

Cost: Varies

Location: Varies

www.upward.org/find-a-place-to-play

Gymnastics

Simpsonville Gymnastics

Ages preschools through high school – Private lessons

Location: 3710 Grandview Drive, Simpsonville, SC 29680

Contact: 864-967-8931

Ice Skating

The Pavilion (Greenville County Rec)

Open skating hours vary by day. Assistive devices such as walkers are available.

Location: 400 Scottswood Road, Taylors, SC 29687

Contact: 864-322-PLAY

www.greenvillerec.com/ice-skating

Bon Secours Wellness Arena

Bon Secours Wellness Arena open up their ice rink specifically for individuals with disabilities a few time per year. Greenville CAN posts the dates as they come up on their Facebook Page [facebook.com/greenvillerec](https://www.facebook.com/greenvillerec)

Karate

Upstate Karate

Especially good for students with sensory processing disorders and autism spectrum disorders. Also great for following directions and motor skill development. All ages

Cost: Varies

Location: 122 Blakely Road, Simpsonville, SC 29680 Ph. 864-967-3930

www.upstatekarate.com

Museums

Children's Museum of the Upstate

Open exploration, special holiday events, camps, and after school art programs.

Cost: \$10 for adults and \$9 for children 15 and younger. \$150 yearly membership.

Location: 300 College Street, Greenville, SC

Contact: 864-233-7755

www.tcmupstate.org

Music

Kindermusik

Preschool age

Location: 153 Augusta Street, Greenville, SC 29601

Contact: 864-834-1623

www.kindermusik.com/kindermusikfun

Park Programs

Park Hop

Park Hop is a scavenger hunt throughout local parks across Greenville County.

Location: Varies

www.parkhop.org

Running

Achilles International / Greenville SC

Achilles International is an adaptive sports organization dedicated to ensuring that people of all ages, abilities, and medical/adaptive needs can run, race, and compete in mainstream running events.

Achilles is open to anyone with an interest in running, walking, or rolling.

Location: Varies

Contact: achillesgreenville@gmail.com

Skiing

Sapphire Valley Ski Resort

Staff and safety patrols are very accommodating and will give lessons / instructions. Call ahead to make arrangements.

Location: 207 Sapphire Valley Road, Sapphire, NC 28774

Contact: 828-743-7663

Soccer

Upward Sports

This is a nationwide program with thousands of locations. Identify a location that works best for you through their website.

Cost: Varies

Location: Varies

www.upward.org/find-a-place-to-play

Social Events / Clubs

Girl Scouts and Boy Scouts

Both organizations have been accommodating for individuals with various disabilities. It depends entirely on the leader of each troop. Starting a troop of your own is also an option.

Girl Scouts: www.gssc-mm.org Boy Scouts: www.blueridgescouncil.org

Special Events

Boo in the Zoo

Wear costumes and trick-or-treat in the zoo.

Location: 150 Cleveland Park Drive, Greenville, SC 29601

www.greenvillezoo.com

Story Time

Greenville Library System

Toddler to Preschool

Cost: Free

Location: Libraries throughout the County

Contact: 864-527-9235

www.greenvillelibrary.org

Theater / Acting

F.I.R.E.

Acting workshops and classes for school age and up.

Location: Fountain Inn Civic Center, 315 N Main St, Fountain Inn, SC 29644

Contact: 864-409-1050

Children's Theater

Classes and productions that children enjoy. School age and up.

Cost: Varies

Location: Peace Center – Downtown Greenville

Contact: 864-235-2885

www.scchildrenstheatre.org

Volleyball

Upward Sports

This is a nationwide program with thousands of locations. Identify a location that works best for you through their website.

Cost: Varies

Location: Varies

www.upward.org/find-a-place-to-play

Waterparks

Greenville County Rec

Greenville County Rec operates three waterparks in Greenville County: Discovery Island, Otter Creek, & 7th Inning Splash open daily in summer. Discovery Island and Otter Creek both have zero depth entry pool areas.

Cost: Varies

Locations:

Discovery Island: 417 Baldwin Road, Simpsonville, SC 29680

Otter Creek: 101 W. Darby Road, Greenville, SC 29609

7th Inning Splash: 1500 Piedmont Highway, Piedmont, SC 29673

www.greenvillerec.com

Zoo

Greenville Zoo

The Greenville Zoo is open daily. The Zoo also offers day camps that can be appropriate and accommodating. Contact the Zoo for more information about their sensory friendly accommodations.

Cost: Varies

Location: 150 Cleveland Park Drive, Greenville, SC 29601

www.greenvillezoo.com