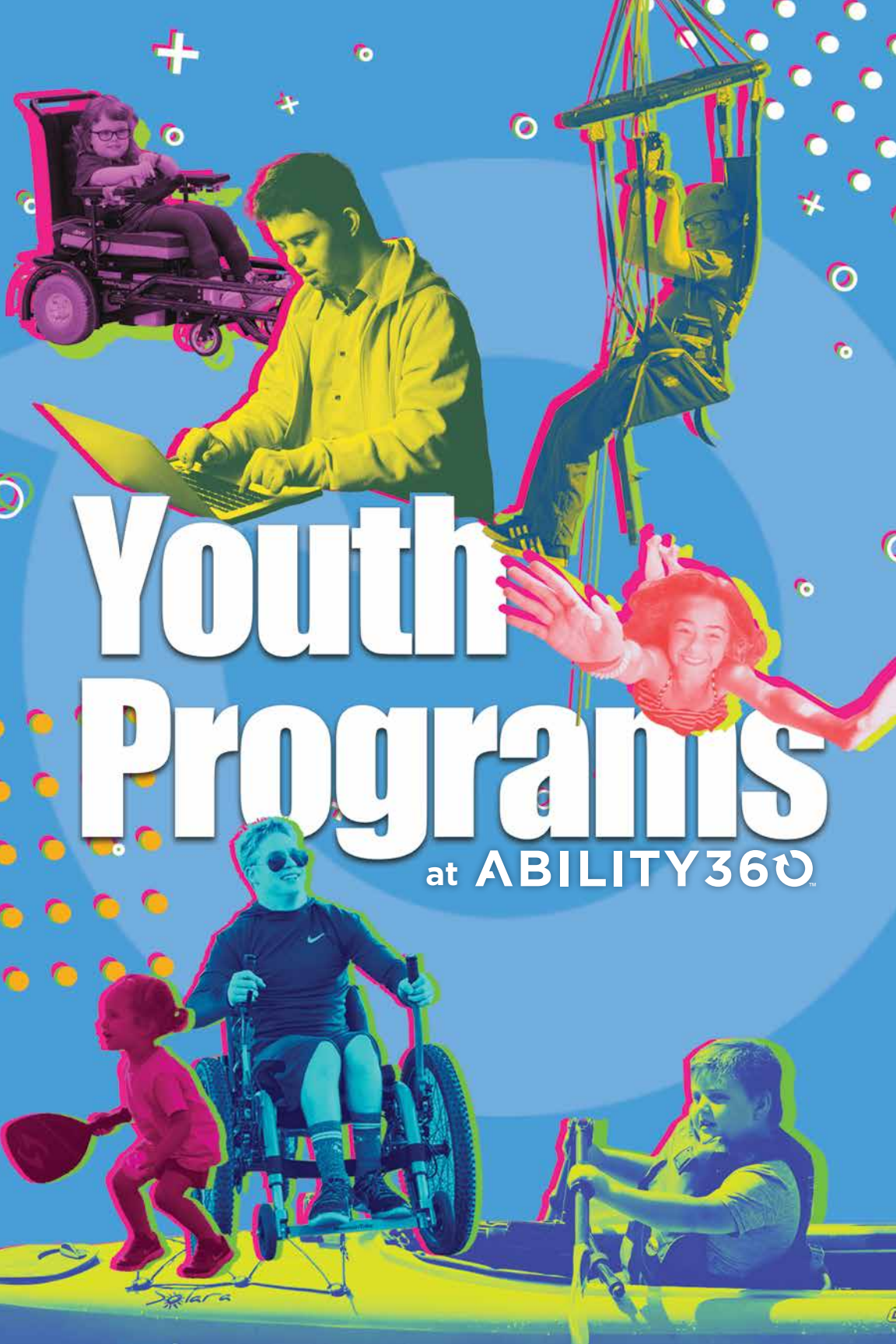




Youth Programs

at ABILITY360

Thanks to Our Sponsors



ABILITY360

Ability360 is a Center for Independent Living and 501(c)(3) nonprofit organization that has served people with disabilities in Arizona since 1981. Ability360 offers and promotes programs that empower people with all disabilities and ages so that they may achieve or continue independent lifestyles within the community.

