



NORTH CAROLINA RECREATION RESOURCE GUIDE

2005

Recreation Opportunities
for Persons with Disabilities



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Compiled by The North Carolina Office on Disability & Health

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Recreation Opportunities for Persons with Disabilities

January 2005

Designed by Crystal Smith

The North Carolina Office on Disability and Health is a partnership between the NC Division of Public Health and the Frank Porter Graham Child Development Institute at the University of North Carolina at Chapel Hill. The Office works to promote the health and wellness of persons with disabilities in North Carolina through an integrated program of policy, practice, and research.

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ABOUT

the North Carolina Recreation Resource Guide

This guide was developed to increase awareness of recreation opportunities for individuals with disabilities in North Carolina. An increase in awareness is often the first step to an increase in recreation participation.

The resources included in this guide should serve as a starting point to accessing recreation opportunities. This is not intended to be an exhaustive list and all information listed was accurate at the time of publication. It is our hope that individuals with disabilities, families, and professionals will begin to look beyond “special” recreation opportunities for persons with disabilities to the vast recreation resources that exist in local communities. The possibilities are endless.

TABLE OF CONTENTS

Introduction	1
Community Recreation Resources	5
State and Regional Recreation Resources	44
National Adapted Sports & Recreation Organizations	59
General Disability Resources	66
Print Resources	75

INTRODUCTION

Benefits of Recreation

The need and desire for recreation is a natural part of life. Individuals with disabilities have the same need and desire for recreation as any other child or adult and can experience the same physical, mental, social, and emotional benefits.

Additional benefits

- Expansion of social skills and networks
- Increased independent living skills
- Improved physical functioning and health
- Preparation for employment

Recreation is also one of the best ways for individuals to increase levels of physical activity. Physical activity is very important for everyone and does not have to be strenuous. Just 30 minutes of moderate activity accumulated over a day can achieve health benefits.

The health benefits of increased physical activity

- Reduced risk of heart disease, diabetes, and high blood pressure
- Reduced feeling of depression and anxiety
- Weight control
- Improved sleep
- Improved stamina and endurance
- Improved strength and flexibility
- Psychological well being
- Prevention of some of the secondary medical complications that can occur with disability

CHOOSING RECREATION

Inclusive and Specialized Opportunities

Recent laws have affirmed the right for individuals with disabilities to be given the same options as other members of the community. This includes the opportunity to choose from all recreation activities in a community. An individual or family should not be limited to segregated or specialized activities unless that is their choice.

Where to Look For Recreation Opportunities...

This guide includes listings of both inclusive and specialized recreation opportunities, yet each community has many opportunities for inclusive recreation that could not be listed in this manual. Here are some other places in your community to look for inclusive recreation:

- Community centers
- Churches, Synagogues, and Temples
- Private health and fitness clubs
- Businesses (such as dance studios, karate schools, bowling alleys, etc.)
- Museums and Zoos
- Libraries
- Senior Centers

What to Look for in Community Programs...

Once potential recreation providers have been identified, keep in mind a number of things when making your decision. Some things to consider:

- Do you desire inclusive or specialized recreation opportunities?
- If a specialized program is chosen, is there opportunity for future transition into an inclusive program?
- Can you get into the facility?
- What kind of physical or programmatic accommodations are needed?
- Is additional support needed?
- Are the recreation activities consistent with the individual's skill level and preferences?

Keep in mind that the possibilities for inclusive recreation are endless.....

CHOOSING RECREATION

Helpful Hints...

Look beyond specialized programs

Be sure to explore a variety of resources and programs in your community. You don't need to limit options to specialized or segregated programs just for individuals with disabilities. While participation in special programs is at times beneficial, regular programs offer a wider range of opportunities and are offered at more locations.

Move toward inclusion

If special programs are chosen, consider when the individual can move into a regular program of a similar nature. For example, participation in Special Olympics swim training can lead to swimming at open times at the YMCA or to taking a swim class with non-disabled persons.

Schedule a visit

When a program choice is identified, schedule a visit to the class or facility. Introduce yourself and/or the person with a disability to the staff person or instructor and discuss any adaptations that may be required for participation. Always discuss the abilities and interests of yourself or the individual to emphasize personal strengths and not just focus on the "disability" label.

Bring a friend or family member along

If the individual initially needs extra assistance in a program, consider finding a family member, friend, or neighbor to take the class or attend the program with them. Or ask if the agency provides activity companions and how they are trained and supervised.

IMPORTANCE OF ADVOCACY

The Americans with Disabilities Act (ADA) of 1990 is a landmark piece of legislation that prohibits discrimination against persons with disabilities. Although it has been many years since the passage of the ADA, people often find that they must still “fight the system” in order to secure opportunities for inclusive recreation, especially for individuals with significant or multiple disabilities.

Access to Recreation is a right!

The ADA affects both the public and private sector. It requires both physical and programmatic access for individuals with disabilities in recreation settings. This requirement impacts recreation settings in the following ways:

- Physical barriers must be removed when readily achievable.
- If a physical barrier is not removed, it may be acceptable to move the activity to a more accessible location.
- A recreation agency might need to provide auxiliary aid or services to an individual with a disability such as a sign language interpreter or additional staff.
- Access to all programs must be provided. Special programs cannot be a substitute for regular programs if inclusive opportunities are desired.
- Remember that you cannot be charged a surcharge for any accommodations made for you.

It is very important to know and understand your rights under the ADA.

For more information contact:

Southeast Disability Business Technical Assistance Center
Center for Assistive Technology & Environmental Access
490 Tenth St.

Atlanta, GA 30318

Phone: 800-949-4232

Fax: 404-385-0641

Website: <http://www.sedbtacproject@catea.org>

For more information on the ADA...

There are some places to turn if you find yourself needing more information or assistance with this process. The listings in the section of this guide entitled “General Disability Resources” are a good place to start. Disability organizations, advocacy groups and independent living centers can often provide helpful support and information. It never hurts to call and ask.

COMMUNITY RECREATION RESOURCES

WHAT YOU WILL FIND IN THIS SECTION

This section contains a listing of recreation facilities and opportunities in North Carolina arranged alphabetically by county. The listing includes the following facilities and organizations:

Parks and Recreation Departments can be run by a city or county and usually include parks and other recreation facilities as well as recreation programming. The programs and facilities available vary widely. Some of the larger departments offer specialized programs for individuals with disabilities called “special populations programs” in addition to inclusive recreational activities.

YMCAs and YWCAs also offer a wide range of programs depending on the facility. Membership and monthly fees are often required, but scholarships are available in many cases. Some facilities have made efforts to improve accessibility and offer adaptive equipment and programs.

Cooperative Extension Centers are located in each county and are often a good source of recreation opportunities in small or rural counties. These offices coordinate the state 4-H programs that offer inclusive opportunities for youth with disabilities.

About the Information in this Section

- Please contact each facility directly for information about their programs.
- Facilities and organizations are only listed in the county in which they are located.
- No formal accessibility assessments were completed for any of the facilities listed. Remember to ask about individual accessibility needs.

