

Adapted Sports and Recreation



This is a list of various adapted sport and recreation activities in central Ohio and surrounding areas. There may be others not listed.

Adaptive and Inclusive Programming with Westerville Parks and Recreation

Serves youth and adults with developmental and physical disabilities in the Westerville and surround communities. The program provides community outings and special events for social skills, emotional well-being, continuing education, fitness and wellness, and more.

- Call: 614-901-6848
- Email: thompson@westerville.org
- Register: westerville.org/registration

Adaptive Sports Connection

Provides equipment and lessons that meet your needs from beginners to competitive athletes. Sports include cycling, kayaking, skiing and snowboarding, water skiing, climbing, paddle boarding, amputee soccer, and sailing.

- Call: 614-389-3921
- Visit: adaptivesportsconnection.org

Adaptive Sports Program of Ohio

This program supports the health and wellness of people with physical disabilities. Competitive and recreational adaptive sport programs throughout Ohio.

- Call: 330-985-0085
- Visit: adaptivesportsohio.org

City of Columbus Therapeutic Recreation Program

Sponsors recreational activities that are adapted to meet the needs of persons with disabilities. Everyone is welcome, including the people who are not disabled. Programs include wheelchair basketball, wheelchair softball, blind soccer, boccia, swimming, track and field, wheelchair football, wheelchair road racing, wheelchair rugby, and wheelchair tennis.

- Call: 614-645-5648
- Visit: columbusrecparks.com/wellness/therapeutic-recreation

City of Columbus Franklin Park Adventure Center

The Adventure Center is primarily used for our Therapeutic Recreation Program which sponsors recreational activities that are modified to meet the needs of people with disabilities.

- Call: 614-645-5648
- Visit: columbusrecparks.com/facilities/franklin-park-adventure-center

Fishing Has No Boundaries, Central Ohio

Organization opens up the great outdoors for people with disabilities through the world of fishing.

- Call: 614-383-8851
- Visit: www.fhnbcentralohio.org

Fore Hope

This organization uses golf as an instrument to help in the rehabilitation of persons with disabilities or an inactive lifestyle. The team consists of certified therapeutic recreation specialists and golf professionals.

- Call: 614-566-4242
- Visit: www.ohiohealth.com/services/neuroscience/our-programs/forehope

Greater Columbus Rowing Association and Para Adaptive Rowing Program

Para-adaptive rowing equipment, coaching, and adaptive expertise on either the ergs (indoor rowing machine) or in rowing shells (boats) are provided depending on the season.

- Email: gcraparp@gmail.com
- Visit: columbusrowing.org/para-adaptive-rowing-program

Ohio Sled Hockey

Provides the opportunity for people with physical limitations to learn about and participate in the sport of hockey. Both adult and youth teams.

- Email: OSHsledhockey@gmail.com
- Visit: ohiosledhockey.org

Paralyzed Veterans of America, Buckeye Chapter

Available sports include: wheelchair basketball, wheelchair softball, quad rugby, billiards tournaments, air rifle competition, and Columbus Marathon (wheelchair division).

- Call: 216-731-1017
- Visit: buckeyepva.org

Recreation Unlimited

This is the largest provider in the state of Ohio serving people with disabilities in the area of sports, recreation, and education.

- Call: 740-548-7006
- Visit: recreationunlimited.org



Shane Center for Therapeutic Horsemanship

Serves both children and adults with a wide array of disabilities. Certified instructors with North American Riding for the Handicapped Association. All horses are specially selected and trained for therapeutic riding.

- Call: 740-625-9324
- Visit: shanecenter.org

Solid Rock Therapeutic Riding Center

This is a riding center for children and adults with special needs.

- Call: 330-990-1777
- Email: solidrocknb@gmail.com

Team River Runner

Provides veterans and their families an opportunity to find health, healing, community purpose, and new challenges through adventure and adaptive paddle sports.

- Email: info@teamriverrunner.org
- Visit: teamriverrunner.org

The Miracle League of Central Ohio

This program welcomes people with disabilities from age 3 to 21 years old to play in Miracle league baseball. The field is fully accessible to all who are visually impaired, wheelchair or walker-restricted, or who use any type of mobility device.

- Email: ohiomiracleleague@gmail.com
- Visit: miracleleaguecentraloh.org

The Ohio State University Recreational Sports

Student Life Recreational Sports encourages and supports the participation of people with disabilities in all programs and services at no additional cost.

- Visit: recsports.osu.edu/membership-access/inclusive-recreation

3 Trackers of Ohio

Community sports, recreation, and educational programs for individuals with disabilities. Available sports include: cycling, kayaking, water skiing, and snow skiing.

- Call: 440-476-9905
- Visit: 3trackers.org

Vertical Adventures

Adaptive climbing for anyone with a disability or exceptionality. Whether you've climbed before or if you are new to climbing, this is for you. Join us to experience the joys, benefits, and challenges of rock climbing with our amazing staff and volunteers.

- Call: 614-888-8393
- Visit: 5.life/va/adaptive-ascents

Willow Ridge Therapeutic Riding Facility

This program provides equine assisted therapy to youth who are developmentally disabled or emotionally at risk.

- Call: 614-778-9122
- Visit: willowridgeequinetherapy.org

This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.