LEXSEPTA / SEPAC

Regional winter sports & summer camps

New Hampshire, Vermont & Maine | For Lexington-area families of children, teens and young adults through age 22 with disabilities. Many programs continue into adulthood. A companion to the local riding, camps, swimming and recreation guides.

Plan a regional visit

These destinations extend beyond the original 45-minute local search area. Confirm the activity address, weather plans, travel time and lodging separately. Adaptive lessons and day activities generally do not include overnight care or all-day supervision.

How to read the listings

A check date means the public listing was reviewed, not that admission or an opening was confirmed by staff. Age ranges are program-specific. Published 2027 details are identified; otherwise ask for the upcoming schedule. Links beneath each entry lead to the source/provider.

New England Disabled Sports (NEDS)

Loon / Lincoln and Bretton Woods, NH | Winter and summer | Listing checked October 18, 2026

Adaptive sports for physical and cognitive disabilities, generally ages 4+, subject to eligibility and equipment fit. Winter: skiing, snowboarding, Nordic skiing and snowshoeing. Tentative 2026-27 dates: December 12-March 27, weather dependent. Reservations opened October 5; new participants should call. Scholarships available. Caregivers supervise lunch; transportation is not provided.

Program information | 603-745-9333

NEHSA: New England Healing Sports Association

Mount Sunapee, Newbury, NH | Winter lessons | Listing checked October 18, 2026

Adaptive standing/seated skiing, snowboarding and ski-bike lessons for all ages and abilities. Equipment and trained instructors are provided. General season: December through late March; confirm 2026-27 dates, rates and accommodation fit. NEHSA belongs in the New Hampshire section.

Program information | 603-763-9158 | info@nehsa.org

New Hampshire: more recreation

Winter instruction, year-round activities and a summer camp with published 2027 plans.

Adaptive Sports Partners

Northern NH and northeastern VT | Year-round | Listing checked October 18, 2026

Programs for all ages and disabilities. Cannon Mountain lists adaptive ski/ride instruction for ages 3+, including specialized equipment such as TetraSki for complex physical disabilities. Vermont partnerships include Jay Peak and Burke. Confirm the right site, equipment, personal-care arrangements and session availability.

Program information | Cannon program

Granite State Adaptive

King Pine, Madison; Abenaki, Wolfeboro, NH | Winter | Listing checked October 18, 2026

Adaptive ski and snowboard lessons by reservation, with private and group experiences. Family training is encouraged. The general season runs mid-December through the third week in March; exact 2026-27 dates and age eligibility need confirmation.

Program information | 603-387-1167 | heidi@gsadaptivesports.org

Waterville Valley Adaptive Sports

Waterville Valley, NH | Winter and summer | Listing checked October 18, 2026

Outdoor recreation for people of all ages and abilities. Winter ski/ride opportunities and summer adaptive cycling offer options beyond camp. Ask about the activity-specific support model, schedule, equipment and caregiver responsibilities.

Program information | Summer sports

Camp Sno-Mo / Easterseals NH

Gilmanton Iron Works, NH | Overnight summer camp | Listing checked October 18, 2026

2027 plans posted: seven weeks for ages 11-21 and two weeks for 22+. Registration is announced for November for sessions 1-7 and February for sessions 8-9. Serves a broad range of disabilities. Staffing options distinguish 2-3 campers per counselor from one counselor assigned to one camper. Non-NH residents have separate fees/deposits; confirm the full cost and support placement. A winter camp was not established in this review.

Program information | 603-716-6353

New Hampshire: summer camps

Overnight, day and transition-related options. Summer 2027 openings are unconfirmed unless explicitly noted.

Camp Allen

Bedford, NH | Day and residential | Ages 6+, no upper limit | Listing checked October 18, 2026

Serves developmental and/or physical disabilities. Ask about session grouping, nursing/personal care and whether the participant requires additional staffing. A useful option for ages 18-22 and beyond. The provider site has a 2027 season section; confirm the applicable schedule and fees.

Program information | 603-622-8471

Camp Allen: Life Camp and CamPower

Bedford, NH | Young-adult programs; exact ages to confirm | Listing checked October 18, 2026

Life Camp is a seven-day program for young adults seeking greater independence. CamPower is a paid work-skills opportunity for young adults with developmental disabilities, with mentors supporting tasks such as gardening, camp-store operations and groundskeeping. These have different goals and admissions from general camp.

