

[Making Fitness Accessible for Everyone](#)

Did you know that there are at least 100 programs and sites throughout Virginia that offer accessible and adaptive recreation for people with disabilities?

Here are just a few examples:

- **Back in the Saddle (BITS)** ~ [Therapeutic horseback riding for veterans in Northern Virginia](#)
- **Beyond Boundaries** ~ [Whitewater rafting, kayaking and other outdoor adventures for people of all abilities in Richmond Metro Area](#)
- **Golf** ~ [Accessible golf courses in Northern Virginia](#)
- **IDA of New River Valley** ~ [Swimming, bowling, basketball and more for people with intellectual and developmental disabilities in the New River Valley](#)
- **Team River Runner** ~ [Adaptive kayaking/paddling programs for veterans and their families in Virginia \[Fort Belvoir\]](#)
- **Sportable** ~ [Adaptive sports for individuals with physical disabilities and vision impairments in Richmond Metro Area](#)
- **Virginia Beach Hockey Club** ~ [Sled ice hockey in Virginia Beach](#)

Explore programs to meet your fitness goals!

► [See therapeutic/adaptive recreation programs statewide.](#)

Article Source

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Last Reviewed

Saturday, June 8, 2024