

Community Resources

Please note that this list is not all inclusive. Encourage families to look at their local parks and rec department website for information regarding activities in their town.

Whole State

2-1-1 Connecticut

- Able to search for recreational activities/sports in each county
- Can filter searches for youth participants
- [2-1-1 Connecticut](#)

Bikes for Kids

- Bikes for Kids is a Connecticut based organization that brings smiles to children one bike at a time. Their volunteers collect, repair and safety test donated used bicycles (for free!) The refurbished bicycles along with new helmets are given away to individuals of all ages and needs. [Bikes for Kids](#)

Swimming Lessons

- Offer swim lessons for kids starting at 6 months of age
- Some locations offer adaptive swim lessons
- Many YMCA's across CT are offering free swimming lessons to children under the age of 17 who either are living in Qualified Census Tracts and/or receiving SNAP benefits
 - o Check with your local YMCA to see if they participate in these programs!

Healthy Kids Running Series

- Website: <https://healthykidsrunningseries.org/>
- Connecticut Locations:
 - o Bethel
 - o East Windsor
 - o Pomfret
 - o Somers
- To sign up:
 - o Can search by zip code or location at <https://healthykidsrunningseries.org/find-a-race/>
 - o Select location
 - o Click register online and sign up
- Coordinators and contact information based on race location
 - o National contact information: info@healthykidsrunningseries.org
 - o 1-855-213-2144
- Race distances vary from 50 yard dashes to 1 mile runs
- Registration is generally about 3 months prior to the season
 - o Spring sign ups begin in April and fall sign ups begin in June
- Cheaper to register in advance, but same day registration is also available

Special Olympics Connecticut

- Main Website:
 - o <https://soct.org>
- How to locate a local program:
 - o <https://www.soct.org/adaptive-sports-programs/find-local-program>
 - Click on county of interest
 - Click on team/location of interest
 - This page will provide:
 - Age ranges
 - Associated towns
 - Sports Offered
 - The local coordinators contact information
- Health Screening, Education, and Prevention Programs:
 - o Fit Feet
 - o FUNFitness
 - o Health Promotion
 - o Healthy Hearing
 - o MedFest
 - o Opening Eyes
 - o Special Smiles
 - o Strong Minds
- Upcoming Events Page:
 - o <https://www.soct.org/event-calendar>
 - o <https://www.soct.org/event-calendar/sports-and-competitions>
 - o <https://www.soct.org/event-calendar/fundraisers>

CT Parks

- 142 parks throughout the state
- Provides all-terrain wheelchairs at 5 different state parks for kids with mobility impairments
- [Accessibility | Connecticut State Parks and Forests](#)

Connecticut Family Support Network

- Website has information regarding recreational programs/camps available for kids with disabilities
- [Home - CT Family Support Network](#)

SNAP4CT

- Helps families receiving SNAP benefits to make affordable and healthy food/lifestyle choices
- Website has a calendar of events happening throughout the month that families can join
- [SNAP4CT - SNAP 4 CT, SNAP for CT](#)

By County

Hartford County

Earn-a-Bike

- A free, hands-on, bicycle-based, eight-week training program which introduces Hartford youth to the world of bicycles. Young people aged 13-19 earn their bicycle by learning about maintenance, Hartford's bike history, bicycle science, and safety skills. Participants leave the program with a bicycle that they have tuned up and customized themselves.
- This program runs twice a year for 8 weeks, beginning in either February or October. For more information: <https://bicico.org/earn-a-bike/>

Active City

- Active City is a non-profit organization formed to bring together different sports and recreation organizations to better organize and support youth, aged 5-21, recreation throughout the city. Long standing youth programs such as Saturday Hoopsters, Hartford Soccer Club, and Mayor Mike's Little League now fall under Active City's structure.
- Registration is Free!
- Programs with open registration:
<https://www.activecity.org/Default.aspx?tabid=1271252>
- For more information: <https://www.activecity.org/>

Hartford Police Athletic League

- The Hartford Police Athletic League empowers the youth of Hartford to realize their greatest potential through mentoring, sports, education and a positive relationship with police officers, providing youth between the ages of 6 to 18, with alternatives to violence, gang membership, truancy and substance abuse.
- Registration is free!
- To enroll: <https://www.hartfordpal.org/enrollment>

2-4-1 Hartbeat Spring Youth Running Club

- 2-4-1 CARE, Active City, and the Hartbeat Track Club are excited to bring back their 8-week run club for ages 7-13. They meet every Tuesday in Bushnell Park.
- This is a free program for Hartford residents
- To register: [Programs Archive - 2-4-1Play](#)

Hartford Recreation and Parks

- Free youth swim, sports, classes: aged 0-20
- To register:
<https://hartfordct.myrec.com/info/activities/default.aspx?type=activities>

