INCLUSIVE AND ADAPTIVE SPORTS

Recreational, Intercollegiate Athletics & Paralympic Sports

CHOOSE YOUR AVENUE OF SUCCESS

Contact Information
Queens College - Queens Hall
65-21 Main Street
Flushing, NY 11367
718-997-4270
www.cunyathletics.com
Being a part of the team really helped me step out of my comfort zone to make new friends, and most importantly, I was able to get a great college experience by competing in a sport I really enjoy.

-Natallia Mirashnichenka, Baruch College, Swimming
The adaptive hubs are fully-accessible recreation centers that lead their borough in offering programs for New Yorkers with disabilities. These hubs are also a center of information where patrons can go to get more information on what NYC Parks offers citywide for patrons with disabilities.

**Adaptive Hubs**

**Bronx**
West Bronx Recreation Center 1527 Jesup Avenue

**Brooklyn**
McCarren Play Center 776 Lorimer Street

**Manhattan**
Chelsea Recreation Center 430 West 25th Street

**Queens**
Al Oerter Recreation Center 131-40 Fowler Avenue

**Staten Island**
Greenbelt Recreation Center 501 Brielle Avenue (between Walcott and Rockland Avenues, across from Sea View Hospital)

*$25 annual fee for access to all centers for Persons with Disabilities or Veteran Membership. Please refer to nycgovparks.org/programs/recreation-centers/membership for more details.

**Contact**
Rodolfo Guevara
212-360-3341
Rodolfo.guevara@parks.nyc.gov
No matter what level of running or walking I’m planning on doing that day, there is always someone there who can advise me and go on that weekly run with me. Achilles International is an expert at accommodating disabilities.

Andrew Zhang, Lehman College, Runner, Weightlifter
Row New York

Rowing is a sport especially suited to para-athletes because it can be adapted to different levels of ability. Those with visual impairments or physical or cognitive disabilities can all excel as rowers. Row New York’s safe and supportive adaptive and para-rowing program provides land-based and on-water workouts for athletes who wish to row for recreation, rehabilitation, and competition.

Recreational Adaptive
Recreational adaptive is for anyone with a disability looking to learn a new activity or for experienced rowers who enjoy rowing for fitness. Their recreational adaptive program meets on Saturday afternoons. There are different rowing times for participants with physical disabilities and participants with cognitive disabilities.

Freedom Rows
In partnership with U.S. Rowing and the U.S. Department of Veterans Affairs (VA), Row New York has proudly launched their Freedom Rows program for veterans with disabilities.

Competitive Para-Rowing
This program is for experienced athletes with physical disabilities who can commit to setting and achieving training goals, and for those who wish to represent Row New York at competitions. The competitive para-rowing team trains on Monday, Wednesday and Friday evenings.

Competitive Inclusion Rowing
Row New York’s comprehensive Inclusion Rowing Program is for experienced athletes with cognitive disabilities. The Competitive Inclusion Rowing team trains on Saturday afternoons.

All practices take place at the World’s Fair Boathouse. Athletes who take Access-a-Ride should request “Parks-the Boathouse at Flushing Meadows”.

*All adaptive and para-rowing activities are free of charge.

Contact
Denise Aquino
718-433-3075
daquino@rownewyork.org
The purpose of the United States Tennis Association's programming is to take an athlete and get them to play at a competitive level. They host the Jana Hunsaker Wheelchair Tournament annually in June and have most of their players compete in the tournament.

The USTA's wheelchair tennis program allows individuals with disabilities the opportunity to share in activities with their family and friends, whether disabled or not. Proficient wheelchair users can play and actively compete against stand-up players. The program includes classes offered every Sunday (except holidays and blackout days), depending on level. The season starts in October and goes until the end of May. All levels and ages are welcome. It is held at the USTA Billie Jean King National Tennis Center, in Flushing Meadows Corona Park.

Contact
Any questions regarding the wheelchair tennis program, please contact Aki Wolfson via e-mail at takayama@usta.com or by phone at 718-760-6200.

"I am very excited at winning this championship at the U.S. National Tennis Center. I believe this is the beginning of my professional career and I will work very hard to reach my goal of being one of the best players in the world."

- Jongchul Sah, Baruch College, Wheelchair Tennis

The Garden Empire Volleyball Association (GEVA)

The Garden Empire Volleyball Association (GEVA) is responsible for the promotion and growth of volleyball by offering competition, training, and education in a multitude of disciplines. GEVA also offers training programs, and competitive opportunities which includes paralympic volleyball or sitting volleyball. GEVA also authorizes and conducts indoor tournaments throughout all seasons.

Contact
914-930-6368
commissioner@geva.org
admin@geva.org
www.geva.org
The United States Olympic Committee is dedicated to supporting Paralympic-eligible athletes in achieving sustained competitive excellence whether the individual has a physical, visual, or intellectual impairment. Their classification system is based on scientific evidence to ensure fair competition with the goal of minimizing the impact of impairments on sport performance. As a consequence, not every sport is offered for athletes of every impairment type.

Want to know what sports you would be eligible to compete in?

**Winter**
- Alpine Skiing
- Biathlon
- Cross-Country Skiing
- Ice Sledge Hockey
- Wheelchair Curling
- Para-Snowboarding

**Summer**
- Archery
- Boccia
- Cycling
- Paracanoe
- Equestrian
- Football
- Goalball
- Judo
- Paratriathlon
- Powerlifting
- Rowing
- Sailing
- Shooting
- Swimming
- Table Tennis
- Volleyball
- Wheelchair Basketball
- Wheelchair Fencing
- Wheelchair Rugby
- Wheelchair Tennis

**Contact**
Paul Ackerman
Director, U.S. Paralympic Sport Development
719-886-2087

“This sport is important to me because it welcomes and challenges me to make the most of what I have -- long arms and a love for basketball -- rather than worry about what I am missing.”

- Patrick Anderson
Hunter College, Team Canada
Olympic Gold Medalist
Wheelchair Basketball
THANK YOU TO OUR PARTNERS

Office of Student Affairs, CUNY
CUNY Coalition of Students with Disabilities
University Student Senate, CUNY
Veterans Affairs Office, CUNY
United States Olympic Committee & U.S. Paralympics
NYC Parks and Recreation
Wheelchair Sports Federation
Achilles International
United States Tennis Association & Billie Jean King National Tennis Center
Row New York
Garden Empire Volleyball Association