Youth Programs at ABILITY360
Thanks to Our Sponsors

- Coyotes Care
- Fiesta Bowl Charities
- Department of Economic Security, Division of Developmental Disabilities
- JAAM, Junior Adaptive Athletes in Motion
- Max in Motion
- Saguaros
- Garcia Family Foundation, Changing lives, together.
- Will2Walk Foundation, Active. Fit. Independent.
- Hohokams
- Social Security Administration, USA
- Phoenix Suns Charities, Winning on and off the court
- Thunderbirds Charities
- Scottsdale Charros
Ability360 is a 501(c) (3) nonprofit organization with a 40-year history of serving people with disabilities in Arizona. Our programs are available to youth with disabilities of all ages to support their development and independence from childhood to young adulthood.

In 2011, we opened the Ability360 Sports & Fitness Center, one of only three adaptive facilities of its kind-serving people with and without disabilities and their families in the U.S. The Sports & Fitness Center’s mission is to provide exceptional adaptive sports, recreation, aquatic and fitness programs that promote the independence, health, and overall well-being while lessening the chance of secondary conditions and chronic health conditions of those with disabilities. At the Sports & Fitness Center, we believe that youth with disabilities can experience all the benefits of exercise, fitness, and recreation that people without disabilities experience.

We also have programs that help youth and their families prepare for the transition to Adult Life. Our classes can help youth develop self-advocacy and independent living skills. Our 360Youth Program provides classes that help students with disabilities prepare for future education and employment goals. The This is MY Life Program offers free personal or group Self-Advocacy & Self-Determination Training for people in the Division of Developmental Disabilities (DDD), ages 16 years and older. Our Benefits Counselors in the Benefits to Work Program to help youth and their parents understand how to plan for work and utilize the Social Security Work Incentives available to youth with disabilities.

For questions regarding Sports & Fitness Center programs, please call (602) 386-4566.

AZ Relay Service 7-1-1

For questions regarding Ability360 programs, please call (602) 256-2245.

AZ Relay Service 7-1-1
360OUTDOORS

(All ages)

360Outdoors is for all ages and all abilities. Youth can sign up for kayaking/paddle boarding, outdoor rock climbing, hand cycling, off-road hand cycling, rowing, paracanoe, rafting, hiking, terrain hoppers and so much more. Programs are run seasonally and the cost to participate is $10 for members and $15 for non-members.

For more information about our outdoor programming you can go to our website at ability360.org/360outdoors or call (602) 386-4566.
Wheelchair Tennis is one of the fastest growing wheelchair sports in the world! Wheelchair tennis is played the same way as able-bodied tennis with the exception being that the wheelchair player is allowed two bounces of the ball. The second bounce may also occur outside the court. Men and Women compete separately in the open division, while players with higher levels of impairment compete in the mixed quad division. Wheelchair tennis is one of the few adaptive sports that can be integrated, allowing a wheelchair tennis player to compete in non-wheelchair tennis leagues, tournaments, and juniors can play on their high school tennis teams.

Ability360 offers private, small group, and youth wheelchair tennis lessons and clinics for all ages and abilities.

For more information, call (602) 386-4566 or visit ability360.org/360outdoors.
Individual Recreation Therapy Services

(All ages)

Individual Recreation Therapy sessions are led by a Certified Therapeutic Recreation Specialist (CTRS). The CTRS creates an individualized plan for each session to reach goals based on the individual’s interest and abilities. The treatment services are designed to assist in the improvement of emotional, cognitive, physical and social aspects of their lives. We provide an opportunity to enhance the quality of life of individuals with disabilities through participation in creative arts, sensory play, adaptive sports, social recreation, fitness, rock climbing, and aquatic programs. We aim to increase recreation participation, self-confidence, coping skills, leisure awareness, and health and wellness.

Members: 30 min – $20 / 60 min – $35
Non-members: 30 min – $25 / 60 min – $40

(602) 386-4566
ability360.org/sports/recreation-therapy
School Field Trips

(All ages)

School field trips provide school-aged students educational and fun experiences away from their typical school environments. Field trips often include rock wall climbing, facilitated court activities, facilitated pool activities, fitness and movement classes, dance classes, yoga classes and many more health and wellness activities.

