



**FHFGBR**  
2356 Drusilla Lane  
Baton Rouge, LA 70809  
225-216-7474  
[www.fhfgbr.org](http://www.fhfgbr.org)  
Text 22828

### **Recreational Opportunities in Region 2**

**The ARC of Baton Rouge** has a summer swimming program called “Splash into Summer” Call 225-927-0855 [www.arcbatonrouge.org](http://www.arcbatonrouge.org)

**BREC** has many opportunities for inclusive recreation year round for all ages and all abilities. You can call 225-926-4659 for the most current league information. They have T-ball/Coaches pitch, Kickball, Soccer, Basketball and more. [www.brec.org](http://www.brec.org)

**BREC/Families Helping Families of Greater Baton Rouge** hold monthly dances called “Sunshine Socials”. 18 years old and over  
\*Socials are from 6-9pm and are \$5.00 donation per person. For more information contact, FHFGBR 225-216-7474. These events include music, snacks, door prizes, socialization and fun.

#### **BREC Adult Interactive Days**

Ages: 18 and up

Activities held each day of the workweek at different BREC facilities.

Time: 10:00 am – Noon

For a current list of what the activities will be contact

Ashley at 225-926-4659 or [Ashley.perrault@brec.org](mailto:Ashley.perrault@brec.org)

“**Miracle League**” baseball at Cypress Mounds is open to people with disabilities ages 6 and up. For more information call 293-9375 [www.miracleleaugecm.org](http://www.miracleleaugecm.org)

**Courageous Kids-** inclusive sports league, is located at Healing Place Church  
For more information [www.healingplaceathletics.com](http://www.healingplaceathletics.com)

#### **Ascension Parish Inclusive League or A.P.I.L**

Ascension Parish has their own Inclusive League. They offer non-competitive sports for children between the ages of 4 to 13 years with and without special needs. They offer T-ball or coach's pitch, basketball, and family fun days. Be a fan of the Ascension Parish Inclusive League on Facebook to get the latest news and activities. For more information email [myapilsports@gmail.com](mailto:myapilsports@gmail.com)

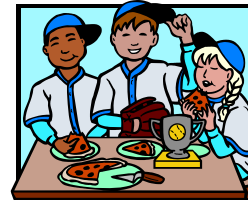
**“All Star Lanes”** bowling has a league open to people with special needs. You can call 225-924-0124 for more info and ask about the Special Needs leagues. They serve high school age through adult. You are always encouraged to join any league.

**“Circle Bowl”** has **“Friends & Family Bowling League”** they meet every Tuesday at 3:30 p.m. 225-925-5471

**“Hearts to Hooves”** is a horse-riding program for any age and any ability held at BREC FARR Park. For more information, call 225-769-7805.

### **GaitWay Therapeutic Horsemanship**

Shelly Barry  
6555 Pikes Lane  
Baton Rouge, LA 70808  
(225) 766-1614  
[shelley@gaitway.org](mailto:shelley@gaitway.org)  
[www.gaitway.org](http://www.gaitway.org)



**Therapeutic Horse Riding** with Carol Valley: located in Ascension Parish. For more information, call 225-247-2472

**3M ACRES, INC** Therapeutic Horse Riding Center. 18125 Old Baker Road. Zachary, LA 70791 Contact Larry Caleb at 225-937-1993 [www.mtpilgrim.org](http://www.mtpilgrim.org)

**“People First”** is a support group for self advocates over the age 18 that give support and teach advocacy skills. For more information, call 225-383-1033. [www.thearca.org](http://www.thearca.org)

**Capitol Area Special Olympics** call 1-337-309-7645. [www.laso.org](http://www.laso.org)

**Louisiana GUMBO-Games** Uniting Mind & Body. Contact Pam Carey at 1-800-259-7200 [Carey33452@aol.com](mailto:Carey33452@aol.com) [www.gumbogames.com](http://www.gumbogames.com)

**Volunteer Baton Rouge**, call for volunteer opportunities at 225-383-2643 [www.volunteermatch.org](http://www.volunteermatch.org)

**“Best Buddies”** is a program that matches people with intellectual disabilities with a buddy; middle school through adult age. For more details and an application visit [www.bestbuddies.org](http://www.bestbuddies.org) or call 1-800-892-8339.

**Circle Civitan Dances** held four times a year usually with a theme. They are held on Sundays from 4pm to 7pm at BREC’s Womack Ballroom. There is no fee. For more information, contact Linda at 225-243-4985

**“Gym in the Jungle”** is a Gymnastics class for children with special needs from ages one and up. For additional information, call NeuroTherapy Specialists, Inc. 225-926-1838.

**Rave Motion Pictures** are offering Sensory Film Days for people sensitive to noise. For more information, contact the Resource Center for Autism Spectrum Disorder (RCASD) at 225-236-3053 toll free 1-877-711-5382 or [www.rcasd.org](http://www.rcasd.org)

**YMCA-Louisiana Assistance Network** (scholarship application)  
250 South Foster Drive  
Baton Rouge, La 70806  
225-926-3820

**Kidz Kove Discovery Park:** located at 112 Francois Ave. Gonzales, LA 70737

**Young Chefs' Academy:** located at 7970 Jefferson Highway, Suite E  
Baton Rouge, LA 70809 for ages 6 and up. [www.youngchefsacademy.com](http://www.youngchefsacademy.com)  
225-928-2922

**State Library of Louisiana-** Free services for the blind, visually, physically and reading impaired 1-800-543-4702 Next **Chapter book club** for 16 and up with DD contact [sbelmont@ebrpl.com](mailto:sbelmont@ebrpl.com)

**McLindon Family Foundation:** assist with purchasing an adaptive bike for people with disabilities. [www.mclindonfamilyfoundation.org](http://www.mclindonfamilyfoundation.org)

**SKY ZONE** Trampoline Park offers Sensory Sunday on the first Sunday of every month from 9 am to 10 am 225-412-3300 [batonrouge@skyzone.com](mailto:batonrouge@skyzone.com)

**Chuck E Chesses** in Baton Rouge at the following location- 7680 Andrea Drive  
225-291-1880 offers Sensory Sunday on the first Sunday of each month from 9 am to 11 am

**Beyond Gymnastics** a gymnastics program in BR offering classes to children of all ages with or without special needs. Contact Taylor 306.3171  
[beyondgymnasticsbr@gmail.com](mailto:beyondgymnasticsbr@gmail.com)

**Amplifi Music Programs for Life!** Is the nation's first-ever, educational, music and performance program designed specifically for those with developmental or intellectual disabilities. Contact Sarah at [sarah.eliz.burke@gmail.com](mailto:sarah.eliz.burke@gmail.com)  
Baton Rouge Music Studios, LLC  
9327 Burbank Dr, Baton Rouge, Louisiana 70820

**AKTION CLUB** Service leadership for adults with disabilities [www.aktionclub.org](http://www.aktionclub.org)

**Fishy's Aquatics** swimming lessons <http://www.fishysaquatics.com/>  
Keith and Carla Babin 13102 Babin Rd. Gonzales LA, 70737 225-677-9919

\*If you live in the rural areas be sure to check with your local community centers, libraries, churches and civic associations.

If you know of any opportunity not listed, please contact **Families Helping Families of Greater Baton Rouge** at 225-216-7474. Toll free 1-866-216-7474 or email us at [www.fhfgbr.org](http://www.fhfgbr.org) to join our email blast and you will receive updates on new activities and one-time opportunities. You can also text us at 22828 for updates.