For more information on parks and recreation departments and services, contact:

**North Carolina Division
of Parks and Recreation**
1615 Mail Service Center
Raleigh, NC 27699
Phone: 919-733-4181
Fax: 919-715-3085
Website: [http://ils.unc.edu/
parkproject/ncparks.html](http://ils.unc.edu/parkproject/ncparks.html)

**North Carolina Recreation
and Parks Society, Inc.**
883 Washington Street
Raleigh, NC 27605
Phone: 919-832-5868
Fax: 919-832-3323
Website: <http://www.ncrps.org>

LISTINGS BY COUNTY

ALAMANCE

Alamance County Parks and Recreation

Address: 217 College St., Suite B
Graham, NC 27253
Phone: 336-570-6760
Fax: 336-570-6358
Website: <http://www.alamance-nc.com/rec/>

Burlington Parks and Recreation

Address: 1333 Overbrook Rd.
P. O. Box 1358
Burlington, NC 27216
Phone: 336-229-3148
Fax: 336-229-3106
Website: <http://www.ci.burlington.nc.us>

Graham Recreation and Parks

Address: P.O. Drawer 357
311 College Street
Graham, NC 27253
Phone: 336-570-6700
Fax: 336-570-6703
Website: <http://www.cityofgraham.com/parksandrec.htm>

Town of Haw River Parks and Recreation

Address: P.O. Box 103
Haw River Municipal Park, 1130 Pine Street
Haw River, NC 27258
Phone: 336-578-5600
Fax: 336-578-6143

Mebane Recreation and Parks

Address: 106 East Washington St.
Mebane, NC 27302
Phone: 919-563-3629
Fax: 919-304-3388
Website: <http://www.cityofmebane.com/parks/parks.htm>

Alamance County Community YMCA

Address: 1346 South Main St.
Burlington, NC 27215-5604
Phone: 336-227-2061
Fax: 336-229-4507
Website: <http://www.alamancecounty-ymca.org>

Alamance County Cooperative Extension Center

Northwest District
Address: 209-C N. Graham-Hopedale Rd.
Burlington, NC 27217
Phone: 336-570-6740
Fax: 336-372-2279
Website: <http://www.ces.ncsu.edu/alamance/>

ALEXANDER

Alexander County Recreation

Address: 255 Liledoun Rd.
Taylorsville, NC 28681
Phone: 828-632-1104
Fax: 828-632-1154
Website: <http://www.co.alexander.nc.us>

Alexander County Cooperative Extension Center

Address: 621 Liledoun Rd., Box 5
Taylorsville, NC 28681
Phone: 828-632-4451
Fax: 828-632-7533
Website: <http://www.ces.ncsu.edu/alexander/>

YMCA of Alexander County

Address: 34 W. Main Avenue
Taylorsville, NC 28681
Phone: 828-632-2232
Fax: 828-632-6608
Website: none

ALLEGHANY

Alleghany Cooperative Extension Center

Address: 90 South Main Street, P.O. Box 7
Sparta, NC 28675
Phone: 336-372-5597
Fax: 336-372-2279
Website: <http://www.ces.ncsu.edu/alleghany/>

ANSON

Anson County Parks and Recreation

Address: Rt. 2, Box 406
Wadesboro, NC 28170
Phone: 704-694-5868
Fax: 704-694-5078
Website: <http://www.co.anson.nc.us>

Anson Cooperative Extension Center

Address: 605 McLaurin St.
Box 633
Wadesboro, NC 28170
Phone: 704-694-2915
Fax: 704-694-2248
Website: : <http://www.co.anson.nc.us>

ASHE

Ashe County Parks and Recreation

Address: P. O. Box 306
Jefferson, NC 28640
Phone: 336-982-9828
Fax: 336-982-8860
Website: none

Ashe County Cooperative Extension Center

134 Government Circle
Jefferson, NC 28640
Phone: 336-219-2650
Fax: 336-219-2682
Website: <http://www.ces.ncsu.edu/ashe/>

AVERY

Avery County Parks and Recreation

Address: P.O. Box 883
Newland, NC 28657
Phone: 828-733-8266
Fax: 828-733-7014

Ayden Parks and Recreation

Address: P.O. Box 219
Ayden, NC 28513
Phone: 252-746-7002
Fax: 252-746-7009

Avery County Cooperative Extension Center

Address: 805 Cranberry St.
Newland, NC 28657
Phone: 828-733-8270
Fax: 828-733-8295
Website: <http://www.ces.ncsu.edu/avery/>

BEAUFORT

Belhaven Recreation

Address: P.O. Box 220
Belhaven, NC 27810
Phone: 252-943-3055
Fax: 252-943-2357
Website: <http://www.belhavennc.us/recreation.htm>

Washington Parks, Recreation & Civic Center

Address: 310 West Main St.
Peterson Bldg., Suite 200
Washington, NC 27889
Phone: 252-975-9367
Fax: 252-946-8433
Website: <http://www.ci.washington.nc.us/recreation.aspx>

Beaufort County Cooperative Extension Center

Address: 155-A Airport Road
Washington, NC 27889
Phone: 252-946-0111
Fax: 252-975-5887
Website: <http://www.ces.ncsu.edu/beaufort/>

BLADEN

Bladen County Parks and Recreation

Address: P.O. Box 965, 803 King St.

Elizabethtown, NC 28337

Phone: 910-862-6770

Fax: 910-862-6771

Website: <http://www.bladeninfo.org/departments/recreation/programs.html>

Bladen County Cooperative Extension Center

Address: 405 Smith Circle Drive

Elizabethtown, NC 28337

Phone: 910-862-4591

Fax: 910-862-6939

Website: <http://www.ces.ncsu.edu/bladen/>

BRUNSWICK

Brunswick County Parks and Recreation

Address: P. O. Box 249

69 Stamp Act Road

Bolivia, NC 28422

Phone: 910-253-2670

Fax: 910-253-2684

Website: <http://www.brunsko.net/modules.php?name=Departments>

Carolina Beach Parks and Recreation

Address: 1121 North Lake Park Blvd.

Carolina Beach, NC 28428

Phone: 910-458-7416

Fax: 910-458-2997

Website: <http://www.carolinabeach.org>

Oak Island Parks and Recreation

Address: 4601 East Oak Island Drive

Oak Island, NC 28465

Phone: 910-278-5518

Fax: 910-278-5350

Website: <http://www.oakislandnc.com>

Southport Parks and Recreation

Address: 201 East Moore St.

Southport, NC 28461

Phone: 910-457-7945

Fax: 910-457-7905

Website: <http://www.cityofsouthport.com/recreation.htm>

Brunswick County Cooperative Extension Center

Address: Brunswick County Government Complex

25 Referendum Drive, Building N, Box 109

Bolivia, NC 28422

Phone: 910-253-2610

Fax: 910-253-2612

Website: <http://www.ces.ncsu.edu/brunswick/>

BUNCOMBE

Asheville Parks and Recreation

Address: P.O. Box 7148

70 Court Plaza

Asheville, NC 28802

Phone: 828-259-5800

Fax: 828-259-5606

Website: <http://www.ashevilleparks.org/>

Black Mountain Parks and Recreation

Address: 106 Carver Ave.

Black Mountain, NC 28711

Phone: 828-669-2052

Fax: 828-669-0731

Website: <http://www.townofblackmountain.org/departments/recreation/>

Buncombe County Recreation Services

Address: 72 Gashes Creek Rd.

Asheville, NC 28805

Phone: 828-298-6118

Fax: 828-298-0656

Website: <http://www.buncombecounty.org/governing/depts/parksalive/>

YMCA of Western North Carolina, Inc.

Address: 53 Asheland Ave
Asheville, NC 28801
Phone: 828-251-5909
Fax: 828-251-2437
Website: <http://www.ymcawnc.org/>

Central Services Branch YMCA of Western NC

Address: 30 Woodfin St.
Asheville, NC 28801
Phone: 828-252-4726
Fax: 828-252-8137
Website: <http://www.ywcawnc.org/>

YWCA of Asheville

Address: 185 South French Broad Ave.
Asheville, NC 28801-3954
Phone: 828-254-7206
Fax: 828-258-8731
Website: <http://www.ywcaofasheville.org>

Community Services Branch YMCA

Address: 201 Beaverdam Rd
Asheville, NC 28801
Phone: 828-253-4706
Fax: 828-253-8137
Website: <http://www.ymcawnc.org>

Corpening Memorial YMCA

Address: 348 Grace Corpening Drive
Marion, NC 28752
Phone: 828-659-9622
Fax: 910-221-3830
Website: <http://www.ymcawnc.org>

Reuter Family Branch YMCA

Address: 3 Town Sq. Blvd
Asheville, NC 28803
Phone: 828-651-9622
Fax: 828-209-9615
Website: <http://www.ymcawnc.org>

**Buncombe County Cooperative
Extension Center**

Buncombe County Center
Address: 94 Coxe Ave.
Asheville, NC 28801
Phone: 828-255-5522
Fax: 828-255-5202
Website: <http://www.ces.ncsu.edu/buncombe/>

Blue Ridge Assembly YMCA

Address: 84 Blue Ridge Cir.
Black Mountain, NC 28711
Phone: 828-669-8422
Fax: 828-669-8497
Website: <http://www.blueridgeassembly.org>