Local Parks

- Bushnell Park: 1 Jewell Street, Hartford
 - o Metered parking M-F 8a-6p; free all other times
 - o Highlights: playground, sports areas- grass, indoor and paved, sports pavilion, paved and unpaved walking trails, youth activity area
- Colt Park: 130 Wethersfield Avenue, Hartford
 - o Highlights: paved walking trails
- Elizabeth Park: 1561 Asylum Avenue, West Hartford
 - o Highlights: bicycle paths, playgrounds, grassy sport areas, paved and unpaved walking trails
- Goodwin Park: 1192 Maple Ave, Hartford
 - o Highlights: tennis courts, softball diamond, basketball courts, playscape, spray pad, 2 trails, olympic sized pool
- Hyland and Rocky Ridge Park: 391 Britain Ave, Hartford
 - o Highlights: baseball fields, basketball court, tee-ball field, playscape, splashpad, turf soccer field
- Pope Park: 30 Pope Park Dr., Hartford
 - o Highlights: basketball courts, athletic fields, recreation center
- Jonathon's Dream Ridgefield: 355 Bloomfield Ave, West Hartford
 - o Highlights: fenced in, **accessible playground**, sensory music area, basketball, zipline
- Sigourney Square Park: 251 Sigourney St., Hartford
 - o Highlights: splashpad, playscape, basketball courts
- Boundless Playground at the Alvin and Beatrice Wood Human Services Center: 330 Park Avenue, Bloomfield
 - o Highlights: 2 separate playgrounds, swings
- Brainerd Playground: 137 Brainard Rd, Enfield
 - o Highlights: playground, swing set
- Enfield Rotary Accessible Playground: 104 Middle Road, Enfield
 - o Highlights: **accessible playground**, climbing web, slides, monkey bars, swings
- Riverfront Park: 300 Welles Street, Glastonbury
 - o Highlights: multiple fenced in playgrounds, hiking trails
- Charter Oak Playground: 56 Charter Oak St, Manchester
 - o Highlights: playscapes, sensory garden, zip line, fields, climbing structures
- Northwest Park: 145 Lang Road, Windsor
 - o Highlights: hiking trails, playground, sand pit

New Haven

City of New Haven

- Offers a variety of sports and other programs for kids of all ages
- Website also has information regarding open gym times at various schools in the county
- Costs vary depending on activity

- For information regarding programs: [Sports & Recreation | New Haven, CT](#)

Get Connected New Haven

- Provides information regarding resources for physical activity, sports, and exercises classes for kids throughout New Haven County
- [Youth | Get Connected New Haven](#)

City Climb New Haven

- Rock Climbing Gym that offers a kids club after school (prices vary)
- Offers opportunities for neurodivergent kids to rock climb with the help of Occupational Therapists and Staff (\$15/kid)
- [City Climb Gym](#)

Get Healthy CT

- Organization developed to help promote healthy lifestyles by removing barriers to healthy eating and physical activity
- Good resources for ways to increase physical activity in the Fairfield County and New Haven area
- [Physical Activity – Get Healthy CT](#)

Camp No Limits

- Camp for kids with limb differences/limb loss where families can connect with other families
- Run by PTs, OTs and PT/OT Student Volunteers at locations across the country
- CT Location is Quinnipiac University
- [Camp No Limits | Limb Loss Family Program](#)

Hamden Parks and Rec

- Offers a variety of programs for both kids and adults
- [Activities & Programs | Hamden, CT](#)

Local Parks:

- Brodie's Place Playground: 696 North St., Milford
 - o Highlights: playscape including spider web climber, ramps, towers
- Kids in Motion: 520 S Main St., Cheshire
 - o Highlights: large play area with climbers, swings, ramps, tunnels, towers and rock climbing walls
- Pease Place: 160 Pease Rd, Woodbridge
 - o Highlights: accessible playground with a climbing tower and 2 play areas
- Hannah's Dream: 274 Woodward Ave #202, New Haven
 - o Highlights: **all ability accessible playground** with swings, towers, seesaws, ramps, tunnels and an open play area
- John's Jungle: 2875 Dixwell Ave, Hamden
 - o Highlights: rainforest themed fenced in playground

Litchfield

Litchfield Parks and Rec

- Offers different recreational activities for kids (varying costs)
- [Litchfield Park & Recreation: Online Registration by MyRec.com Recreation Management Software](#)

Local Parks

- Topsmead State Forest: Buell Road, Litchfield
 - o Highlights: Walking paths, hiking
- Hop Brook Lake Recreation Area: 4 Straits Turnpike, Middlebury,
 - o Highlights: Sandy beach, swimming, hiking, disc golf, volleyball courts
- Squantz Pond State Park: 178 Short Woods Road, New Fairfield
 - o Highlights: Swimming, hiking
- Brodie Park: 580 West Hill Road, New Hartford
 - o Fenced in playground
- Borzani Park: Litchfield Street, Torrington
 - o Highlights: Playground, playground, open field
- Joe Ruwet Playground: Petricone Drive, Torrington
 - o Highlights: Basketball court, playground, softball field

