LEXSEPTA / SEPAC

Adaptive swimming, sports & recreation

Lexington-area resource guide for children, teens and young adults through age 22 with disabilities. Includes programs that continue into adulthood. Prepared for the resource page; listings are not endorsements or confirmed openings.

How to use this guide

Each entry records the public-source check date, not a telephone confirmation of eligibility or availability. Most nearby towns are reasonable local leads; Boston traffic can exceed 45 minutes. New Hampshire destinations are clearly separated. Confirm the actual activity address and travel time before enrolling.

Swim Angelfish

Reading and Newton | Lessons by appointment | Public listing checked October 18, 2026

Adaptive private, semi-private and group instruction for varied sensory, motor, developmental and emotional needs. Nearby listed pools include Burbank YMCA in Reading and Church Street / Wells Avenue YMCAs in Newton. Ongoing weekly places are assigned through the office; online booking is mainly for drop-ins. Ask specifically about ages 18-22. Aquatic therapy is a separate service.

Program information | Locations and booking

JCC Greater Boston

Newton | All ages, including adults | Public listing checked October 18, 2026

Personalized adaptive lessons use Swim Angelfish methodology and other techniques. Ask about private versus group placement, current fees and membership rules. A separately listed Sensory Swim Hour offers lower-stimulation recreational swimming; it is not an individual lesson or dedicated supervision.

Program information | inclusion@jccgb.org | 617-558-6557

SafeSplash Adaptive Aquatics

Woburn/Burlington and Lexington listings | Public listing checked October 18, 2026

Both local sites advertise adaptive lessons for children with physical, sensory and developmental needs. Confirm that a trained instructor is currently available at your chosen pool, intake requirements, lesson format and whether teens or young adults through 22 are accepted.

Program information | Lexington listing

More swimming options

Age limits and support models vary. A swim instructor provides instruction; a lifeguard, volunteer buddy and personal-care aide have different responsibilities.

Lexington Recreation adaptive swim

Lexington Town Pool | Summer seasonal | Public listing checked October 18, 2026

Individualized lessons focus on safety, swimming skills and confidence for people with disabilities or medical conditions. Inclusion support is also available in regular lessons and swim team. The 2026 season has ended; 2027 dates and adaptive age eligibility need confirmation.

Program information | kdeangelis@lexingtonma.gov

Somerville Recreation + Franciscan Children's

Somerville | Ages 5-21; does not include age 22 | Public listing checked October 18, 2026

Free adaptive swimming is listed for residents and nonresidents at the Ginny Smithers/Kennedy pool. Fall 2026 groups are listed as FULL for October 17-December 12. Ask about the next session or a waiting list; an existing listing is not an available place.

Program information | 617-625-6600 ext. 2980

Adaptive Sports New England: lessons

Woburn, Waltham and other sites | Ages 6-18 | Public listing checked October 18, 2026

One student per instructor. The program is designed for mobility or visual impairments; the provider states it is not designed for autism- or intellectual-disability-specific support needs. Sites serve different impairment groups; confirm the appropriate placement and any additional disability-related supports.

Program information | info@adaptivesportsne.org | 617-690-9103

Adaptive Sports New England: swim team

Simmons University, Boston | Ages 8+ | Public listing checked October 18, 2026

For intermediate and advanced swimmers with mobility or visual impairments. This is a training/team option with the same stated limits on cognitive and behavioral supports. Ask about placement for ages 18-22, swimming prerequisites and the current schedule.

Program information

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Team sports & Special Olympics

Local starting points for soccer, baseball, multisport recreation and continuing participation after age 22.

Lexington United TOPSoccer

Lexington | Children and young adults; confirm numeric age limits | Public listing checked October 18, 2026

Adapted soccer for physical and/or intellectual disabilities; surrounding towns are welcome. The program aims for nearly one volunteer buddy per player, not a trained dedicated aide. Fall 2026 sessions are listed through October 31 at Diamond Middle School. Ask about the next season.