BURKE

Burke County Parks and Recreation

Address: P.O. Box 85
Drexel, NC 28619
Phone: 828-439-4370
Fax: 828-439-4369
Website: <http://www.co.burke.nc.us/rec/>

Morganton Parks and Recreation

Address: P.O. Box 3448
Morganton, NC 28655
Phone: 828-438-5351
Fax: 828-438-5264
Website: http://www.ci.morganton.nc.us/html/morganton_recreation.html

Valdese Parks and Recreation

Address: P.O. Box 339
Valdese, NC 28690
Phone: 828-879-2132
Fax: 828-879-2192
Website: <http://www.valdese.com/recreation.htm>

Burke County Cooperative Extension Center

Address: 130 Ammons Drive, Suite 2
Morganton, NC 28655
Phone: 828-439-4460
Fax: 828-439-4468
Website: <http://www.ces.ncsu.edu/burke/>

CABARRUS

Cabarrus County Parks and Recreation

Address: P.O. Box 707
65 Church St., SE
Concord, NC 28025
Phone: 704-788-9840
Fax: 704-788-8150
Website: [http://www.co.cabarrus.nc.us/Pages/
ParkRecreation/](http://www.co.cabarrus.nc.us/Pages/ParkRecreation/)

Concord Parks and Recreation

Address: P.O. Box 308
Concord, NC 28026
Phone: 704-920-5600
Fax: 704-792-1971
Website: <http://www.concordparksandrec.org>

Cannon Memorial YMCA

Address: P.O. Box 46
Kannapolis, NC 28082
Phone: 704-933-9622
Fax: 704-932-3000
Website: www.ymcacab.org

Kannapolis Branch YMCA

Address: 101 YMCA Drive
Kannapolis, NC 28082
Phone: 704-939-9622
Fax: 704-933-7500
Website: www.ymcacab.org

Western Cabarrus Branch YMCA

Address: 5325 Langford Ave
Concord, NC 28027
Phone: 704-795-9622
Fax: 704-795-5401
Website: www.ymcacaba.org

Cabarrus County Cooperative Extension Center

Address: 715 Cabarrus Ave. West
Concord, NC 28027
Phone: 704-792-3310
Fax: 704-920-3323
Website: <http://www.ces.ncsu.edu/cabarrus/>

CALDWELL

Granite Falls Parks and Recreation

Address: P.O. Box 169
Granite Falls, NC 28630
Phone: 828-396-1221
Fax: 828-396-3133
Website: <http://granitefallsrecdept.com>

Hudson Parks and Recreation

Address: P. O. Box 457
Hudson, NC 28638
Phone: 828-726-8871
Fax: 828-728-2680
Website: <http://www.ci.hudson.nc.us>

Lenoir Parks and Recreation

Address: P.O. Box 958
Lenoir, NC 28645
Phone: 828-757-2187
Fax: 828-757-2166
Website: [http://www.cityoflenoir.com/parks_
recreation.php](http://www.cityoflenoir.com/parks_recreation.php)

Caldwell County Cooperative Extension Center

120 Hospital Ave., NE, Suite 1
Lenoir, NC 28645
Phone: 828-757-1290
Fax: 828-757-1251
Website: <http://www.ces.ncsu.edu/caldwell/>

CAMDEN

Camden Cooperative Extension Center

Address: 117 N. Hwy.343
P.O. Box 129
Camden, NC 27921-0129
Phone: 252-338-1919
Fax: 252-338-0277
Website: <http://www.ces.ncsu.edu/camden/>

CARTERET

Carteret County Parks and Recreation

Address: 801 Arendell St., Suite 4
Morehead City, NC 28557
Phone: 252-808-3686
Fax: 252-808-3975
Website: <http://www.co.carteret.nc.us/departments/parksandrecreation.htm>

Emerald Isle Parks and Recreation

Address: 7500 Emerald Dr.
Emerald Isle, NC 28594
Phone: 252-354-6350
Fax: 252-354-9019
Website: <http://www.emeraldisle-nc.org/eiprd>

Morehead City Parks and Recreation

Address: P. O. Drawer M
Morehead City, NC 28557
Phone: 252-726-5083
Fax: 252-726-2267
Website: <http://www.townofmorehead.com/recreation.html>

Carteret County Cooperative Extension Center

Address: CMAST Building, Third floor
303 College Circle
Morehead City NC 28557
Phone: 252-222-6352 or 252-222-6359
Fax: 252-222-6361
Website: <http://www.ces.ncsu.edu/carteret/directions.html>

CASWELL

Caswell County Parks and Recreation

Address: P.O. Box 98
Yanceyville, NC 27329
Phone: 336-694-4449
Fax: 336-694-1405
Website: <http://www.caswellnc.com/recreation/main.htm#Parks and Recreation>

Caswell County Cooperative Extension Center

Address: P.O. Box 220
Yanceyville, NC 27379-0220
Phone: 336-694-4158
Fax: 336-694-5930
Website: <http://www.ces.ncsu.edu/caswell/>

CATAWBA

Hickory Parks and Recreation

Address: 1515 12th Street Dr., NW
Hickory, NC 28601
Phone: 828-322-7046
Fax: 828-323-1042
Website: <http://www.ci.hickory.nc.us/recreation/>

Maiden Recreation

Address: P.O. Box 125
Maiden, NC 28650
Phone: 828-428-5022
Fax: 828-428-5017
Website: <http://www.maidennc.com>

Newton Parks and Recreation

Address: P.O. Box 550
Newton, NC 28658
Phone: 828-465-7470
Fax: 828-465-7475
Website: <http://www.newtonnc.gov/Departments/Recreation/default.htm>

Hickory Foundation YMCA

Address: 701 1st St., NW
Hickory, NC 28601-2608
Phone: 828-324-2858
Fax: 828-324-2249
Website: <http://www.ymcacatawbavalley.org/>

Adrian L. Shuford, Jr. YMCA

Address: P.O. Box 280
1104 Conover Boulevard
Conover, NC 28613
Phone: 828-464-6130
Fax: 828-464-1663
Website: <http://www.ymcacatawbavalley.org/>

YMCA of Catawba Valley

Address: P.O. Box 2608
Hickory, NC 28603-2608
Phone: 828-324-9622
Fax: 828-324-2249
Website: <http://www.ymcacatawbavalley.org/>

**Catawba County Cooperative
Extension Center**

Address: 1175 South Brady Avenue
P.O. Box 389
Newton, NC 28658
Phone: 828-465-8240
Fax: 828-465-8428
Website: <http://www.ces.ncsu.edu/catawba/>

Love-N-Care YMCA Child Development Center

Address: 249 East N. Street
Newton, NC 28658
Phone: 828-464-1296
Fax: 828-464-7051
Website: <http://www.ymcacatawbavalley.org>

Valley Connection YMCA

Address: 2254 HWY 70 SE
Hickory, NC 28602
Phone: 828-322-7690
Fax: 828-322-7724
Website: <http://www.ymcacatawbavalley.org>

CHATHAM**Chatham County Parks and Recreation**

Address: P.O. Box 87
Pittsboro, NC 27312
Phone: 919-542-8252
Fax: 919-542-8272
Website: <http://www.co.chatham.nc.us/RecreationDepartment/Recreationold.htm>

Siler City Parks and Recreation

Address: P.O. Box 769
Siler City, NC 27344
Phone: 919-742-2699
Fax: 919-663-3874

**Chatham County Cooperative
Extension Center**

Address: 45 South St., P.O. Box 279
Pittsboro, NC 27312
Phone: 919-542-8202
Fax: 919-542-8246
Website: <http://www.ces.ncsu.edu/chatham/>

CHEROKEE**Andrews Recreation**

Address: P. O. Box 217
Andrews, NC 28901
Phone: 828-321-2135

Cherokee County Recreation

Address: Konehete St., Old Rock Gym
Murphy, NC 28906
Phone: 828-837-6617

**Cherokee County Cooperative
Extension Center**

Address: 39 Peachtree St., Suite 103
Murphy, NC 28906
Phone: 828-837-2210 or 828-837-2917
Fax: 828-837-2172
Website: <http://www.ces.ncsu.edu/edu/cherokee/>