New London

New London Recreation Department

- Offers recreational activities for people of all ages for varying costs
- [New London Recreation Department: Programs Programs](#)

New London 4-H Camp

- Offer camps for ages 7-15 during the summer
- Can choose to participate in a variety of outdoor activities
- [New London County 4-H Camp | North Franklin, CT](#)

Busy Bees Play Hive

- Indoor play area for kids (may cost money to use)
- [Home | Busy Bees' Play Hive](#)

Local Parks

- Colchester RecPlex: 215 Old Hebron Road, New London
 - o Highlights: 2 playgrounds, monkey bars, zip lines, swings, splash pad
- Stonington Village Playground: 14 Northwest St #8, Stonington
 - o Highlights: fenced in playground with spider web climber
- Toby May Park: 611 Ocean Ave, New London
 - o Highlights: large field, tennis courts, playground with 2 play structures and swings

Middlesex

Channel 3 Kids Camp

- Offers year round camp activities for ages 3-adults
- [Channel 3 Kids Camp | HUMAN SERVICES](#)

Middletown CT Recreation

- Offer recreational programs for all ages of varying cost
- [Middletown CT Recreation: Programs Programs](#)

Local Parks

- Allyn Brook Park: 50 Pickett Lane, Durham
 - o Highlights: Soccer fields, playground, swings
- Grove Street Park: Grove Street, Essex
 - o Highlights: Playground, tennis courts, paved trails, basketball courts
- Peckham Park: 161 Strickland Road, Middlefield
 - o Highlights: Baseball field, soccer field, walking path, skateboard park, playground
- Pierson Park: 20 James Martin Drive, Cromwell
 - o Highlights: Football field, playscape, little league field
- Watrous Park: 41 West Street, Cromwell
 - o Highlights: Basketball field, soccer field, baseball field, tennis courts, volleyball courts, splash pad

Tolland

Tolland Parks and Rec

- The link below will take you to the most up to date recreation magazine that offers various programs for people of all ages
- [Recreation Department | Town of Tolland CT](#)

Tolland Sports Squirts

- Provides sports camps and other classes for kids age 2-5
- Also has a Senior Sports Squirts for kids 6-8
- [Tolland Preschool, Kindergarten, & Kids Sports Classes & Activities](#)

4-H Camp

- Offer camps for ages 7-15 during the summer
- Can choose to participate in activities like zipline, swimming, archery and more!
- [Summer Camp, Day, Overnight, Teen. Windham-Tolland 4H Camp, Pomfret CT](#)

Local Parks

- Adam's Adventure- Cross Farms Recreation **to accommodate mobility impairments, auditory disabilities, autism spectrum disorders, cognitive impairments, visual disabilities and more**
- Brookside Park: 25 Hatheway Road, Ellington
 - o Highlights: Soccer fields, baseball diamonds, football fields, volleyball courts, tennis courts, playgrounds, sand box, climbing structures, riding toys
- Creaser Park: Case Road, Coventry
 - o Highlights: Hiking and walking trails, disc golf
- Connor's Place: 600 Main Street Somers, CT
 - o Highlights: Playgrounds, sand pit, swings

Windham

Windham Parks and Rec

- Offers recreational programs for all ages
- [Youth Programs | Windham, CT](#)

4-H Camp

- Offer camps for ages 7-15 during the summer
- [Summer Camp, Day, Overnight, Teen. Windham-Tolland 4H Camp, Pomfret CT](#)

Local Parks

- Memorial Park, a Boundless Playground: 322 Prospect Street, Willimantic 06226
 - o Highlights: Playscape, baseball field
- Lauter Park: 625 Jackson St, Willimantic
 - o Highlights: Playscape, swimming, soccer, basketball, splash pad, BMX park
- Recreation Park: 50 Main St., Willimantic
 - o Highlights: Playscape, soccer fields, basketball fields, baseball fields, tennis courts, pickleball courts

Fairfield

Mill River Park Collaborative

- Free exercise classes held outside in Stamford during the summer months
- Open to all ages
- [Fit Club - Mill River Park Collaborative](#)

Health Education and Promotion: Town of Fairfield

- Provides free seminars about health education programs for people in town
- [Home - Town of Fairfield, Connecticut](#)

Get Healthy CT

- Organization developed to help promote healthy lifestyles by removing barriers to healthy eating and physical activity
- Good resources for ways to increase physical activity in the Fairfield County and New Haven area
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Local Parks

- Leonard Schine Preserve Natural Playground: 27-99 Glendinning Pl, Westport
 - o Highlights: all wood natural play areas for children aged 3-7
- Devon's Place: 295 West Ave, Norwalk
 - o Highlights: playground, tire swing, labyrinth path
- Sky's The Limit: 195 Danbury Road, Ridgefield
 - o Highlights: all abilities playground with **increased accessibility**