

# Adaptive Exercise

Here are some places on and off campus to assist you in meeting your physical activity goals!

## On-Campus Resources

### UT Services for Students with Disabilities

512-471-6259

Guidance on available adapted physical activities

### UT RecSports

512-471-3116

Accessible weight room and facilities, personal training

## Off-Campus Programs

### NCHPAD, Wheel Chair Fitness Program

1000 E. 41st St.

512-451-1752

Biking, camping, canoeing, sailing, kayaking, and various sports, etc.

### Seton Brain and Spine Recovery Center Adapted Sports Program

512-698-1472

Wheel chair sports including track, swimming, basketball, football, tennis, bowling, kayaking, fishing, and conditioning

### Danny G. McBeth Recreation Center

2401 Columbus Dr.

512-974-9011

Sports and outdoor activities, tennis, swimming, basketball, cycling, and rowing

### YMCA of Austin SNAP Fitness

6219 Oakclaire Dr.

512-891-9622

Walking, stretching, cycling, circuits, etc.

### Easterseals LIFE Center

8505 Cross Park Dr., Ste. 120

512-615-6814

Sports, physical fitness and recreation

### Texas Rowing for All

1541 West Cesar Chavez, Austin, TX

Rowing for all with physical, sensory, and cognitive disabilities

### Lonestar Paralysis Foundation

7900 FM 1826, Room 105

512-673-7823

Adaptive fitness facility that is free for anyone with a spinal cord injury

### Austin River City Rec'ers

3811 E 12th St, Austin, TX 78721

[austinadaptedsport@gmail.com](mailto:austinadaptedsport@gmail.com)

Wheelchair basketball

### Eels On Wheels Adaptive Scuba Club

[questions@eels.org](mailto:questions@eels.org)

Adaptive scuba diving

### Austin Blades

[jimmaddenmom@hotmail.com](mailto:jimmaddenmom@hotmail.com)

Sled hockey

### Texas Stampede Wheelchair Rugby

[coachgumbie@sbcglobal.net](mailto:coachgumbie@sbcglobal.net)

1420 Toro Grande Blvd, Cedar Park

Wheelchair rugby

### Texas School for the Blind and Visually Impaired

512-206-9106, [markgronquist@tsbvi.edu](mailto:markgronquist@tsbvi.edu)

Tandem cycling

### Austin Blackhawks

512-293-9433

Beeper baseball for the visually impaired

### Texas Regional Paralympic Sport

512-941-3152, [wgmubert@hotmail.com](mailto:wgmubert@hotmail.com)

Community paralympic programs