



RECREATIONAL AND SOCIAL PROGRAMS

Asheville Parks and Recreation Therapeutic Program

<http://www.ashevilenc.gov/Departments/ParksRecreation/Recreation/TherapeuticPrograms.aspx>

Therapeutic Recreation offers recreation and educational programs to people requiring specialized services due to developmental and/or physical disabilities, enabling them to develop new recreational skills and maintain existing ones to enhance health, independence and well-being.

Viper All-Stars Special Needs Cheer-leading Team

https://www.facebook.com/ViperStrikerAllStarsSpecialNeedsTeam/info?tab=page_info

YMCA special needs swimming lessons at Reuters YMCA:

Tuesday evenings 5:45pm-6:45pm \$37 members/ \$59 nonmembers Wednesday morning 9:30am \$37 members/ \$59 nonmembers Saturday morning 10:45am \$37 members/ \$59 nonmembers Call 828 651 9622

ABYSA TOPSoccer Program

<http://abysa.org/recreation/program-descriptions/topsoccer-program>

ABYSA TOPSoccer is a community-based soccer program for young athletes with special needs. The emphasis of this program is on development, training, and meaningful participation rather than on competition. TOPSoccer was formed to perpetuate the United States Youth Soccer Associations (USYSA) mission statement, which is “to foster the physical, mental, and emotional growth and development through the sport of soccer at all levels of age and abilities.” Our goal is to enable these young athletes with disabilities to develop their physical fitness, technical skills, courage, and self esteem, through the joy and excitement of soccer

Smoky Mountain Music Therapy, LLC

<http://www.smokymountainmusictherapy.com/>

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. (American Music Therapy Association definition, 2005)

Asheville Macaroni Kid

<http://asheville.macaronikid.com/>

Facebook Group - <https://www.facebook.com/asheville.macaronikid/?fref=nf>

Asheville Macaroni Kid is dedicated to providing you with all things kid related in the Asheville area. By subscribing to our newsletter, you receive weekly updates on events for you and your family and a chance to win free stuff - exciting giveaways to some of the best family fun activities that Asheville offers!

The Rhythmic Arts Project of Asheville (TRAP)

<https://www.facebook.com/trapofasheville>

Scott Middleton (704) 996-7974 trapofasheville@gmail.com The Rhythmic Arts Project of Asheville is dedicated to educating and empowering individuals with disabilities through the power of percussion and music.