
Miscellaneous Programming

K2 Academy of Kids Sports

Address: 15255 N. Eldridge Parkway, Cypress 77429

Website: <https://www.k2academy.com/adaptive-gymnastics/>

Phone: 281-655-7272

Email: frontoffice@k2academy.com

Special Olympics – Houston

Address: 1335 Regents Park Drive, Suite 110, Houston, TX 77058

Website: www.sotx.org

Phone: 281-282-6024 OR 713-464-4388

Sam Houston Equestrian

Address: 13551 Lew Briggs Rd. Houston, TX 77047

Website: www.LearnHorse.com

<http://www.samhoustonequestrian.com/>

Phone: 713-443-PONY

SIRE Therapeutic Horsemanship – Various locations

Address: Three facilities around Houston in Richmond, Hockley, and Spring, TX

Website: <https://sire-htec.org/>

Phone: 281-356-7588

Email: info@sire-htec.org

Recreational Programs for Individuals with Disabilities

Please note that this information was obtained from Texas Children's Hospital. Inclusion on this list does not imply endorsement by Texas Children's Hospital. We urge all caregivers to thoroughly investigate programs on this list and to check references.

Caregivers may inquire with their local community centers and libraries who may also have information regarding recreational programs available to their children.

After-School Programs

Adaptive Recreation at Verne Cox Multipurpose Recreation Center

Address: 5200 Burke Road, Pasadena, TX 77504
Phone: 281-487-1755

Sports/Aquatics

All-Star Martial Arts: Samurai Martial Arts Program

Address: 14405 Telge Road, Cypress, TX 77429
Website: <http://www.allstarma.com/programs/taekwondo/special-needs>
Phone: (281) 373-5425
Email: instructor@allstarma.com

Leaders for Life Martial Arts

Locations: 2707 Fountain View Dr E, Houston, TX 77057 /
391 Columbia Memorial Pkwy, Kemah, TX 77565
Website: <https://leadersforlifema.com/programs/l4l-workshops#Special-Abilities>
Phone: (713) 785-5122 / (281)-535-1500

Discover Gymnastics – Special Needs Program

Address: 747 N. Shepherd Drive, #400, Houston, TX 77007
Website: <http://www.discovergymnastics.com/classes/special-needs-classes/>
Phone: (713) 680-0045

SafeSplash Swim School

Address: There are five locations in the Houston area: Cypress, Katy, Sugar Land, Missouri City, and Pearland.
Website: www.safesplash.com
Phone: (844)-543-7946

Star Skaters – Sled Hockey

Address: 303 Memorial City Way #902, Houston, TX 77024
Website: www.starskaters.org
Email: Program Director Reid Williams is reachable at reid@STARskaters.org / sledhockey@STARskaters.org

Star Skaters – Skate Therapy

Address: 16225 Lexington Blvd, Sugar Land, TX 77479
Website: www.starskaters.org
Email: Program Director B.L. Wylie is reachable at BL@STARskaters.org / skate@STARskaters.org

Little League Baseball – Challenger Division

Location: Multiple Houston area locations
Website: <https://www.littleleague.org/play-little-league/challenger/about-challenger/>
Email: Challenger@LittleLeague.org

Fun Fair Positive Soccer

Locations: Multiple Houston area locations
Website: www.ffps.org

Texas Adaptive Aquatics

Address: 103 Page Ln., Huffman, TX 77336
Website: www.taasports.org
Phone: (832) 435-6253

Thrivers

Website: <https://thriversfit.com/>
Phone: (864) 787-7969
Email: info@thriversfit.com

Music/Theatre Arts/Dance

The River Performing and Visual Arts Center

Address: 1475 W Gray St., Houston, TX 77019
Website: www.tuts.com/river
Phone: (713) 520-1220

Epic Center for Dance – Dance Abilities Program

Address: 15510 Lexington Blvd., Suite J, Sugar Land, TX 77478
Website: <https://epic-dance.com/danceabilities>
Phone: (832) 886-4527
Email: danceabilities@epic-dance.com

En Avant Studio – Special Dancers

Address: 2525 Porter Road, Katy 77493
Website: <https://www.eadance.com/>
Phone: 281-391-7779

Campbell Learning Center – Soaring!

Address: 1440 Campbell Road, Houston, TX 77055
Website: <https://www.clc-houston.org/special-needs>
Phone: 713-464-4388

YMCA Adaptive Programs

YMCA Adaptive Aquatics

Address: 16725 Longenbaugh Drive
Houston, TX 77095
281-859-6143
Website: <https://www.ymcahouston.org/langham-creek/>

YMCA Ballet/Tap/Funky Jazz I

Address: 19915 TX-249, Houston, TX 77070
281-469-1481
Links: <https://search.ymcahouston.org/search/programs/>

YMCA Miracle League Baseball, Adaptive Basketball, Adaptive Soccer, & Adaptive Flag Football

<https://www.ymcahouston.org/programs/sports/adaptive>

Evelyn Rubenstein Jewish Community Center of Houston [ERJCC Houston] Adaptive Programs

Gymnastics Superstars

Address: 5600 South Braeswood Blvd.
Houston, TX 77096
713-595-8179
Website: <http://www.erjccHouston.org/general/special-needs-programs/>

Sports Stars – Basketball & Soccer

Address: 5600 South Braeswood Blvd.
Houston, TX 77096
Phone: 713-729-3200
Website: <http://www.erjccHouston.org/general/special-needs-programs/>
Phone: 713-729-3200