Cherokee Indian Reservation

Cherokee Reservation
Cooperative Extension Center
Address: P. O. Box 456
Blythe Hill Street
Cherokee, NC 28719
Phone: 828-497-3521
Fax: 828-497-6811
Website: <http://www.ces.ncsu.edu/cherresv/>

CHOWAN**Edenton-Chowan Parks and Recreation**

Address: P.O. Box 1030
North Broad St.
Edenton, NC 27932
Phone: 252-482-8595
Fax: 252-482-3233

Chowan County Cooperative Extension Center

Address: 730 North Granville Street, Suite A
Edenton, NC 27932
Phone: 252-482-6585
Fax: 252-482-6590
Website: <http://www.ces.ncsu.edu/chowan/ChowanCounty.html>

CLAY**Clay County Recreation**

Address: P. O. Box 555
Hayesville, NC 28904
Phone: 828-389-3064
Fax: 828-389-9749

Clay County Cooperative Extension Center

Address: Community Services Building,
Room 108
Riverside Circle
P.O. Box 156
Hayesville, NC 28904
Phone: 828-389-6305
Fax: 828-389-8872
Website: <http://www.ces.ncsu.edu/clay/>

CLEVELAND**Kings Mountain Parks and Recreation**

Address: 211 N. Cleveland Avenue
Kings Mountain, NC 28086
Phone: 704-734-0449
Fax: 704-734-4474
Website: <http://www.clevecoymca.org>

Shelby Parks and Recreation

Address: City Hall, Box 207
Shelby, NC 28151
Phone: 704-484-6821
Fax: 704-484-6884
Website: <http://www.cityofshelby.com/parks/>

Boiling Springs YMCA

Address: P.O. Box 1017
Boiling Springs, NC 28017
Phone: 704-434-0441
Fax: 704-434-6775
Website: <http://www.clevecoymca.org>

Dover Foundation YMCA

Address: 411 Cherryville Rd.
Shelby, NC 28150
Phone: 704-484-9622
Fax: 704-484-9544
Website: <http://www.clevecoymca.org>

Gardner-Webb Student YMCA

Address: Gardner-Webb University
Campus Box 7223
Shelby, NC 28017
Phone: 704-406-3832
Fax: 704-406-3878

Girls Club YMCA

Address: 821 W. Warren St.
Shelby, NC 28150
Phone: 704-482-8431
Fax: 704-482-6443
Website: <http://www.clevecoymca.org>

Kings Mountain Family YMCA

Address: 208 Cleveland Ave.
Kings Mountain, NC 28086
Phone: 704-734-0449
Fax: 704-734-4474
Website: <http://www.clevecoymca.org>

Cleveland County Cooperative Extension Center

Address: 130 South Post Rd., Suite 1
Shelby, NC 28152
Phone: 704-482-4365
Fax: 704-480-6484
Website: <http://www.ces.ncsu.edu/cleveland/>

COLUMBUS

Columbus County Parks and Recreation

Address: 708 North Thompson St.
Whiteville, NC 28472
Phone: 910-640-6624
Fax: 910-640-2135

Whiteville Parks and Recreation

Address: P.O. Box 607
Whiteville, NC 28472
Phone: 910-642-6004
Fax: 704-642-8048

Columbus County Cooperative Extension Center

Address: 45 Government Complex Road, Ste A
Whiteville, NC 28472
Phone: 910-640-6605
Fax: 910-642-6315
Website: <http://www.ces.ncsu.edu/columbus/>

CRAVEN

Craven County Parks and Recreation

Address: 406 Craven St.
New Bern, NC 28560
Phone: 252-636-6606
Fax: 252-636-6685
Website: <http://www.cravencounty.com/depts/rec/rec1initial.htm>

New Bern Parks and Recreation

Address: P.O. Box 1129
New Bern, NC 28563
Phone: 252-636-4060
Fax: 252-636-4138
Website: <http://www.ci.new-bern.nc.us/parksandrec/recreate.htm>

Twin Rivers YMCA

Address: 100 YMCA Ln.
New Bern, NC 28560
Phone: 252-638-8799
Fax: 252-628-3871
Website: <http://www.twinriversymca.org>

Craven County Cooperative Extension Center

Address: 300 Industrial Dr.
New Bern, NC 28562
Phone: 252-633-1477
Fax: 252-633-2120
Website: <http://www.ces.ncsu.edu/craven/>

CUMBERLAND

Cumberland County Parks and Recreation

Address: 2765 Wilmington Hwy.
Fayetteville, NC 28306
Phone: 910-321-6506
Fax: 910-321-6505
Website: <http://www.co.cumberland.nc.us/parksrec/index.html>

Fayetteville Parks and Recreation

Address: 433 Hay St.
Fayetteville, NC 28301
Phone: 910-433-1547
Fax: 910-433-1762
Website: http://www.cityoffayetteville.org/parks/parks_otheract.htm

Hope Mills Parks and Recreation

Address: 5770 Rockfish Rd.
Hope Mills, NC 28348
Phone: 910-424-4553
Fax: 910-424-4902
Website: <http://www.townofhopemills.com/directory/townStaffDir.asp#parksRec>

Spring Lake Recreation and Parks

Address: P.O. Box 617
Spring Lake, NC 28390
Phone: 910-436-0241
Fax: 910-436-2667
Website: <http://www.spring-lake.org>

Fayetteville YMCA

Address: 2717 Fort Bragg Rd.
Fayetteville, NC 28303-4720
Phone: 910-323-0800
Fax: 910-323-5650
Website: <http://www.fayettevilleyymca.org/>

Hope Mills Family YMCA

Address: 3784 S. Main St.
Hope Mills, NC 28348
Phone: 910-426-6666
Fax: 910-426-5673
Website: <http://www.fayettevillemca.org/>

Cumberland County Cooperative Extension Center

Address: Charlie Rose Agri-Expo Center
301 East Mountain Drive
Fayetteville, NC 28306
Phone: 910-321-6860
Fax: 910-321-6883
Website: <http://www.ces.ncsu.edu/cumberland/>

Ft Bragg / Pope Air Force Base YMCA

Address: 208 Thorncliff Dr.
Fayetteville, NC 28303
Phone: 910-436-0500
Fax: 910-436-0018
Website: <http://www.asymca.org>

CURRITUCK**Currituck County Cooperative Extension Center**

Address: 153 Courthouse Road , P.O. Box 10
Currituck, NC 27929
Phone: 252-232-2261
Fax: 252-232-3290
Website: <http://www.ces.ncsu.edu/currituck/>

DARE**Dare County Parks and Recreation**

Address: P.O. Drawer 1000
Manteo, NC 27954
Phone: 252-473-1101
Fax: 252-473-2969
Website: <http://www.darenc.com/Parks&Rec/>

Dare County Extension Center

Address: 517 Budleigh Street
Manteo, NC 27954
Phone: 252-473-4290
Fax: 252-473-3106
Website: <http://www.ces.ncsu.edu/dare/>

DAVIDSON**Davidson Parks and Recreation**

Address: 452 S. Main St. Suite 105
Davidson, NC 28306
Phone: 704-892-3349
Fax: 704-892-3971
Website: <http://www.ci.davidson.nc.us>

Davidson County Parks and Recreation

Address: 301 E. Center Street, Building 107
Lexington, NC 27293-1067
Phone: 336-242-2285
Fax: 336-242-2254
Website: <http://www.co.davidson.nc.us/recreation/>

Lexington Parks and Recreation

Address: 28 West Center St.
Lexington, NC 27292
Phone: 336-248-3960
Fax: 336-248-3964
Website: http://www.lexingtonnc.net/recreation/recreation_0.asp

Thomasville Parks and Recreation

Address: P.O. Box 71
1 East Main St.
Thomasville, NC 27360
Phone: 336-475-4280
Fax: 336-475-8096
Website: <http://www.ci.thomasville.nc.us/recreation1.htm>

Tom A. Finch Community YMCA

Address: 1010 Mendenhall St.
Thomasville, NC 27360-2546
Phone: 336-475-6125
Fax: 336-475-1989

J. Smith Young Family YMCA

Address: 119 W. 3rd Ave.
Lexington, NC 27293
Phone: 336-249-2177
Fax: 336-249-4218
Website: <http://www.lexingtonymca.org>

