

Accessible Recreation Options for Children and Adults with Disabilities in the Albuquerque Area



Art and Dance

Arts Adventures at VSA North Fourth Art Center

Address: 4904 Fourth Street NW, Albuquerque, NM 87107

Phone: 505-345-2872

Website: vsartsnm.org

Free community-based art and respite program for youth ages 7 through 18 who have Autism Spectrum Disorder, and their families, living in the greater Albuquerque area.

OffCenter Community Arts Project

Address: 808 Park Ave., Albuquerque, NM 87102

Phone: 505-247-1172

Website: offcenterarts.org

Offcenter offers free and low-cost art making classes and workshops to community members.

Keshet Dance Academy

Address: 4121 Cutler Ave NE, Albuquerque, NM 87110

Phone: 505-224-9808

Email: info@keshetdance.org

Website: keshetarts.org

Keshet offers dance classes, dance outreach programs, summer camps, a program for youth and adults with physical disabilities, and annual productions.

Dance It Up! @ Sandia Presbyterian Church

Address: 10704 Paseo del Norte NE, Albuquerque, NM 87122

Phone: 505-856-5040

Website: sandiapres.org

This monthly themed dance is in the Family Life Center and is for the developmentally delayed community, ages 18 and up.

Camps

Camp Rising Sun

Phone: 800-270-1861

Website: www.cdd.unm.edu/camprisingsun

Camp Rising Sun is an annual summer camp for individuals with Autism Spectrum Disorder. A lottery registration system is used due to the large number of applicants.

Camp Adventure

Phone: 505-243-6626

Website: www.carrietingleyhospitalfoundation.org/programs/camp-adventure/

This is the only camp in New Mexico that is for Teens and kids with physical disabilities. Camp Adventure provides opportunities for campers to unleash the possibilities of their abilities in areas of sports, music, art and more.

Cross of Hope Church -

Special Needs Vacation Bible School (VBS)

Address: 6104 Taylor Ranch Rd NW, Albuquerque, NM 87120

Phone: 505-897-0047

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

Special Needs VBS is a week-long vacation Bible school every summer that is especially for children who have special needs.

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City Programs

City of Albuquerque Therapeutic Recreation Program

Address: 1700 Yale SE, Albuquerque, NM 87106

Phone: 505-764-1525

Website: <https://www.cabq.gov/family>

This program is fully inclusive, and offers a variety of services that include art, leisure education, performing arts, gross motor activities, and games. Programs are offered throughout the city for persons with and without disabilities, ages 6 through high school, and there are some programs for adults.

Accessibility of Open Space Lands

Website: cabq.gov/parksandrecreation/open-space/lands/accessibility

The City of Albuquerque Open Space Division has several accessible recreation locations for all visitors. A list of accessible trails in the Albuquerque area can be found on the website.

Family

Parents Reaching Out (PRO)

Family Support Night and Sibshops

Address: 1920 Columbia Dr. SE, Albuquerque, NM 87106

Phone: 505-247-0192

Website: parentsreachingout.org

PRO offers Family Support Nights throughout the year at different locations. These are free events with food, activities, games, socializing, and more for children with disabilities and their families. They also offer Sibshops every 3 months, which include new games, new friends, and discussion activities for siblings of children who have disabilities.

Reach for the Stars Hot Air Balloon Event

Phone: 951-538-7368

Website: reach4thestars.org

The annual Albuquerque International Balloon Fiesta often hosts [Reach for the Stars Hot Air Balloon Foundation](http://reach4thestars.org), which operates wheelchair-accessible balloon rides. The accessible balloon baskets have wide-access doors to allow for easy and fast loading and unloading of passengers of every ability level.

Playground

A Park Above

Address: 2441 Westside Court, Rio Rancho, NM 87124

Phone: 505-975-0928

Website: aparkabove.org

A Park Above has inclusive play equipment that is accessible to children of all ages and abilities. There is a water splash area, a labyrinth, a basketball court, special equipment, musical instruments, hills, tunnels, slides, wheelchair swings, and shade structures. Restrooms are accessible.

La Ladera Playground

Address: 7807 Edith Blvd. NE, Albuquerque, NM 87113

La Ladera is a fully integrated and inclusive playground for children of all abilities. It has a smooth surface, and is wheelchair accessible.

