

## **Directories to Find Adaptive Recreation Programs**

Age Requirements

No Age Requirement

Available 24/7

Yes

Other Eligibility Criteria

Contact program for more information

Intake Contact Email

email@nchpad.org

Intake Process

Visit the website

Provider Refer

Yes

Self Refer

Yes

National Center on Health, Physical Activity and Disability

<https://www.ncpad.org/>

<https://www.nchpad.org/Directories/Programs/USA/Virginia>

<https://www.facebook.com/nchpad>

Main

(800) 900-8086

4000 Ridgeway Drive

35209 AL

United States

Languages Spoken

English

The National Center on Health, Physical Activity and Disability (NCHPAD) is the premier resource for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability. NCHPAD's features a variety of resources and services which can benefit all ages and populations. The website offers:

- A [directory of programs](#) by state available for people with disabilities and health conditions;
- Exercise modules can be found online so individuals with disabilities can customize a fitness program to fit their specific needs; Monographs with detailed information on exercise as it relates to specific disabilities;
- Database of programs and facilities, adaptive equipment and organizations related to physical activity and disability;
- Fact sheets on recreation activities and exercise guidelines for specific disabilities.

Service Area(s)

Nationwide