

# ALL ABILITIES ACTIVITIES GUIDE

A guide to activities for children  
of all abilities in Bristol, CT

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**QUESTIONS?  
CONTACT US.**

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## **OUR MISSION**

**Brandon Bianca changed the lives of the Bianca family forever. When Brandon was younger, he was non-verbal. Now, at the age of 24, Brandon is able to communicate with his family and peers. Our family credits his dedicated teachers, and all the volunteers involved with activities available for children of all abilities, for helping Brandon thrive. We wanted to ensure all Bristol residents knew about these amazing activities, so they too can experience how beneficial these activities truly are. We hope to continue to grow and expand our list in the future, but for now, welcome to our very first edition!**



## Special Olympics Bristol

**Special Olympics provides opportunities for people of all abilities to demonstrate their athletic talents. Depending on the country, state, and town, different Special Olympics teams will compete in a variety of sports. The Bristol Special Olympics team competes in the following sports:**

**Track and Field: April-June**

**Bowling: September-November**

**Skiing: January-February**

**Cycling: April-June**

**The starting age for Special Olympics Bristol is 8 years old and it is free for all participants. For more information, email [trpetit@comcast.net](mailto:trpetit@comcast.net), call 860-796-9253, or visit Bristol Special Olympics on Facebook. The team is currently run by Tim Petit and Charlene Luzefski.**



## Unified Sports

**Unified Sports is a nationwide program that offers the opportunity for children of all abilities to play a variety of sports, including, but not limited to, soccer, basketball, and track and field. Students attend practices and tournaments at schools across the state. The past few years, Bristol has offered Unified Sports at the middle and high school levels. Bristol also offered Unified Theater at the high school level. Availability may depend on the school/staff.**



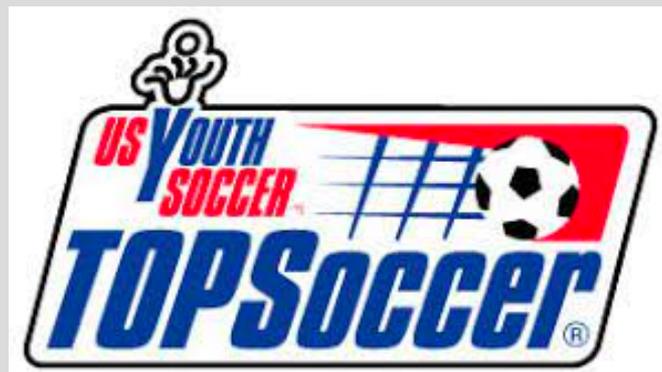
# Challenger Baseball and Basketball Leagues

**The Challenger Leagues provide weekly opportunities for people of all abilities to participate in basketball and baseball.**

**Baseball: April-June**

**Basketball: September-December**

**Typically, the age brackets are 5-12 and 13 and up for each league, and it is currently free to participate. For more information, contact Dee Valerio-Matyka by emailing [paulmatyka@sbcglobal.net](mailto:paulmatyka@sbcglobal.net) or calling 860-302-7300.**



## TOPSoccer

**TOPSoccer is a soccer program for children with physical, intellectual, and emotional disabilities. It is offered in the Spring at the Bristol Soccer Club for people ages 4-19, and it is free to participate. For more information, visit <https://bristolsoccer.org>.**



## Shepard Meadows Equestrian Center

**Shepard Meadows Equestrian Center's mission is "to support the growth and well-being of all individuals" by providing equine assisted services to many individuals, including people with disabilities. It is located on 733 Hill Street in Bristol. The minimum age is 4 years old, and the weight limit for all participants is 200 pounds. There is a fee to participate. For more information, call 860-314-0007 or visit [www.shepardmeadows.org](http://www.shepardmeadows.org).**



## Imagine Nation Museum

**The Imagine Nation Museum offers a Sensory Day for children to experience the museum in a calmer and quieter environment. The Sensory Day is currently one Tuesday a month from 1-3:30pm, and it is free to participate. For more information and current dates and times, visit <https://imagination.org> or call 860-314-1400. The Imagine Nation Museum is located on 1 Pleasant Street in Bristol.**



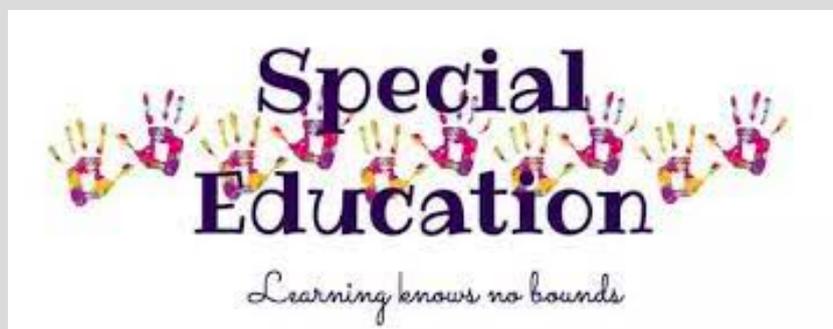
## Bristol Parks and Recreation

**The Bristol Parks and Recreation Department provides a multitude of opportunities for children and adults of all abilities.**

**Bowling: Winter Session: January-March. Summer Session: June-August. Participants meet at Spare Time, and pre-registration is required. To register, visit <https://bristolct.myrec.com> or call 860-584-6160. There is a small fee to participate and ages are 5 and up.**

**Specialized Swim Lessons: The department provides one on one specialized swim lessons. Winter session: February-April (varies depending on yearly calendar) at the Dennis Malone Aquatic Center. Summer Session: June-August at Page or Rockwell Park. To register, visit <https://bristolct.myrec.com> or call 860-584-6160. There is a small fee to participate and ages are 5 and up.**

**Adult Social Program: Typically runs in the Summer from June-August. One evening per week. Activities vary but may include crafts, concerts, mini golf, movies, etc. There may be a participation fee depending on the activity and ages are 18 and up.**



## Greater Bristol Special Education PTO

**The Greater Bristol Special Education PTO is a group that provides information to students and parents regarding important special education matters. For more information, visit <https://www.facebook.com/GBSEPTO>.**