Davidson County Cooperative Extension Center

Address: 301 East Center St.
Lexington, NC 27292
Phone: 336-242-2080
Fax: 336-2429-7300
Website: <http://www.ces.ncsu.edu/daavidson/>

DAVIE**Mocksville-Davie Parks and Recreation**

Address: 644 North Main St.
Mocksville, NC 27028
Phone: 336-751-2325
Fax: 336-751-2083
Website: <http://www.daviecounty.com/mocksville/cityParks.asp>

Davie Family YMCA

Address: 215 Cemetery St.
Mocksville, NC 27028
Phone: 336-751-9622
Fax: 336-751-9420

Davie County Extension Center

Address: 210 County Office Bldg.
180 South Main St.
Mocksville, NC 27028
Phone: 336-751-6297
Fax: 336-751-1184
Website: <http://www.ces.ncsu.edu/davie/>

DUPLIN**Wallace Parks and Recreation**

Address: P. O. Box 849
Wallace, NC 28466
Phone: 910-285-2905
Fax: 910-285-0686

Rose Hill Recreation

Address: 175 Lake Tut Rd
P.O. Box 8
Rose Hill, NC 28458
Phone: 910-289-4651

Duplin County Cooperative Extension Center

Address: 103 Duplin Street
P.O. Box 949
Kenansville, NC 28349
Phone: 910-296-2143
Fax: 910-296-2191
Website: <http://www.ces.ncsu.edu/duplin/>

DURHAM**Durham Parks and Recreation**

Address: 101 City Hall Plaza
Durham, NC 27701
Phone: 919-560-4355
Fax: 919-560-4021
Website: <http://www.ci.durham.nc.us/departments/parks/>

Downtown Durham YMCA

Address: 215 West Morgan St.
Durham, NC 27701
Phone: 919-667-9622
Fax: 919-688-8522
Website: <http://www.ymcaofgreaterdurham.org/dt.htm>

Lakewood YMCA

Address: 2119 Chapel Hill Rd.
Durham, NC 27707
Phone: 919-493-4502
Fax: 919-489-0127
Website: <http://ymcaofgreaterdurham.org/lw.htm>

Durham County Cooperative Extension Center

Address: 721 Foster Rd.
Durham, NC 27701
Phone: 919-560-0525
Fax: 919-560-0530
Website: <http://www.ces.ncsu.edu/durham/>

EDGECOMBE

Rocky Mount Parks and Recreation

Address: P.O. Drawer 1180
#1 Government Plaza
Rocky Mount, NC 27801
Phone: 252-972-1151
Fax: 252-972-1232
Website: <http://www.ci.rocky-mount.nc.us/parks&rec/aboutus.html>

Tarboro Parks and Recreation

Address: 305 West Baker St.
Tarboro, NC 27886
Phone: 252-641-4263
Fax: 252-641-4287
Website: <http://www.tarboro-nc.com/Parks.aspx>

Edgecombe County Cooperative Extension Center

Address: 201 St. Andrew Street
P.O. Box 129
Tarboro, NC 27886
Phone: 252-641-7827
Website: <http://www.ces.ncsu.edu/edgecombe/>

FORSYTH

Forsyth County Parks and Recreation

Address: 500 West 4th St., Suite 103
Winston-Salem, NC 27101
Phone: 336-727-2946
Fax: 336-727-2164
Website: <http://www.co.forsyth.nc.us/Parks/>

Kernersville Parks and Recreation

Address: P.O. Drawer 728
Kernersville, NC 27285
Phone: 336-992-3121
Fax: 336-992-0070
Website: <http://www.townofkernersville.com/RecreationTest.htm>

Tanglewood-Forsyth County Park Authority

Address: P. O. Box 1040
Clemmons, NC 27012
Phone: 336-778-6336
Fax: 336-778-6332

Winston-Salem Parks and Recreation

Address: P.O. Box 2511
836 Oak St., Suite 200
Winston-Salem, NC 27102
Phone: 336-727-2063
Fax: 336-727-2066
Website: <http://www.cityofws.org/recreation/>

Central YMCA

Address: 775 West End Blvd.
Winston-Salem, NC 27101
Phone: 336-721-2100
Fax: 336-721-2106
Website: <http://www.centralymca.org/>

Fulton Family YMCA

Address: 385 Hane Mill Rd
Winston-Salem, NC 27105
Phone: 336-661-1093
Fax: 336-661-2078
Website: <http://www.ymca-ws.org>

Kernersville Family YMCA

Address: 1113 W. Mountain St.
Kernersville, NC 27284
Phone: 336-996-2231
Fax: 336-996-8605
Website: <http://www.kernersvilleyymca.org/>

West Forsyth Family YMCA

Address: 1150 S. Peace Haven Rd.
Clemmons, NC 27012
Phone: 336-712-2000
Fax: 336-712-2005
Website: <http://www.wsymca.org>

Winston Lake Family YMCA

Address: 901 Waterworks Rd.
Winston-Salem, NC 27101
Phone: 336-724-9205
Fax: 336-724-7754
Website: <http://www.winstonlakefamilyymca.org>

YMCA of Northwest North Carolina

Address: 1144 W. 4th St.
Winston-Salem, NC 27101
Phone: 336-777-8055
Fax: 336-777-6345
Website: <http://www.ymca-ws.org>

YWCA of Winston-Salem / Forsyth County

Address: 1201 Glade St.
Winston-Salem, NC 27101-2438
Phone: 336-722-5138
Fax: 336-722-5569
Website: <http://www.ywca-cares.org>

Forsyth County Cooperative Extension Center

Address: 1450 Fairchild Dr.
Winston-Salem, NC 27101
Phone: 336-767-8213
Fax: 336-767-3557
Website: <http://www.ces.ncsu.edu/forsyth/>

FRANKLIN**Franklin County Parks and Recreation**

Address: 42 West River Road
Louisburg, NC 27549
Phone: 919-496-6624
Fax: 919-496-7656

Franklin County Cooperative Extension Center

Address: 103 South Bickett Blvd.
Louisburg, NC 27549
Phone: 919-496-3344
Fax: 919-496-0222
Website: <http://www.ces.ncsu.edu/franklin/>

GASTON**Belmont Parks and Recreation**

Address: P.O. Box 431
Belmont, NC 28012
Phone: 704-825-8191
Fax: 704-825-0514
Website: <http://www.ci.belmont.nc.us/Recreation/Recreation.ASP>

Bessemer City Recreation

Address: 132 West Virginia Ave.
Bessemer City, NC 28016
Phone: 704-629-5111
Fax: 704-629-2237

Cherryville Parks and Recreation

Address: 116 South Mountain St.
Cherryville, NC 28021
Phone: 704-435-1740
Fax: 704-435-1707

Cramerton Parks and Recreation

Address: 155 North Main St.
Cramerton, NC 28032
Phone: 704-824-4231
Fax: 704-824-8943

Gastonia Parks and Recreation

Address: P.O. Box 1748
Gastonia, NC 28053
Phone: 704-866-6838
Fax: 704-842-5104
Website: <http://www.cityofgastonia.com/citydepts/parks/parkrec.htm>

Mount Holly Parks and Recreation

Address: P.O. Box 406
Mount Holly, NC 28120
Phone: 704-827-9035
Fax: 704-822-2940
Website: <http://www.ci.mount-holly.nc.us/parks.htm>

Stanley Recreation

Address: P.O. Box 279
Stanly, NC 28164
Phone: 704-263-4000
Fax: 704-263-9699
Website: <http://www.stanlyrec@yahoo.com>

Central Branch YMCA

Address: 615 W Franklin Blvd
Gastonia, NC 28052
Phone: 704-865-8551
Fax: 704-867-4781
Website: <http://www.gatonymca.org>

Cherryville Family YMCA

Address: 116 435 South Mountain St.
Cherryville, NC 28021
Phone: 704-435-1747
Fax: 704-435-8136

Robert Lee Stowe Jr. Family YMCA

Address: 196 YMCA Dr
Belmont, NC 28012
Phone: 704-822-9622
Fax: 704-822-9087
Website: <http://www.gastonymcaa.org>