Ability360 has 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 2 Work Arizona Program aim to help youth and their parents understand how to plan for work and utilize the Social Security Work Incentives available to youth with disabilities.

In 2011, we opened the Ability360 Sports & Fitness Center, one of only three adaptive facilities of its kind that serves people with and without disabilities and their families in the U.S. Ability360 provides exceptional adaptive sports, recreation, aquatic programs and fitness programs that promote independence, health, and overall well-being, while reducing the risk of secondary 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.

Ability360 | (602) 256-2245

Ability360's Sports & Fitness Center | (602) 386-4566

Telephone Pioneer Park | (602) 386-4282

AZ Relay Service 7-1-1



360Outdoors

(Ages 5 and up)

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 and seasonal outdoor activities based on participant interest. Programs are run seasonally with nominal fees to participate for members and nonmembers.



Ability360.org/360Outdoors

Youth Wheelchair Tennis

(Ages 4 and up)

Wheelchair tennis is one of the fastest growing wheelchair sports in the world! The sport is played the same way as 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 disability 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 integrated leagues, tournaments and juniors can play on their high school tennis teams. Ability360 offers small group youth wheelchair tennis lessons, camps, and clinics.



Ability360.org/Tennis





Individual Recreation Therapy Services

(Ages 4 and up)

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 interests and abilities. The services are designed to assist in the improvement of emotional, cognitive, physical and social aspects of their lives. We provide an opportunity to support individual well-being and participation in inclusive recreation through 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. Packages and scholarships are available.



Ability360.org/RecTherapy

Kids Corner

(Ages 4 and up)

Children will be exposed to a variety of sport and recreation activities in order to encourage socialization and appropriate play with their peers while learning new skills. Parents/guardians can enjoy other activities in the facility during this time.

(602) 386-4566

Indoor Rock Wall

The Sports & Fitness Center offers weekly rock climbing on our 35-foot indoor climbing wall. Must be 40 pounds to climb. Participants must have a rock climbing assessment on file (completed at the time of the first climb). Adaptive climb times with adaptive equipment are also available.

(602) 386-4566



School Field Trips

(All ages)

School field trips provide school-aged students with 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.



Ability360.org/FieldTrip

Narwhals Swim Team

(Ages 5-18)

The Narwhals have recreational and competitive teams that 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.



ability360.org/Narwhals



Private Swim Lessons

(All ages)

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 new to swimming 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. Packages and scholarships are available.



Ability360.org/Aquatics



MaxInMotion



(Ages 5-22)

Our introductory sports clinics are offered seasonally one Saturday a month. These clinics are attended by as many as 15 kids each event and several participate in all clinics throughout the year. Our competitive athletes serve as mentors and junior coaches, which gives athletes leadership opportunities. Thanks to grant funding, participation in this program is free of charge. Lunch, adaptive sport equipment and sport wheelchairs are provided.



Ability360.org/Max

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 explore which sports best match their interests and abilities. And, when an athlete commits to a specific sport(s), JAAM will assist in securing customized equipment for each athlete.

Requirements

- Can apply for one (1) new sports wheelchair or two (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/YouthGrant



Telephone Pioneer Park

(All Ages)

Ability360 Sports & Fitness Center is now providing classes at Telephone Pioneer Park! The best part is you don't need a current Sports & Fitness membership to participate. Come enjoy the fun and joy of Ability360 in a different environment.

Weekly classes include family fun fitness, jazz, ballet, Scottsdale Artists' School classes, monthly events, and enjoy access to an accessible playground.