Program information | program@campallennh.org

Camp Starfish

Rindge, NH | Overnight | Ages 6-17 | Listing checked October 18, 2026

For social, emotional, behavioral and learning challenges. Core programs have equal numbers of direct-care staff and campers: an overall 1:1 ratio, not a promise of a dedicated aide. Screening and financial assistance are available. This program does not cover the full age-18-22 range.

Program information

Camp Fatima Special Needs Week

New Hampshire | One-week camp | Ages 9+ | Listing checked October 18, 2026

For mild-to-moderate intellectual and developmental disabilities; published staffing is 3 campers per staff member. Confirm upper age limits, independence requirements, personal care and the next session. Catholic camp setting. Use this specific program name when inquiring.

Program information

Condition-specific option

Camp Carefree, New Durham is an American Diabetes Association camp. Ask about diabetes eligibility, age range and additional disability-related supports; it is not a general disability camp.

Vermont: winter & summer recreation

These providers offer activities or lessons. Confirm lodging separately and ask whether a caregiver must stay on site.

Vermont Adaptive Ski & Sports

Multiple Vermont sites | Youth and adults | Year-round | Listing checked October 18, 2026

Serves physical, cognitive, developmental and emotional disabilities. Winter activities include alpine skiing, snowboarding, cross-country skiing and snowshoeing. Summer options include paddling, cycling and other outdoor sports. Ask about the appropriate location, equipment, support and financial assistance. Do not assume summer activities are a residential camp.

Program information | Summer programs | 802-786-4991

Adaptive Sports at Mount Snow

West Dover, VT | Winter and summer | Listing checked October 18, 2026

Adaptive mountain sports for physical, cognitive and sensory disabilities. Skiing/snowboarding and summer programming are listed. Confirm exact ages, lesson staffing, transfer assistance and activity-specific eligibility.

Program information

Smugglers' Notch Adaptive Program (SNAP)

Jeffersonville, VT | Winter sports and summer programs | Listing checked October 18, 2026

Advertises adaptive programs for all ages and abilities. Useful as part of a family stay. Ask whether the chosen summer offering is a day camp, individual activity or inclusion support; confirm hours, staff assignments, personal care and caregiver availability.

Program information | snap@smuggs.com

Green Mountain Adaptive Sports

Vermont | Residency-restricted funding lead | Listing checked October 18, 2026

Offers adaptive sports pathways, including Nordic skiing at Craftsbury. Its scholarship program targets Vermont residents with permanent disabilities, and Nordic eligibility is described for Vermont youth and adults. Massachusetts families should ask about access before planning a visit; do not assume scholarship eligibility.

Program information | Scholarship eligibility

Vermont: summer camps

Overnight options with different support profiles, plus clear age transitions.

Camp Thorpe

Vermont | Overnight | Ages 12 through adulthood | Listing checked October 18, 2026

Camp for teens and adults with developmental disabilities. Published age tracks include Mountain Reach, 12-20, and Pine Haven, 21+. Typical campers participate with 3 campers per counselor in 6- or 12-day sessions. Ask about current track placement, mobility, personal care and behavioral support. Camperships are available; the reviewed tuition information is for 2026.

Program information | Age tracks

Camp Akeela

Strafford, VT | Overnight | Ages 9-17 | Listing checked October 18, 2026

Camp for young people who need support with social connection, including autistic campers and those with related profiles. Confirm whether its independence and group-participation expectations fit the camper. Its listed ages do not extend to 22.

Program information

Beyond Akeela

Separate program | Teen college-transition focus | Listing checked October 18, 2026

A separate college-readiness program for neurodivergent teens. Verify current campus location, grade/age eligibility, daily-living expectations and staffing directly; do not assume it shares Camp Akeela’s Vermont location or admissions criteria.

Program information

Choosing for ages 18-22

Start with Camp Thorpe’s age-appropriate session, Camp Allen, Pine Tree Camp adult sessions beginning at 19, and Camp Sno-Mo’s youth/adult tracks. These programs offer different levels and types of support; an adult age range does not establish suitability.

Older directory leads

Camp Kaleidoscope in Starksboro, AbilityPLUS listings and unnamed independence camps were not established here as current enrollment options. They are omitted from the main directory pending current provider confirmation.

Maine: adaptive recreation

Winter lessons and year-round options, including an important distinction between broad agency services and a specific camp’s eligibility.

Maine Adaptive Sports & Recreation

Sunday River, Sugarloaf and other sites | Children and adults | Listing checked October 18, 2026

Winter skiing, snowboarding, Nordic skiing and snowshoeing; summer paddling, cycling, climbing, golf and other activities. Summer eligibility lists ages 4+; confirm age and equipment fit for the chosen winter activity. Lessons, equipment and lift/trail passes are free. January 2027 winter dates are posted. Requests depend on instructors/equipment and do not guarantee a place.