**Gaston County Cooperative
Extension Center**

Address: P.O. Box 1578
Gastonia, NC 2805301578
Phone: 704-922-0301
Fax: 704-922-2140
Website: <http://www.ces.ncsu.edu/gaston/>

GATES**Gates County Community Center**

Address: 130 US Highway 158 West
Gatesville, NC 27938
Phone: 252-357-0677
Fax: 252-357-3070

**Gates County Cooperative
Extension Center**

Address: 112 Court St., P.O. Box 46
Gatesville, NC 27938
Phone: 252-357-1400
Fax: 252-357-1167
Website: <http://www.ces.ncsu.edu/gates/>

GRAHAM**Graham County Cooperative
Extension Center**

Address: Smith Howell Building
39 South Main St., P.O. Box 486
Robbinsville, NC 28771
Phone: 828-479-7979
Fax: 828-479-2000
Website: <http://www.ces.ncsu.edu/graham/>

GRANVILLE**Oxford Parks and Recreation**

Address: P.O. Box 506
227 West McClanahan St.
Oxford, NC 27565
Phone: 919-603-1135
Fax: 919-603-1138
Website: <http://www.oxfordnc.org>

**Granville County Cooperative
Extension Center**

Address: P.O. Box 926
Oxford, NC 27565
Phone: 919-603-1350
Fax: 919-603-0268
Website: <http://www.ces.ncsu.edu/granville/>

GREENE

Farmville Parks and Recreation

Address: P.O. Box 86
Farmville, NC 27828
Phone: 252-753-6712
Fax: 252-753-2963

Greene County Parks and Recreation

Address: 106-A Hines Street
Snow Hill, NC 28580
Phone: 252-747-2641
Fax: 252-747-8998

Greene County Cooperative Extension Center

Address: Office Complex, 229 Kingold Blvd.,
Suite E
Snow Hill, NC 28580
Phone: 252-747-5831
Fax: 252-747-3884
Website: <http://www.ces.ncsu.edu/greene/office.html>

GUILFORD

Gibsonville Parks and Recreation

Address: 129 West Main St.
Gibsonville, NC 27249
Phone: 336-449-7241
Fax: 336-449-4196
Website: <http://gibsonville.net>

Greensboro Parks and Recreation

Address: P. O. Box 3136
Greensboro, NC 27402
Phone: 336-373-2574
Fax: 336-373-2060
Website: <http://www.ci.greensboro.nc.us/leisure/>

High Point Parks and Recreation

Address: 221 Nathan Hunt Dr.
High Point, NC 27260
Phone: 336-883-3472
Fax: 336-883-3281
Website: <http://www.high-point.net/pr/>

Carl Chavis Memorial Branch YMCA

Address: 2757 Granville Street
High Point, NC 27263
Phone: 336-434-4000
Fax: 336-434-4067

Kathleen Price Bryan Family YMCA

Address: 501 W. Market St.
Greensboro, NC 27401
Phone: 336-478-9622
Fax: 336-387-9620
Website: <http://www.ymcagreensboro.org/bryan.html>

Greensboro Metropolitan YMCA

Address: 4411 W. Market Ste 103
Greensboro, NC 27407
Phone: 336-854-8410
Fax: 336-854-8412
Website: <http://www.ymcagreensboro.org>

Greensboro Hayes-Taylor Memorial Branch YMCA

Address: 1101 East Market St.
Greensboro, NC 27401
Phone: 336-272-2131
Fax: 336-274-1413
Website: <http://www.ymcagreensboro.org/hayes.html>

Mary Perry Ragsdale Family YMCA

Address: 900 Bonner Drive
PO Box 1996
Jamestown, NC 27282
Phone: 336-882-9622
Fax: 336-882-7935
Website: <http://www.ymcagreensboro.org/jamestown.html>

Hartley Drive Family YMCA

Address: 150 West Hartley Drive
High Point, NC 27262-6258
Phone: 336-869-0151
Fax: 336-869-0118
Website: <http://www.hpymca.org/central/index.htm>

Greensboro Metropolitan YMCA
Address: 4411 W. Market Ste 103
Greensboro, NC 27407
Phone: 336-854-8410
Fax: 336-854-8412
Website: <http://www.ymcagreensboro.org>

Greensboro Hayes-Taylor Memorial Branch YMCA
Address: 1101 East Market St.
Greensboro, NC 27401
Phone: 336-272-2131
Fax: 336-274-1413
Website: <http://www.ymcagreensboro.org/hayes.html>

Mary Perry Ragsdale Family YMCA
Address: 900 Bonner Drive
PO Box 1996
Jamestown, NC 27282
Phone: 336-882-9622
Fax: 336-882-7935
Website: <http://www.ymcagreensboro.org/jamestown.html>

Hartley Drive Family YMCA
Address: 150 West Hartley Drive
High Point, NC 27262-6258
Phone: 336-869-0151
Fax: 336-869-0118
Website: <http://www.hpymca.org/central/index.htm>

YWCA of Greensboro
Address: #1 YWCA Place
Greensboro, NC 27401-2889
Phone: 336-273-3461
Fax: 336-273-7141
Website: <http://www.ywcagsonc.org/>

YWCA of High Point
Address: 150 W Hartley Drive
PO Box 6258
High Point, NC 27262
Phone: 336-869-0151
Fax: 336-869-1769
Website: <http://www.hpymca.org>

Big Brothers / Big Sisters Branch YMCA
Address: PO Box 627
High Point, NC 27261
Phone: 336-882-4167
Fax: 336-882-2043
Website: <http://www.highpointbbs.org>

Camp Cheerio Branch YMCA
Address: 1430 Camp Cheerio Rd
PO Box 6258
High Point, NC 27262
Phone: 336-869-0195
Fax: 336-869-0118
Website: <http://www.campcheerio.org>

Reidsville YMCA
Address: 504 S Main St
Reidsville, NC 27320
Phone: 336-342-3307
Fax: 336-342-3468
Website: <http://www.ymcagreensboro.org/reidsville.html>

Alexander W Spears III Family YMCA
Address: 3216 Horse Pen Creek Road
Greensboro, NC 27410
Phone: 336-387-9622
Fax: 336-387-9620
Website: <http://www.ymcagreensboro.org/spears.html>

Stoney Creek Express YMCA
954 D Golf House Road West
Whitsett, NC 27377
Phone: 336-449-3222
Fax: 336-449-3221
Website: <http://www.ymcagreensboro.org>

Camp W. Herman Weaver
Address: 4924 Tapawingo Tri
Greensboro, NC 27406
Phone: 336-697-0525
Fax: 336-697-0596
Website: <http://www.campweaver.org>

**Guilford County Cooperative
Extension Center**

Address: 3309 Burlington Rd.
Greensboro, NC 27405
Phone: 336-375-5876
Fax: 336-375-2295
Website: <http://www.ces.ncsu.edu/guilford/>

HALIFAX

Enfield Parks and Recreation

Address: P.O. Box 699
Enfield, NC 27823
Phone: 252-445-3146
Fax: 252-445-1019
Website: <http://www.nconc.net>

Roanoke Rapids Parks and Recreation

Address: P.O. Box 38
Roanoke Rapids, NC 27870
Phone: 252-533-2847
Fax: 252-533-2853
Website: <http://www.roanokerapidsnc.com/parkrec/reccenter.html>

Scotland Neck Parks and Recreation

Address: P.O. Box 537
Scotland Neck, NC 27874
Phone: 252-826-3152
Fax: 252-826-2107
Website: <http://www.townofscotlandneck.net>

Halifax County Cooperative Extension Center

Address: Halifax County Agricultural Center, 39
Ferrell Lane
P.O. Box 37
Halifax, NC 27839
Phone: 252-583-5161
Fax: 252-583-1683
Website: <http://www.ces.ncsu.edu/halifax/>

HARNETT

Angier Recreation

Address: P.O. Box 278
Angier, NC 27501
Phone: 919-639-2071
Fax: 919-639-6130
Website: <http://www.angier.org/parks/contact.html>

Dunn Parks and Recreation

Address: P. O. Box 1065
Dunn, NC 28335
Phone: 910-892-2976
Fax: 910-892-7001
Website: http://www.dunn-nc.org/dep_recreation.cfm