Ability360.org/TPP

Youth Wheelchair Basketball

(Ages 5-18)

The wheelchair basketball teams practice twice a week during the basketball season from October to March. There are two teams, Prep and Varsity. The Prep Team focuses on building basketball skills through training and regional competition with other prep teams. The Varsity Team is the next level in youth wheelchair basketball. This team has players improving their skills and competes at the next level in local, regional and national tournaments.



Ability360.org/YouthBasketball



Junior Volunteer Program

(Ages 12-17)

Ability360 is proud to offer junior volunteer opportunities. Those interested can fill out a junior volunteer application form on our website in order to be contacted regarding next steps. Volunteers can assist with events, tournaments and other fitness and recreational opportunities.



Ability360.org/SportsVolunteer

Youth Power Soccer

(Ages 6 and up)

Power Soccer is the first competitive co-ed team sport designed and developed specifically for athletes who use a power wheelchair. This provides the opportunity for power chair users to be part of a competitive team.

Ability360 Phoenix Rising Power Soccer FC and Ability360 are United States Power Soccer Association (USPSA) registered teams. Both teams compete in tournaments and games.



Ability360.org/Soccer



Cheer & Dance Team

(Ages 6 and up)

The Ability360 Cheer & Dance team (ABCD) supports the wide variety of sports teams by performing dances and cheers for the crowd. The team has the opportunity to attend cheer camps and is looking to expand to cheer competitions in the future. If you find joy in cheering others on, pom poms, and dancing, this is the team for you! Participants of all experience levels are welcome to join in cheering, dancing, and building team spirit. No equipment needed.



Ability360.org/Cheer



360Youth 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.



Ability360.org/360Youth

"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.

360Youth & Family Events

(All Ages)

Ability360 serves youth of all ages and families in various adaptive programming, events, sessions, and classes. Ranging from sports, arts & crafts, family outings, and much more! Open to all ages with accessibility in mind.



Ability360.org/YouthFamily



360Connect

(Ages 5 and up)

360Connect is a recreational therapy program featuring inclusive activities designed to promote social, emotional, cognitive, and physical well-being. Participants have opportunities to improve communication skills, build friendships, confidence, develop motor skills, leisure skills, reduce stress and have fun! Activities are based on participant interests and may include bowling, dance, scavenger hunts, cooking, hiking, movie days, and more. Some events are open to ages 5+, while others are designed for ages 14+, depending on the activity.



Ability360.org/360Connect



Benefits 2 Work Youth Services

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.



Ability360.org/B2W

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

Our "This is MY Life" (TIML) program empowers Arizona's Division of Developmental Disabilities (DDD) members aged 16 and older to develop essential self-advocacy and self-determination skills. These free trainings build confidence, teach rights, and provide skills for making choices and advocating for needed supports and services. Participants learn goal planning, problem-solving, and effective communication to achieve their desired lives. No DDD service dollars or ALTCS eligibility are needed to participate in this DDD funded program.



Ability360.org/ThisIsMyLife

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ABILITY360

Ability360 is a 501(c)(3) nonprofit organization that has served people with disabilities in Arizona since 1981. Ability360 offers and promotes programs to empower people with disabilities 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 people without disabilities.

ABILITY360 SPORTS & FITNESS CENTER

Ability360 aims 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

Ability360 is co-located with other disability services organizations at 50th St. and Washington St. in Phoenix. Please contact us if you would like a tour.

ABILITY360

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Phoenix, AZ 85034

(602) 256-2245 (v)

AZ Relay Service 7-1-1

info@ability360.org

ABILITY360.ORG

ABILITY360 Sports & Fitness Center

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Phoenix, AZ 85034

(602) 386-4566 (v)

Telephone Pioneer Park

1946 W Morningside Dr
Phoenix, AZ 85023

(602) 386-4282 (v)

ABILITY360.ORG/SPORTS

ABILITY360.ORG/TPP

All Ability360 locations are fragrance-free, tobacco-free environments. Please do not wear scented products or smoke when visiting any of our offices, programs or events.

Alternate format materials available upon request.