



Winter sports and fitness for Michiganders with disabilities

It can be difficult to find sports, recreation, and fitness opportunities for kids with disabilities, and especially so in the winter months. Here are a few ideas to get your child with disabilities involved in a sport or activity this winter!

Know of a Michigan program we missed? Comment below to add it to the list!

Southern Michigan

[Michigan Adaptive Winter Sports Program](#): An organization that provides sporting opportunities for individuals with disabilities. They offer a winter program of downhill skiing and are based in West Bloomfield.

[YMCA of Metropolitan Detroit Adaptive Youth Fitness Program](#): Various adaptive sporting and fitness programs for people with different disabilities. Many programs are indoor and occur during the winter months. Located in Metro Detroit.

[DMC Rehabilitation Institute of Michigan Adapted Sports Program](#): The Rehabilitation Institute of Michigan's SportsAbility program offers wheelchair basketball, hand cycling, adaptive water skiing, wheelchair tennis, and more. Located in Detroit.

[The Jewish Community Center of Metro Detroit](#): The JCC offers many year-round sporting events and programs, including yoga, bowling, and swimming. Located in West Bloomfield.

[Canton Leisure Services](#): A broad range of sports activities and events for individuals with disabilities. Located in Canton.

[Rochester Avon Recreation Authority Adaptive Programs](#): Yoga, dance, kung fu, basketball, and bowling programs specifically made for youth with disabilities. Located in Rochester.

[Oakland University Indoor Recreational Sports](#): Oakland University offers year-round indoor



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sports programs (including swimming, indoor soccer, judo, basketball, yoga, and others) specifically for children and teens with ASD. Located in Auburn Hills.

[Wheelchair Hockey League of Michigan](#): The Wheelchair Hockey League of Michigan offers indoor adaptive wheelchair floor hockey from October to June for individuals with many different disabilities. Located in Pinckney.

[Buddy Basketball League Oakland County](#): A basketball league for children with disabilities ages 7-14, hosted by Independence Township Parks and Recreation. Located in Clarkston.

[University of Michigan Adaptive & Inclusive Sports Experience \(UMAISE\)](#): UMAISE provides people with a broad range of abilities access to various sports programs, including basketball, softball, hockey, skiing, soccer, and many other sports. Located in Ann Arbor.

[Oakland County Adaptive Recreation](#): Programs through Oakland County Parks and Recreation that exist with the help of certified therapeutic recreation specialists to provide golf, pedal boats, hiking, and other adaptive recreation. Located across Oakland County.

[Inclusively Fit](#): A fitness and exercise facility for children and adults with disabilities. Located in Sterling Heights.

[Sterling Heights Special Recreation](#): Recreation and physical activities for individuals with cognitive and/or physical impairments. Located in Sterling Heights.

[Belightful Yoga](#): Yoga classes in group sessions or private instruction for people with various needs and abilities. Located in Royal Oak.

[Fuse \[FORCE\]](#): A center that offers workout programs for individuals with disabilities. Located in the Metro Detroit area.



Mid-Michigan

[Michigan Sports Unlimited, Inc.](#): A group that offers various sporting programs for individuals with disabilities, including downhill skiing, basketball, soccer, baseball, golf, and other sports. Located in Essexville.

[MSU Sports Skills Programs for Persons with Disabilities](#): Instructed fitness programs for people with disabilities through the Michigan State University Kinesiology Department. Located in East Lansing.

[Cannonsburg Challenged Ski Association](#): A group which provides people with disabilities the opportunity to learn and pursue snow sports. Located in Ada.

[Kentwood Adaptive Recreation](#): Kentwood Parks and Recreation offers both adaptive swim lessons and adaptive bowling during the winter months. Located in Kentwood.

[Mary Free Bed Wheelchair and Adaptive Sports](#): Mary Free Bed offers competitive sports teams and clinics in softball, basketball, tennis, sled hockey, cheerleading, and many other sports, for people in the community with limited mobility or physical disabilities. Located in Grand Rapids.

Northern Michigan

[Special Olympics Michigan Snowboarding](#): Different adaptive snowboarding programs and events across Michigan that meet in Bellaire for the State Winter Games.

[Challenge Mountain](#): An organization that offers sports programs for individuals with disabilities year-round. In the winter, they have downhill skiing, sledding, snowboarding, and other winter sports at their Challenge Mountain Lodge and Ski Area in Boyne Falls.



About the HIE Help Center and ABC Law Centers

The HIE Help Center is run by [ABC Law Centers](#), a medical malpractice firm exclusively handling cases involving HIE and other birth injuries. Our lawyers have over 100 years of combined experience with this type of law, and have been advocating for children with HIE and related disabilities since the firm's inception in 1997.

We are passionate about helping families obtain the compensation necessary to cover their extensive medical bills, loss of wages (if one or both parents have to miss work in order to care for their child), assistive technology, and other necessities.

If you suspect your child's HIE may have been caused by medical negligence, please [contact us](#) today to learn more about pursuing a case. We provide free legal consultations, during which we will inform you of your [legal options](#) and answer any questions you have. Moreover, you would pay nothing throughout the entire legal process unless we obtain a favorable settlement.

You are also welcome to reach out to us with inquiries that are not related to malpractice. We cannot provide individualized medical advice, but we're happy to track down informational resources for you.

