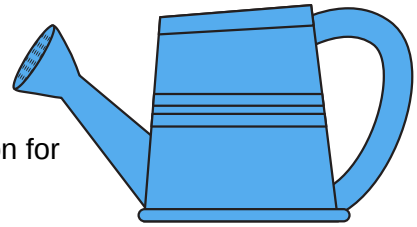
Adaptive Sports and Hobbies

Groups and sports that can help you continue doing what you love!

Easily Adapted Activities

Here are just some of the many activities that are or can be accessible.



- Fly a plane with the Able Flight Organization: https://ableflight.org/about-us
- Gardening
- Geocaching: Use www.handicaching.com/ to find detailed accesibility information for caches in your area.
- Horseback Riding
  - Find equine therapy programs through the American Hippotherapy Association: americanhippotherapyassociation.org/
- Scrapbooking: At princesscrafts.com you can create pages online then print them, eliminating the need for cutting and pasting tiny pieces.
- Scuba Diving with the Handicapped Scuba Association: https://www.hsascuba.com/
- Wheelchair racing: https://www.disabledsportsusa.org/sport/wheelchair-racing/
- Volleyball: https://www.disabledsportsusa.org/sport/volleyball/



Where do I find adaptive equipment?

- Hunting equipment: https://www.disabledsportsusa.org/sports/adaptive-equipment/hunting-equipment/
- Fishing equipment: https://www.disabledsportsusa.org/sports/adaptive-equipment/fishing-equipment/
- Hiking equipment: https://www.disabledsportsusa.org/sports/adaptive-equipment/hiking-equipment/

How do I find accessible sports and hobbies in my area?

These organizations can help you connect with clubs and leagues in your area.



- STRIDE, an adaptive sports nonprofit organization: https://www.stride.org/
- Disabled Sports USA has chapters all over the country and provides resources for adaptive sports equipment: www.disabledsportsusa.org/
- Make A Hero has a database that displays may different types of adaptive sports based on location: https://www.makeahero.org/adaptive-sports/find-a-group/
- Join a YMCA near you to participate in health & fitness including cooking and food, self-defense and group exercise: https://www.ymcadc.org/locations/

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