Program information | registrar@lexingtonunited.org

Miracle League of Massachusetts

Acton, NARA Park | Spring and fall | Public listing checked October 18, 2026

Noncompetitive baseball for a broad range of cognitive, physical, emotional and behavioral needs. Age-22 placement needs clarification: the player page says youth ages 5-22, while registration says 5-21. Ask which youth/adult division applies and how buddy support works.

Program information | Registration and ages

Newton Athletes Unlimited

Newton | Children and adults | Year-round | Public listing checked October 18, 2026

Newton Parks & Recreation’s therapeutic recreation pathway offers sports and social opportunities, including swimming, basketball, soccer, bowling and track. This overlaps with Newton Special Athletes/therapeutic recreation listings; treat it as one contact pathway. Confirm nonresident registration, activity ages and supervision.

Program information

Special Olympics Massachusetts

Statewide matching; local teams | Ages 8+; no upper age limit | Public listing checked October 18, 2026

Competitive participation has intellectual-disability eligibility criteria; a disability diagnosis alone does not establish eligibility. Young Athletes serves ages 2-7. Listed team leads include Belmont SPORT, Newton Parks & Recreation, Wellesley STARS and Brookline; membership, residency and openings are unconfirmed. Ask SOMA to match the athlete to a suitable sport/team.

Program information | 508-485-0986 | Ops@SpecialOlympicsMA.org

Movement & town recreation

Dance, yoga, martial arts, fitness and inclusive recreation. Request accommodations before registration; town programs may have resident priorities or nonresident fees.

Lexington and Burlington Recreation

Local | Ages vary by activity and season | Public listing checked October 18, 2026

Lexington lists therapeutic recreation and inclusion, with seasonal options such as adaptive martial arts, tennis and teen outings. Burlington also maintains a therapeutic recreation program. Ask each department for current age-18-22 offerings, intake deadlines and available staffing.

Program information | Burlington therapeutic recreation

Belmont/Watertown S.P.O.R.T.

Belmont area | Adult program; confirm minimum age | Public listing checked October 18, 2026

The current therapeutic recreation page describes year-round sports, Special Olympics and social activities for adults with intellectual and developmental disabilities. An older adaptive page says all ages, so confirm placement for minors. Ask about nonresidents and support requirements.

Program information | Recreation: 617-993-2760

Concord Recreation

Concord | Children and adults; activity-specific ages | Public listing checked October 18, 2026

The department welcomes people of all abilities in its programs and lists adaptive offerings. Ask about current swim, fitness and recreation options, nonresident access and whether individual support can be arranged. An accessible facility does not by itself mean an adaptive instructor is available.

Program information | concordrec@concordma.gov

Minute Man Arc

Concord area | Recreation ages 16+ | Public listing checked October 18, 2026

A useful teen-to-adult lead: recreation lists hip-hop dance, yoga, fitness, bowling and Special Olympics sports, alongside arts and social activities. Confirm current classes, service-area eligibility, transportation and personal-care or behavioral support.

Program information | recreation@minutemanarc.org

More sports & outdoor options

Program ages, equipment fit and essential eligibility criteria can differ within the same organization.

Franciscan Children’s Adaptive Sports

Brighton and partner locations | Activity-specific ages | Public listing checked October 18, 2026

A broad adaptive sports contact for children and teens; ask about current gymnastics, dance, martial arts, skating and other offerings. Its ASNE wheelchair basketball partnership lists ages 5-21 in Dedham for the 2026-27 season, so that activity does not extend to age 22.

Program information | Wheelchair basketball ages and site

Opportunities for Inclusion

Waltham | Confirm ages for each recreation activity | Public listing checked October 18, 2026

The agency maintains recreation programming and a fall 2026 brochure. Ask about current swimming, sports, music and other group options, especially eligibility at ages 18-22. Do not rely on older directory descriptions of ages or staffing.

Program information | Recreation@oppsforinclusion.org

Waypoint Adventure

Lexington-based; activity locations vary | Youth and adults | Public listing checked October 18, 2026

Adventure programs include hiking, paddling, climbing and cycling. Intake helps identify equipment and support needs. Winter Adventures at Weston Ski Track offers cross-country skiing, snowshoeing, sit-skis and assisted sled equipment. Group or individual instruction varies. Confirm 2027 dates and fees; older 2026 pricing is not a current quote.

