

Adaptive Sports & Fitness

Reach offers a variety of recreation programs specifically adapted to meet the needs of people with developmental disabilities. The programs are designed to promote physical health, gain confidence, enhance team building skills and have fun! We offer a non-competitive environment and programs are designed for ages 14 through adulthood. Some programs include:

- Basketball
- Bowling
- Dance Classes
- Softball
- Strength Training
- Yoga
- And More!



Register for Programs



Social Activities

We offer a variety of different social groups and activities for teens and adults of all abilities and interests. We value being engaged members in our community and get out and about as much as we can. Sign up for our quarterly newsletter and monthly email to stay informed about our latest programs at: reachforresources.org/AdaptiveRec. Below are a few of Reach's social activities:

- Bingo
- Craft Nights
- Dances
- Farmers Markets
- Karaoke
- Movies
- Out To Eat At Restaurants
- Shopping
- Social Skills Groups
- Sports Games
- Trivia Nights
- And More!

Inclusion Support

Reach works with city parks and recreation departments to provide an extra staff person at a program when a person with a disability requests additional accommodations to be successful. These inclusion facilitators work together with coaches and instructors to blend in, providing the minimum support needed at any given time and encourage independence and skill building in all of the participants. Inclusion staff members support children and adults in all types of programs.

To learn more about Inclusion Support, visit: reachforresources.org/Inclusion



Who is Reach for Resources?

Reach for Resources is a nonprofit that empowers people of all-abilities to reach their full potential. This is done by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being. Reach supports individuals throughout the Twin Cities and surrounding suburbs and offers four different service areas: Adaptive Recreation & Inclusion, Community Living Services, Case Management and Mental Health Services. To learn more, visit: reachforresources.org.