Program information | 207-824-2440 | info@maineadaptive.org

Adaptive Outdoor Education Center (AOEC)

Carrabassett Valley and Brunswick, ME | Year-round | Listing checked October 18, 2026

Adaptive recreation and education for people with disabilities. Horizons skiing operates through multiple mountain partnerships. Confirm the actual program location, ages, equipment and support plan; the agency’s two centers are not interchangeable destinations.

Program information | Horizons skiing

AOEC Horizons Summer Camp

Brunswick, ME | School-aged youth; exact ages to confirm | Listing checked October 18, 2026

Geared toward autistic school-aged youth and open to current AOEC families. Each camper is provided a 1:1 volunteer support person to help participation; this is not a guarantee of a trained personal-care aide. Space depends on volunteers. Ask about joining the program, waitlists and specific support needs.

Program information | infoAOEC@gmail.com

Travel and cost planning

Free instruction does not mean travel, meals or lodging are included. Book lessons and confirm supports before committing to accommodation. Ask about weather cancellations, accessible lodging and who supervises meals, breaks and changing.

Maine: summer & family camps

Separate youth and adult sessions can provide options through age 22 and beyond. Confirm admission and financial assistance for Massachusetts residents.

Pine Tree Camp

Rome, ME | Overnight, day and family programs | Listing checked October 18, 2026

Overnight: ages 8-18 and adult sessions 19+. Camp Pine Cone day camp: 5-12. Serves physical and developmental disabilities. Lists 3 campers per counselor and on-site nurses available around the clock. Tuition assistance is available; confirm out-of-state eligibility and individualized care. Also offers family/year-round experiences.

Program information | 207-386-5990 | ptcamp@pinetreesociety.org

Camp CaPella

Dedham / Phillips Lake, ME | Day and overnight | Listing checked October 18, 2026

Programs for children and adults with disabilities. The 2026 application lists day camp starting at 5; overnight is described as most suitable for 8+, ideally after a day-camp week. Ask about adult session placement for ages 18-22, care requirements, staffing and summer 2027 dates.

Program information | Overnight readiness

Camp No Limits - Maine

Pine Tree Camp, Rome, ME | Family camp | Listing checked October 18, 2026

For children with limb loss or limb differences and their families. Combines recreation, practical skills and peer support. Ask about participation pathways for ages 18-22 and whether caregivers/siblings attend. It is a distinct program hosted at Pine Tree Camp.

Program information | info@nolimitsfoundation.org

Camp Sunshine

Casco, ME | Family retreats | Listing checked October 18, 2026

Free retreats for children with life-threatening illnesses and their families, combining respite, recreation and support. Eligibility is illness/session-specific. Ask about age limits and additional disability-related supports; this is a family program rather than general independent overnight camp.

Program information

Before you register

Use these questions for the exact participant, program and session. “Adaptive” and “inclusive” do not establish a particular level of support.

Age and residency

What is the exact age cutoff? Which track applies at 18, 21 or 22? Are Massachusetts residents eligible for both admission and aid? Are there disability, skill, equipment-fit or independence criteria?

Staffing and personal care

Does 1:1 mean a dedicated counselor, instructor, volunteer buddy or overall ratio? Who assists with toileting, bathing, transfers, meals, medications and night waking? Can an outside aide attend, and at what cost?

Communication and safety

Discuss AAC, sensory needs, elopement risk, behavioral supports, mobility and medical needs. Ask what staff are trained to provide and what would require additional arrangements.

Camp versus activity

Is this residential camp, day camp, family retreat or a lesson? Who supervises breaks and lunch? Is a parent required on site? Are housing, meals and transport included?

Dates and costs

Confirm 2026-27 winter or summer 2027 dates, actual openings, intake deadlines, deposits, total fees, aid, cancellations and weather policies. A public calendar is not a confirmed reservation.

Directory corrections carried into this guide

Ascendigo’s reviewed summer camp is in Colorado, not Maine. Fleur de Lis Circle Week is bereavement camp for girls ages 8-15 after a parent’s death. Camp Rainbow serves Cambridge residents; it is not a general Lexington enrollment option. These are not included as regional disability-camp recommendations.

Sources and review status

Provider links throughout are the sources, reviewed October 18, 2026. No provider was contacted to confirm admission, staffing or openings. This is a planning directory, not an endorsement or exhaustive list. Recheck details before registration or posting seasonal announcements.