

### Top Soccer

- Free soccer for all ages and abilities
- 11 week sessions
- Gainesville Soccer Alliance @ Jonesville Soccer Complex
- Volunteer coaches usually outnumber athletes 3:1
- Check website for details: <https://www.gainesvillesoccer.org/topsoccer/>

### Fit For All

- Weight training and cardio
- \$25 membership fee
- For 12 week programs Mon-Fri 3:00 - 3:45pm starting in September and January
- For all abilities and ages, mostly older teens and adults
- @ Gainesville Health and Fitness – Main Center
- 1:1 or 2:1 ratio of volunteer coaches to athletes

### Noah's Endeavor

- Free year-round activities for all abilities and ages
- Water activities, baseball, basketball, soccer, bowling, painting
- Around Gainesville, FL
- Volunteers for each activity
- <http://noahsendeavor.org/>

### Special Olympics

- Free year-round sports based on season
- Locations throughout Alachua County
- Track and Field, Bocce, Cheerleading, Soccer, Volleyball, Tennis, Bowling, Swimming, Flag Football, Gymnastics, Powerlifting, Softball, Golf, Basketball, and Equestrian
- Open to children 8 years of age and older of all abilities
- Separate program for young athletes, children 2-7 years old
- Motor Activities program for those physically or behaviorally unable to participate in group sports
- 2 coaches/team and 3:1 ratio of athletes to volunteers
- <https://www.specialolympicsflorida.org/northeast>

# Adapted Sports Programs for Kids in Gainesville



### Love Serving Autism

- Adaptive tennis lessons for children of all abilities ages 5-18 years old
- Times vary by session
- \$72 per 6 week session
- @ Northside Park
- 2 coaches and UF OT students
- <https://loveservingautism.org/florida-tennis-programs/>

### Splash Pals Adapted Aquatics

- Weekly swim lessons for all ages and abilities
- At the North Florida YMCA Pool
- Small groups with pre-professional college student volunteers
- <https://www.splashpals.org/ncf-gainesville>

### HOPE (Horses Helping People)

- Appointment based equine therapy – adaptive horse riding
- Available Mondays-Saturdays in Archer, FL
- Occupational therapist volunteers
- Fees based on need with scholarship available
- 5 years of age and older with ability to sit on horse
- <https://horseshelpingpeople.org/>

### Kids 4 Kids

- Annual triathlon for kids 4-18 years old of all abilities (as long as they are able to use a pool)
- Registration fees vary based on sign-up date
- In Gainesville, FL (exact location TBD)
- Up to 2 professional volunteers as needed per athlete
- <https://www.kids4kidstri.com/>

### Defy Gainesville

- Sensory Sensitive Days at the Trampoline Park
- For children of all ages and abilities
- Sundays from 10am-noon
- \$18 for children 5+ years old
- \$14 for children 4 years old and under
- <https://www.facebook.com/defygainesville/photos/a.555284111641562/1469626960207268/>

### Balance 180

- Free adaptive gymnastics for children 2-16 years old
- Saturdays 1-2 pm
- Each child paired with buddy
- In Gainesville, FL
- <https://balance180.org/adaptive-classes>

### Camp Boggy Creek

- Free 5 day camp for children 7-16 years old
- Dates vary by diagnosis - Arthritis, Asthma, Spina Bifida, Kidney, Immune, Diabetes, Heart, Cancer, Sickle Cell, Craniofacial, Hemophilia, Gastrointestinal and Epilepsy
- Activities include: Swim, Nature, Art, Woodshop, Archery, Boating & Fishing, Theater, Music, Mini Golf, & other Rec Games
- In Eustis, FL
- 1:3 staff to camper ratio with medical staff onsite and no parents allowed
- <https://www.boggycreek.org/upcoming-camp-sessions>

### Hands to Love

- \$50 weekend camp every Spring
- For toddlers - 8<sup>th</sup> graders with upper limb differences and their immediate families
- Activities include: Adapted camp activities, arts and crafts, music, archery, waterfront activities, ropes climbing, & stem immersion
- In Starke, FL
- Supervised by OT and OT student volunteers
- <https://www.handstolove.org/>