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Love to Play Together Accessible Playground City of Albuquerque Therapeutic Recreation Program Loma Linda Community Center

Address: 1700 Yale Blvd. SE

Phone: 505-764-1525

Website: cabq.gov/family/facilities-centers/community-center-locations/southeast/loma-linda-community-center-therapeutic-recreation-program

This playground is wheelchair accessible and has a soft, rubber mat surface for playing on the ground. The playground is shaded, and the equipment is accessible to children of all ages and abilities. Restrooms are accessible.

Sports

We Rock the Spectrum – Kid’s Gym for all Kids

Address: 10131 Coors Blvd., NW #07, Albuquerque, NM 87114

Phone: 505-890-0912

Website: werockthespectrumalbuquerque.com

This gym provides open play, minicamps, parties and classes for children of all abilities.

Saga Gymnastics

Address: 2832 Girard Blvd. NE, Albuquerque, NM 87107

Phone: 505-884-6949

Website: sagagymnastics.com

SAGA offers Shining Stars classes for children who have disabilities.

Just for Kicks

Address: 319 Mountain Rd. NE, Albuquerque, NM 87102

Phone: 505-220-0524

Email: lgilljust4kicks@gmail.com

Just for Kicks offers a fully inclusive, adaptive martial arts program designed to support individuals with Autism Spectrum Disorder, and their siblings, friends, and peers. Instruction is provided for individuals across the lifespan and at any ability level on a year-round weekly basis.

Mountain Path Kung Fu

Address: 7849 Tramway Blvd. NE, Ste A, Albuquerque, NM 87122

Phone: 505-681-5603

Email: shenabq@gmail.com

Website: mountainpathabq.com

Mountain Path Kung Fu offers an Adaptive Kung Fu program for anyone with any physical disability. They also offer an Adaptive Kung Fu program for students with Autism Spectrum Disorder, Tourette Syndrome or Down Syndrome. Family members can participate in the class on a periodic basis to allow them to assist their child or loved one in self-paced study at home.

Full Spectrum Recreation Services

Phone: 1-800-270-1861

Email: HSC-Full-Spectrum-Rec@unm.edu

Website: cdd.unm.edu/autism/programs/recreationservices

Autism Programs partners with various community organizations and instructors to provide inclusive social-recreational programs for adolescents and adults with Autism Spectrum Disorder. Call or email the program to learn more about current activities.

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Adaptive Sports Programs New Mexico

Phone: 505-954-1224

Address: 33 Monte Alto, Santa Fe, NM 87508

Website: adaptivesportsprogram.org/index.html

The Adaptive Sports Program offers safe and supportive adaptive sports lessons for adults and children ages 5 and up who have a wide array of disabilities. Lessons take place in various locations around the state.

Global Opportunities Unlimited Inc.

Phone: 505-480-2374

Website: gounlimited.org

This organization provides children and adults who have limited mobility access to outdoor recreational opportunities and sporting activities.

American Youth Soccer Organization VIP Program

Phone: 505-926-1438

Mailing address: AYSO Region #1447, 3807 Atrisco Dr. NW, Suite B, Albuquerque, NM 87120

Email: Vip.coordinator@ayso1447.org

Website: www.ayso1447.org

The VIP Program provides a soccer experience for children and adults who have physical or mental disabilities. VIP teams may include persons who are blind or visually impaired, have Autism Spectrum Disorder, Down Syndrome or cerebral palsy, and/or are amputees or have conditions that impair mobility.

Mile High Little League/ Challenger Division

Address: 725 Juan Tabo Blvd. NE, Albuquerque, NM 87123

Email: info.officer@milehighll.com

Website: www.milehighll.com

Mile High Little League has a Challenger League for children and young adults who have disabilities.

Special Olympics New Mexico

Address: 6600 Palomas NE, Suite 207, Albuquerque, NM 87109

Phone: 800-371-5525 or 505-856-0342

Website: www.sonm.org

Special Olympics New Mexico provides sports training and athletic competition for persons ages 8 and older who have intellectual disabilities. Children ages 6 and 7 can participate in sports training programs.

Fish Factory Swim School

Address: 3707 Eubank Blvd. NE, Albuquerque, NM 87111

Phone: 505-299-SWIM (7946)

Website: www.fishfacotryswim.com

The Fish Factory offers swim lessons for all children, including children who have disabilities.

Jewish Community Center (JCC) - Adaptive Swim Lessons, ASD Swim Program, and Therapy Pool

Address: 5520 Wyoming Blvd. NE, Albuquerque, NM 87109

Phone: 505-332-0565

Website: www.jccabq.org

The JCC offers adaptive swim lessons for individuals of all ages who have disabilities. There is also an Autism Spectrum Disorder (ASD) program for children with ASD.

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet