



Recreational Activities for People with Disabilities During COVID-19

COVID-19 has been difficult for many, with changing routines and ways of living. There's no doubt the pandemic has been especially hard on individuals with intellectual and developmental disabilities (I/DD) who rely on routine and supports to get through the day. Activities are essential to mental health, but it can be difficult to find activities during the pandemic that are safe and adaptable for the disability community. The list below features resources for individuals in the disability community.

Arizona Disabled Sports

Arizona Disabled Sports provides a wide variety of outdoor activities during COVID-19 for individuals with disabilities including air rifle shooting, short and long-distance cycling, boccia, kayaking, and adaptive tennis. These sports are for all ages and adaptive equipment is provided:

<https://bit.ly/3oeks0D>

Ability360 Sports & Fitness Center

Ability360 sports and fitness center provides a registration page for individuals who want to enjoy their aquatic center and fitness center during COVID-19. The center is totally inclusive for people with disabilities and without disabilities:

<https://ability360.org/sports/>

Edith Ball Adaptive Recreation Center

The Edith Ball Adaptive Recreation Center (ARC) is an award-winning facility that offers a unique experience for all. The facility is in Tucson. Both the Recreation Pool and the Therapy Pool are fully accessible. The Edith Ball Adaptive Recreation Center (ARC) is open Monday-Friday, 8 a.m.-5 p.m., by reservation only:

<https://www.tucsonaz.gov/parks/EdithBallARC>

City Activities

The City of Tempe has a social night every Friday night with bingo and other activities. The City also offer afterschool programs and adaptive Zumba:

<https://www.tempe.gov/government/community-services/classes-leagues/adapted-recreation>

The City of Phoenix offers virtual classes:

<https://www.phoenix.gov/parks/classes-and-programs>

Phoenix also hosts Adaptive classes:

<https://bit.ly/31YcZca>

Adaptive recreation resources with the City of Scottsdale:

<https://www.scottsdaleaz.gov/human-services/adaptive-services>

Note: Most of the city programs do not require you be a resident to participate.

Accessible Attractions & Activities for Kids with Disabilities

- The Phoenix Zoo
- The McCormick-Stillman Railroad Park
- Kiwanis Park
- Arizona Autism United created this list for the holidays: [“Engaging Holiday Activities for Children with Autism”](#)

Virtual activities all over the US

Virtual exercise modules are available at Special Olympics:

<https://www.specialolympics.org/school-of-strength>

Check out this list of virtual activities collected by the Summit DD County Board in Ohio:

<https://www.summitdd.org/news/virtual-activity-guide/>

Other Resources

Jooay App is a free app that helps children with disabilities and their families to locate leisure opportunities that are: close to where they are, accessible, suit their needs and abilities, match their preferences, can help them develop and participate in society:

<http://jooay.com/>

Take a social isolation assessment:

<https://soheco.netlify.app/>

A list of best practices and resources for individual and group leisure activities during the COVID-19 emergency from Arizona's Division of Developmental Disabilities:

<https://bit.ly/34O5GG3>