

LOCAL ADAPTIVE EXPERIENCES



 ADAPTIVEADVENTURES.ORG

 INFO@ADAPTIVEADVENTURES.ORG


 (303) 679-2770

We are a 501(c)(3) nonprofit organization that provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families. Programs include: skiing & snowboarding, cycling, dragon boat racing, kayaking & paddleboarding, rock climbing, waterskiing & wakeboarding, and whitewater rafting



 IGNITEADAPTIVESPORTS.ORG

 INFO@IGNITEADAPTIVESPORTS.ORG

 (720) 310-0328

Located at the base of picturesque Eldora Mountain, just 21 miles outside of Boulder, CO, Ignite Adaptive Sports harnesses the heart and dedication of the Front Range, surrounding mountain, and Northern Colorado communities to provide children and adults with disabilities access to Colorado's amazing outdoor winter sports. Join us for alpine and cross-country skiing, snowboarding, ski biking, and snowshoeing lessons.



 NOCOASTCROSSFIT.COM/THERAPY

 CONTACT@NOCOASTCROSSFIT.COM

 (720) 663-1080

NoCoast offers group physical therapy classes for a variety of individuals with various disabilities. The classes are created based on the client's abilities and can be modified for people of all ages and functional levels. This program encourages movement adaptations & guidance for individuals to make functional gains in the following areas: strength, coordination, cardiovascular endurance, balance, range of motion & overall self-confidence.

 1729 Majestic Dr. Unit 2, Lafayette, CO



 NSCD.ORG

 INFO@NSCD.ORG

For more than 50 years, we've led the way in redefining adaptive outdoor experiences. We've helped participants reignite a passion for playing and competing in the great outdoors. We've re-invented adaptive equipment, technology, and coaching methods. And we've helped our athletes, and the world, #RethinkAbility

Programs include: adaptive biking, ability clinics, adaptive ski school (alpine skiing, snowboarding, ski bike and nordic skiing), camping, day camps, competition programs (alpine and nordic), military programs, river rafting, rock climbing, sailing, therapeutic horseback riding, shooting sports (air gun with precision air rifle and archery), and water sports (canoe, kayak, paddle boarding)



 LOVEYOURBRAIN.COM/YOGA/PRACTICE

 WESEEKTHERIVER.COM

 HELLO@THERIVERYOGADENVER.COM

A free 6-week yoga program designed to build community and resilience! Classes are intentionally adapted for TBI:

- Gentle yoga to improve balance and strength
- Meditation to enhance relaxation, positivity, and concentration
- Group discussion to connect with others with shared experiences
- Welcoming and calming class environment

Caregivers can attend independently or with a person with TBI. Programs start every January, April, July, and October

 The River: 2590 Welton Street, Denver, CO 80205



 OUTDOORBIDDIES.ORG

 INFO@OUTDOORBIDDIES.ORG


 (720) 773-7717

Outdoor Buddies' mission is to provide opportunities, through a volunteer organization, for those who have been deprived of enjoying outdoor experiences. The focus is on individuals who are mobility-disabled, at-risk youth, and youth groups. Outdoor experiences include hunting, fishing, boating, camping, and education in the use of the outdoors for recreational activities.



 PHAMALY.ORG

 AWATSON@PHAMALY.ORG

 (303) 365-0005

Phamaly Theatre Company's mission is to be a creative home for theatre artists with disabilities; to model a disability-affirmative theatrical process; and to upend conventional narratives by transforming individuals, audiences, and the world.

Phamaly Theatre Company strives to create a world in which disability and the differences within the human condition are celebrated and the theatre experience is accessible and welcoming to all.

 3532 Franklin St, Suite T2, Denver, CO 80205



 GOLF4THEDISABLED.ORG/CLINICS

 GOLF4THEDISABLED@GMAIL.COM

Why Should I Play Adaptive Golf? Learning to play golf is fun and is a great way to make new friends and enjoy the outdoors, while getting recreational therapy.

- We have our own Adaptive trained golf coaches who teach golf to people with a variety of disabilities (with and without the use of any aids).
- We have our own adaptive equipment including clubs and single-rider carts.
- Classes include group instruction and individual instruction on the driving range, chipping area, and putting green.
- Volunteers are available to help as needed, providing special assistance on a case-by-case basis.
- Shuttle service is available from the parking lot to the driving range or putting green where the classes take place!



 SPOKESFIGHTINGSTROKES.ORG

 DAN@SPOKESFIGHTINGSTROKES.ORG

 (602) 558-0820 (TEXT ONLY)

Our mission is to reach every stroke survivor and show them that recovery is possible! Through Adaptive Cycling clinics we help stroke survivors to get their life back, by regaining strength and ability, hope and freedom. The goal is to increase awareness about stroke and HHT (Hereditary Hemorrhagic Telangiectasia), and to make Adaptive Cycling available to the stroke community.



 NEUABILITY.ORG

 INFO@NEUABILITY.ORG

 (303) 286-0918

NeuAbility is a comprehensive rehabilitative wellness center in Denver, CO. We offer a suite of progressive, adaptive movement-based programs for individuals living with paralysis. Whether it be a personalized session with an Adaptive Rehabilitative Exercise Specialist or 60-minute massage, acupuncture, and/or chiropractic therapy service: you're sure to improve your quality of life by participating in our programs.

NeuAbility serves the broad paralysis community. Communities served include: Paraplegia, Quadriplegia, Spinal Cord Injury, Spina Bifida, Multiple Sclerosis, Stroke, Cerebral Palsy, Auto Immune Disease, NMO and TBI.

Services and programs include: adaptive exercise, open gym and integrative therapies

 866 E 78th Ave, Denver CO 80229



 PARADOXSPORTS.ORG

 INFO@PARADOXSPORTS.ORG

 (720) 638-5593

Paradox Sports is dedicated to transforming lives and communities through adaptive climbing opportunities that defy convention. Our founders were climbers and believed in its transformational power. They also understood that we all 'adapt' in climbing due to the equipment required. It provides an opportunity to be present in both mind and body, and often individuals discover that the only "disability" holding you back is peoples perception of what's possible.

Paradox Sports offers accessible climbing opportunities for people with differing abilities, defying the perception that people with a 'disability' cannot lead a life of adventure. We provide outdoor rock and ice climbing trips, training and local programs. We are passionate about engaging and welcoming everyone who is interested in participating, and at our core, we believe in building community.