Program information | 781-325-7980 | info@waypointadventure.org

Spaulding Adaptive Sports Centers

Greater Boston and regional sites | Children and adults | Public listing checked October 18, 2026

Adaptive sports professionals and therapists help match participants to activities. Options include adaptive hockey and seasonal recreation. Ask about skating, cycling and other current programs, exact location and disability-specific supports. Activities are recreational unless explicitly enrolled as clinical care.

Program information | 877-976-7272

Winter & farther destinations

Nearby winter recreation plus a New Hampshire option beyond the approximately 45-minute local search area.

DCR Universal Access Program

Massachusetts parks and rinks | Ages vary | Public listing checked October 18, 2026

Seasonal adaptive recreation includes skating, skiing, snowshoeing and other outdoor activities with partners. The winter schedule located is labeled 2025-26; do not treat its rink dates as a 2026-27 schedule. Ask about nearby events, current registration, equipment, companion requirements and essential eligibility criteria.

Program information | 413-461-7126 | DCR.UniversalAccess@mass.gov

New England Disabled Sports (NEDS)

Loon / Lincoln and Bretton Woods, New Hampshire | Farther destination | Public listing checked October 18, 2026

Year-round instruction for children and adults with physical and cognitive disabilities, generally ages 4+, subject to activity eligibility and equipment fit. Winter includes alpine skiing, snowboarding, Nordic skiing and snowshoeing. Tentative winter dates: December 12, 2026-March 27, 2027, weather dependent; reservations opened October 5. New participants should call to create a profile. Scholarships available. Families provide lunch-break supervision; transportation is not provided.

Program information | 603-745-9333

NEDS summer activities

New Hampshire | Ages 4+ subject to eligibility | Public listing checked October 18, 2026

The summer page lists cycling, mountain biking, golf, kayaking/paddleboarding and pickleball. Its published schedule is for 2026, not confirmed summer 2027. Ask about a suitable activity, equipment, assistance, fees and the specific destination before planning travel.

Program information

Additional lead needing confirmation

Gymnastics Planet Adaptive Program: suggested in a regional directory, but a current provider program page was not established in this review. Confirm the business, site, ages and active adaptive offering before adding it as an enrollment option. Franciscan Children’s is another contact for gymnastics leads.

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Ask before registering

Use this checklist for swimming, team sports, movement classes and outdoor programs. Record answers for the exact activity and session.

Age and eligibility

Does this activity accept the participant’s exact age, including 18-22? Are there disability, skill, equipment-size or endurance requirements? Does eligibility change at 18, 21 or 22?

What does “1:1” mean?

Is it one instructor teaching one participant, a volunteer buddy, a dedicated trained aide throughout the visit, or an overall staffing ratio? Who provides support during transitions, changing, toileting, breaks and lunch? May a family aide attend, and is there a fee?

Communication and safety

Can staff support AAC, sensory needs, limited hazard awareness or elopement risk? Discuss the actual assistance needed, including transfers, mobility, seizures, personal care and behavioral support. Ask who is responsible for each task.

Swimming details

What is the water temperature, noise level and entry method? Is a lift available and staffed? Who provides hands-on instruction versus lifeguarding? Is a caregiver expected in the water? Is this a swim lesson, recreational swim or separately licensed aquatic therapy?

Registration and travel

Are places actually available? What are the dates, fees, aid, cancellation policy and resident priorities? Confirm the activity address, parking, accessible changing facilities, transportation and travel time at the scheduled hour.

Season and support changes

Do winter or summer sessions have different ages or staffing? Are posted details for 2026 or 2027? Ask when the next schedule opens and whether supports must be requested before registering.

Sources and maintenance

Clickable provider links in each entry are the sources. Public listings were checked October 18, 2026; no provider was contacted to confirm admissions, staffing or an opening. Recheck time-sensitive entries before publishing seasonal dates. This guide complements the separate riding and camps guides.