Erwin Recreation

Address: P. O. Box 459
Erwin, NC 28339
Phone: 910-897-5840
Fax: 910-897-5543

Harnett County Park and Recreation

Address: P. O. Box 816
1100 E McNeil Street
Lillington, NC 27546
Phone: 910-893-7518
Website: <http://www.harnett.org/department-210.asp?d=25&s=detail>

Lillington Parks and Recreation

Address: P. O. Box 296
Lillington, NC 27546
Phone: 910-893-2864
Fax: 910-893-3693

**Harnett County Cooperative
Extension Center**

Address: P.O. Box 1089
102 E. Front St.
Lillington, NC 27546
Phone: 910-893-7530
Fax: 910-893-7539
Website: <http://www.ces.ncsu.edu/harnett/>

HAYWOOD

Canton Recreation and Parks

Address: P. O. Box 987
Canton, NC 28716
Phone: 828-646-3411

Haywood County Recreation and Parks

Address: 1233 N. Main St., Box 11
Waynesville, NC 28786
Phone: 828-452-6789
Fax: 828-452-3351
Website: <http://gov.co.haywood.nc.us>

Waynesville Parks and Recreation

Address: 550 Vance St.
Waynesville, NC 28786
Phone: 828-456-2030
Fax: 828-456-2034
Website: <http://www.townofwaynesville.org/recreation.html>

Haywood County Cooperative Extension Center

Address: P.O. Box 308
589 Raccoon Rd., Suite 118
Waynesville, NC 28786
Phone: 828-456-3575
Fax: 828-452-0289
Website: <http://www.ces.ncsu.edu/haywood/>

HENDERSON

Fletcher Parks and Recreation

Address: 4005 Hendersonville Rd
Fletcher, NC 28732
Phone: 828-687-3985
Fax: 828-687-7133
Website: http://www.town-of-fletcher-nc.com/Parks_Recreation/parks_recreation.htm

Henderson County YMCA

Address: 810 6th Ave West
Hendersonville, NC 28739
Phone: 828-692-5774
Fax: 828-693-7773
Website: <http://www.ymcahendersonville.org>

Henderson County Parks and Recreation

Address: 801 Glover St.
Hendersonville, NC 28792
Phone: 828-697-4884
Fax: 828-687-4886
Website: <http://www.historichendersonville.org/outdoor.html>

Henderson County Cooperative Extension Center

Address: 740 Glover St.
Hendersonville, NC 28792
Phone: 828-697-4891
Fax: 828-697-4581
Website: <http://www.ces.ncsu.edu/henderson/>

HERTFORD

Ahoskie Parks and Recreation

Address: P. O. Box 767
Ahoskie, NC 27910
Phone: 252-332-8209
Website: <http://www.ahoskie.com>

Hertford County Cooperative Extension Center

Address: P.O. Box 188
301 West Tryon Street
Winton, NC 27986
Phone: 252-358-7822
Fax: 252-358-7880
Website: <http://www.ces.ncsu.edu/hertford/>

HOKE

Aberdeen Parks and Recreation

Address: P.O. Box 785
Aberdeen, NC 28315
Phone: 910-944-5902
Fax: 910-944-7459
Website: http://www.ci.aberdeen.nc.us/parksandrec_maininfo.htm

Hoke County Parks and Recreation

Address: 423 East Central Ave.
Raeford, NC 28376
Phone: 910-875-4035
Fax: 910-875-9222
Website: <http://www.hoke-raeford.com/hcpandr.htm>

Hoke County Cooperative Extension Center

Address: 116 West Prospect Ave., P.O. Box 578
Raeford, NC 28376
Phone: 910-875-3461
Fax: 910-875-9044
Website: <http://www.ces.ncsu.edu/hoke/>

HYDE**Hyde County Cooperative Extension Center**

Address: Agricultural Bldg., 35 Second Street
P.O. Box 219
Swan Quarter, NC 27885
Phone: 252-926-4197
Fax: 252-926-4490
Website: <http://www.ces.ncsu.edu/hyde/>

IREDELL**Iredell County Parks and Recreation**

Address: P.O. Box 788
Statesville, NC 28687
Phone: 704-878-3103
Fax: 704-924-4117
Website: <http://www.co.iredell.nc.us/Departments/Recreation/outdoor.asp>

Mooresville Parks and Recreation

Address: P.O. Box 1455
220 North Maple St.
Mooresville, NC 28115
Phone: 704-663-7026
Fax: 704-663-2801
Website: <http://www.ci.mooresville.nc.us/recreation.htm>

Statesville Parks and Recreation

Address: P.O. Box 1111
Statesville, NC 28687
Phone: 704-878-3429
Fax: 704-871-0008
Website: <http://www.ci.statesville.nc.us/>

Mooresville Family Branch YMCA

Address: 664 East Place Dr.
Mooresville, NC 28115-8070
Phone: 704-716-4000
Fax: 704-716-4001
Website: <http://www.ymcacharlotte.org>

YMCA of Iredell County, Inc.

Address: 828 Wesley Dr.
Statesville, NC 28677-3355
Phone: 704-873-9622
Fax: 704-871-9160
Website: <http://www.ymcairedell.org/>

Iredell County Cooperative Extension Center

Address: P.O. Box 311
Statesville, NC 28677
Phone: 704-873-0507
Fax: 704-878-3164
Website: <http://www.ces.ncsu.edu/iredell/>

YMCA of Barium Springs

Address: PO Box 38
Barium Springs, NC 28010
Phone: 704-883-0780
Fax: 704-883-0855
Website: www.ymcairedell.org

JACKSON**Jackson Recreation and Parks**

Address: 8 School Circle
Sylva, NC 28779
Phone: 828-586-6333
Fax: 828-586-0070

Jackson County Extension Center

Address: 538 Scotts Creek Road, Ste. 205
Sylva, NC 28779
Phone: 828-586-4009
Fax: 828-586-5509
Website: <http://www.ces.ncsu.edu/jackson/>

JOHNSTON**Benson Parks and Recreation**

Address: P.O. Box 69
1204 North Johnston St.
Benson, NC 27504
Phone: 919-894-5117
Fax: 919-894-1041
Website: <http://www.townofbenson.com/parks/>

Clayton Parks and Recreation

Address: P. O. Box 879
Clayton, NC 27520
Phone: 919-553-1551
Fax: 919-553-1521
Website: <http://www.claytononline.com/parksrecreation.asp>

Kenly Parks and Recreation

Address: P. O. Box 519
Kenly, NC 27542
Phone: 919-284-9667
Fax: 919-284-9667

Selma Parks and Recreation

Address: 311 S. Webb Street
Selma, NC 27576
Phone: 919-975-1411
Fax: 919-975-1412
Website: <http://www.selma-nc.com/pages/recreation.html>

Smithfield Parks and Recreation

Address: P. O. Box 2344
Smithfield, NC 27577
Phone: 919-934-2148
Fax: 919-934-6554
Website: <http://www.smithfield-nc.com/parksnrec/>

Johnson County Extension Center

Address: 806 North St.
Smithfield, NC 27577
Phone: 919-989-5380
Fax: 919-989-5475
Website: <http://www.ces.ncsu.edu/johnston/>

Johnston County YMCA

Address: 488 Hwy 42 W
PO Box 1447
Clayton, NC 27528
Phone: 919-359-9622
Fax: 919-359-9624
Website: <http://www.ymcatriangle.org>

JONES**Jones County Recreation**

Address: P.O. Box 368
Trenton, NC 28585
Phone: 252-448-1660
Fax: 252-448-1072
Website: <http://www.co.jones.nc.us/recreation.htm>

Jones County Cooperative Extension Center

Address: 110 South Market St.
P.O. Box 218
Trenton, NC 28585
Phone: 252-448-9621
Fax: 252-448-1243
Website: <http://www.ces.ncsu.edu/jones/>

LEE**Lee County Parks and Recreation**

Address: 225 S. Steele St.
Sanford, NC 27330
Phone: 919-775-2107
Fax: 919-775-1531
Website: <http://www.leecountync.com>