(602) 386-4566
Private Swim Lessons

(Ages 2+)

Private swim lessons offer one-on-one learning and personalized swim instruction and attention. Our staff are certified to teach swim lessons to those who are unable to swim all the way up to advanced swimmers who are looking to improve their technique. Common goals for participants include becoming comfortable in the water, learning basic strokes, or improving swimming technique. Call (602) 386-4566

Members: 30 min – $25
Non-members: 30 min – $30

Baby & Me Swim Class

(Ages 6-36 months)

In this course, water is explored through developmentally appropriate games and songs. Children work on breath control, starting with expelling water and progressing to bubbles. Adults learn appropriate ways to hold your child, and support their development in and out of the water. As students and their adults progress, children are introduced to leg and arm actions in the water, as well as different ways to safely exit and enter the water.

FREE member class for ages 6 months to 36 months and their caregivers. Non-member $5 for child and no charge to caregiver. Call (602) 386-4566
MaxInMotion

(Ages 5 – 18)

One Saturday a month (March through October)
9:30 a.m. – 12:30 p.m.

Our introductory sports clinics are offered once a month, eight months a year (March through December). These clinics allow youth with disabilities to have an opportunity to try adaptive sports (sometimes for the first time) such as power soccer, wheelchair basketball, golf, wheelchair hockey, baseball, and tennis. These clinics are attended by as many as 15 kids each event and several participate in all eight clinics throughout the year. Our competitive youth wheelchair basketball players serve as mentors and junior coaches, which also gives athletes leadership opportunities. Call (602) 386-4566

Members & Non-members: FREE

Lunches and wheelchair equipment provided
The Narwhals have recreational and competitive teams and practice the four main swim strokes: freestyle, breaststroke, butterfly, and backstroke. Swim team members have the opportunity to compete in swim meets against other local teams. Swim team members will receive a swimsuit, shirt, swim bag, goggles, towel and swim cap. Must be ages 5 to 18. Participants must be a member of the facility, there is no additional fee to join the swim team. Call (602) 386-4566 or visit ability360.org/youth-swim-team.

Members: FREE
Youth must have a membership to participate
360 Summer Camp

(Ages 6-14)

Two summer sessions, three days each, four hours

*Summer, dates, times, offerings vary

At 360 Summer Camp we specialize in all-inclusive adaptive sports for youth ages 6-14. Our camp is delivered by a professional and experienced staff and includes recreational games, inclusive sports, indoor climbing, and aquatic activities.

Call (602) 386-4566
Youth Wheelchair Basketball

(Ages 8-18)

The youth wheelchair basketball team practices twice a week during the basketball season (October through March). There are two components of this team, the developmental program which continues the skills they learn from MaxInMotion clinics and translates into team play. The next is the competitive team, which competes in local, regional, and national tournaments.

Call (602) 386-4566 or visit ability360.org/sports/youth-wheelchair-basketball.
JR Volunteer Program

(Ages 12-17)

Fill out a JR Volunteer application on our website and then will be reached out by Miranda Vaughn (volunteer coordinator) to start the volunteering process. Volunteers can assist with events, tournaments and other fitness and recreation opportunities. Please use the link below to sign up.

Call (602) 386-4566 or visit ability360.org/sports-volunteer
JAAM Youth Athletic Equipment Grant (Ages 12-18)

In 2020, JAAM and Ability360 agreed to join forces and have Ability360 administer the JAAM grant process. It is both JAAM’s and Ability360’s intent to support existing adaptive programs in the Valley by providing program equipment for junior athletes. This enables new athletes to experience the different sports opportunities and see what is best for them. And, when an athlete commits to a specific sport(s), JAAM will assist in securing customized equipment for each athlete.

Requirements

- Can apply for (1) new sports wheelchair or (2) sport-related expenses (e.g., upgraded equipment, travel expenses, and/or coaching/training expenses)
- Athletes may apply every three (3) years for a new sport chair.
- Two (2) sports chairs total can be granted during youth sports participation unless approved by the review committee.
- Athletes may apply for sport-related expenses yearly, between applying for a new sport chair.
- National and local grants MUST be applied for in order for the JAAM application to be considered.

ability360.org/jaam-youth-athletic-equipment-grant
Building Bridges
Empowering Youth with Disabilities into Adulthood

(14-22 years old)

The Empowering Youth with Disabilities into Adulthood Program assist high school students with disabilities ages 14-22 years old transition from high school into community life.

Youth will receive the benefits
• Participating in transition workshops
• Learning independent living skills
• Offering opportunity to be connect with peers/adults with disability

The Building Bridges program also offers
• Individual/family advocacy
• Support to special education teachers
• Presentations/workshops on Independent Living Skills in the classroom
• Community resources

For more information contact:
Leanne Murrillo, CTRS at leannem@ability360.org
Healthy Teens
Healthy Communities

(Ages 13 – 22)

Tuesdays
4:00 p.m. – 5:30 p.m. *Times and locations subject to change

• Different sport/activity every month
• Teens or youth
• Monthly personal training available
• Quarterly special events
• As program grows, we will have a 13 to 15 age group and a 16 to 22 age group

Members: FREE
Non-members: $50 for Healthy Teens, Healthy Communities program only

Call (602) 386-4566 or
visit ability360.org/sports/healthy-teens-healthy-communities-program
Pre-employment Transition Services (Pre-ETS) are career exploration and job readiness services that help students with disabilities prepare for future employment. To qualify, participants must: have a documented disability, be between the ages of 14-22 years old, and be enrolled in an educational setting (public, private or charter schools, home school, college, GED programs, etc.).

Our workshops are offered online and in-person. The workshop topics are: Instruction in Self-Advocacy, Workplace Readiness Training, Counseling on Post-Secondary Education & Training Opportunities, Job Exploration Counseling, and Work-Based Learning.

For more information or to enroll, call Youth Transition Specialist Kelly Beaubien at (480) 935-3469 or email Transition@ability360.org.

“Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Ability360 prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Ability360 must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, Ability360 must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that Ability360 will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy please contact: April Reed, 602-443-0722. "Para obtener este documento en otro formato o obtener información adicional sobre esta política, April Reed, 602-443-0722." Contract #CTR056077

This program was funded through a contract with the Arizona Department of Economic Security. Points of view are those of the author and do not necessarily represent the official position or policies of the Department.
The Social Security Administration (Social Security) has created a variety of work incentives that make it easier to go to work for people who receive Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). The Benefits 2 Work Arizona program, managed by Ability360, can help you understand the Social Security Work Incentives and how to use them to increase your income through work. Work incentives Planning and Assistance (WIPA) Services can assist and support your employment choices with information that can help you achieve your goals.

Benefits 2 Work Arizona
602.443.0720
866.304.WORK (9675)
B2W@ability360.org

Benefits to Work Program is funded by a Social Security cooperative agreement. Although Social Security reviewed this document for accuracy, it does not constitute an Official Social Security communication. We developed this page at U.S. taxpayer expense.
This is MY Life Program

Free Personal or Group Self-Advocacy & Self-Determination Training for People in the Division of Developmental Disabilities (DDD), 16 years and older.

To learn more ask your DDD Support Coordinator or contact Lynn Black at Ability360.

Lynn Black, MSW-LCSW
This is MY Life Program Manager
(602) 443-0729
lynnb@ability360.org

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ABILITY360

Ability360 continues a 40-year tradition of empowering programs for people with all disabilities. Ability360 offers and promotes programs to empower people with disabilities to take personal responsibility so that they may achieve or continue independent lifestyles within the community. The independent living philosophy states that people with disabilities should have the same civil rights, options, and control over choices in their own lives as do people without disabilities.

ABILITY360 SPORTS & FITNESS CENTER

To provide exceptional adaptive sports, recreation, aquatic and fitness programs that promote the independence, health, and overall well being of people with disabilities and their family members.

ABILITY360 CENTER

Is co-located with 11 other disability services organizations on the Ability360 Center campus at 50th St. and Washington St. in Phoenix. Please contact us if you would like a tour of the Sports & Fitness Center.

ABILITY360 DIRECTORY

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Alternate format materials available upon request.