Lee County Cooperative Extension Center
Address: Ernest and Ruby McSwain Extension
Education and Agriculture Center
2420 Tramway Road
Sanford, NC 27332-9174
Phone: 919-775-5624
Fax: 919-775-1302
Website: <http://www.ces.ncsu.edu/lee/>

Lee County YMCA
Address: 1518 South Horner Blvd
Sanford, NC 27330
Phone: 919-777-9622
Fax: 919-718-6824

LENOIR

Kinston-Lenoir Parks and Recreation
Address: 405 North McLewan St.
Kinston, NC 28501
Phone: 252-939-3332
Fax: 252-939-3129
Website: <http://www.ci.kinston.nc.us/recreation/index.htm>

Lenoir County Cooperative Extension Center
Address: 1791 Hwy 11/55
Kinston, NC 28504
Phone: 252-527-2191
Fax: 252-527-1290
Website: <http://www.ces.ncsu.edu/lenoir/>

LINCOLN

Lincolnton-Lincoln County Recreation
Address: P. O. Box 25
Lincolnton, NC 28093
Phone: 704-735-2671
Fax: 704-735-1662

Lincoln County Family YMCA
Address: 1402 East Gaston St.
Lincolnton, NC 28092
Phone: 704-716-4500
Fax: 704-716-4501
Website: <http://www.ymcacharlotte.org>

Lincoln County Cooperative Extension Center
Address: 115 West Main St.
Citizens Center, first floor
Lincolnton, NC 28902
Phone: 704-736-8458
Fax: 704-736-8466
Website: <http://www.ces.ncsu.edu/lincoln/>

MACON

Macon County Parks and Recreation
Address: 1288 Georgia Hwy.
Franklin, NC 28734
Phone: 828-349-2090
Fax: 828-349-2090
Website: <http://maconnc.org/parks/index.html>

Macon County Extension Center
Address: Agricultural Services Center
193 Thomas Heights Rd.
Franklin, NC 28734
Phone: 828-349-2046
Fax: 828-349-2405
Website: <http://www.ces.ncsu.edu/macon>

MADISON

Madison County Parks and Recreation
Address: P. O. Box 579
Marshall, NC 28753
Phone: 828-649-2854
Fax: 828-649-1021

Madison County Cooperative Extension Center
Address: P.O. Box 609
20 Bailey's Branch Rd.
Marshall, NC 28753
Phone: 828-649-2411
Fax: 828-649-2020
Website: <http://www.ces.ncsu.edu/madison/>

MARTIN

Jamesville Recreation

Address: P.O. Box 346
Jamesville, NC 27846
Phone: 252-792-5734
Fax: 252-792-6531

Robersonville Recreation

Address: P.O. Box 487
Robersonville, NC 27871
Phone: 252-795-3511
Fax: 252-795-4607
Website: <http://www.townofrobersonville.gov>

Williamstown Parks and Recreation

Address: P.O. Box 6
Williamstown, NC 27892
Phone: 252-792-7042
Fax: 252-792-2509

Martin County Cooperative Extension Center

Address: Agriculture Bldg., Box 1148
205 E. Main Street
Williamston, NC 27892
Phone: 252-792-1621
Fax: 252-792-2408
Website: <http://www.ces.ncsu.edu/martin/map/index.html>

McDOWELL

McDowell County Parks and Recreation

Address: 25 Academy St.
Marion, NC 28752
Phone: 828-652-3001
Fax: 828-652-1889

McDowell County Cooperative Extension Center

Address: 60 East Court St.
Marion, NC 28752
Phone: 828-652-7874
Fax: 828-652-8104
Website: <http://www.ces.ncsu.edu.mcdowell/>

MECKLENBURG

Cornelius Parks and Recreation

Address: P.O. Box 399
21445 Catawba Avenue
Cornelius, NC 28031
Phone: 704-892-6031
Fax: 704-892-2462
Website: <http://other.cornelius.org/parksrec/>

Davidson Parks and Recreation

Address: P.O. Box 579
Davidson, NC 28036
Phone: 704-892-3349
Fax: 704-892-3971
Website: <http://www.ci.davidson.nc.us/units/parkrec/Default.asp>

Huntersville Parks and Recreation

Address: P.O. Box 1979
Huntersville, NC 28070
Phone: 704-766-2226
Fax: 704-875-6546
Website: <http://www.huntersville.org/parks/pkmain.htm>

Matthews Parks and Recreation

Address: 100 E. McDowell St.
Matthews, NC 28105
Phone: 704-321-7275
Fax: 704-321-3462
Website: <http://www.matthewsnc.com/html/parksrec.html>

Mecklenburg County Parks and Recreation

Address: 5841 Brookshire Blvd.
Charlotte, NC 28216
Phone: 704-336-3854
Fax: 704-336-5472
Website: <http://www.co.mecklenburg.nc.us/Departments/park+and+rec/home.asp>

Ballantyne YMCA

Address: PO Box 49649
Charlotte, NC 28277
Phone: 704-716-4600
Fax: 704-716-4601
Website: <http://www.ymcacharlotte.org>

Dowd Branch YMCA

Address: 400 E. Morehead St.
Charlotte, NC 28202
Phone: 704-716-6100
Fax: 704-716-6101
Website: <http://www.ymcacharlotte.org>

Gateway Village YMCA

Address: 900 W Trade Street Ste 100
Charlotte, NC 28202
Phone: 704-716-4700
Fax: 704-716-4701
Website: <http://www.ymcacharlotte.org>

James J. Harris Family Branch YMCA

Address: 5900 Quail Hollow Rd.
Charlotte, NC 28210-5005
Phone: 704-716-6800
Fax: 704-716-6801
Website: <http://www.ymcacharlotte.org>

Johnston Memorial Branch YMCA

Address: 3025 North Davidson St.
Charlotte, NC 28205-1041
Phone: 704-716-6300
Fax: 704-716-6301
Website: <http://www.ymcacharlotte.org>

Lake Norman Family Branch YMCA

Address: 21300 Davidson St.
Cornelius, NC 28031-8553
Phone: 704-716-4400
Fax: 704-716-4401
Website: <http://www.ymcacharlotte.org>

Henry L. McCrorey Branch YMCA

Address: 3801 Beatties Ford Rd.
Charlotte, NC 28216-3215
Phone: 704-716-6500
Fax: 704-716-6501
Website: <http://www.ymcacharlotte.org>

George E. Simmons Branch YMCA

Address: 6824 Democracy Dr.
P. O. Box 25382
Charlotte, NC 28212
Phone: 704-716-6600
Fax: 704-716-6601
Website: <http://www.ymcacharlotte.org>

Richard C. Siskey Family YMCA

Address: 3127 Weddington Rd.
P. O. Box 1260
Matthews, NC 28106
Phone: 704-716-4200
Fax: 704-716-4201
Website: <http://www.ymcacharlotte.org>

University City Branch YMCA

Address: 8100 Old Mallard Creek Rd.
Charlotte, NC 28262-2204
Phone: 704-716-6700
Fax: 704-716-6701
Website: <http://www.ymcacharlotte.org>

Uptown Branch YMCA

Address: 301 South College St., Ste 200
Charlotte, NC 28202
Phone: 704-716-6400
Fax: 704-716-6401
Website: <http://www.ymcacharlotte.org>

West Boulevard YMCA

Address: 1946 W Blvd
Charlotte, NC 28208
Phone: 704-716-4800
Fax: 704-716-4801
Website: <http://www.ymcacharlotte.org>

Mecklenburg County Aquatic Center

Address: 800 East 2nd St.
Charlotte, NC 28202
Phone: 704-336-3483
Website: [http://www.charmeck.org/Departments/
Park+and+Rec/Aquatics/Center.htm](http://www.charmeck.org/Departments/Park+and+Rec/Aquatics/Center.htm)

Mecklenburg County Cooperative Extension

Address: 700 North Tryon St.
Charlotte, NC 28202
Phone: 704-336-2561
Fax: 704-336-6876
Website: <http://www.ces.ncsu.edu/mecklenburg/>

MITCHELL

Spruce Pine Parks and Recreation

Address: P.O. Box 189
Spruce Pine, NC 28777
Phone: 828-765-3000
Fax: 828-765-3014

Pinebridge Center

Address: 97 Pinebridge Ave.
Spruce Pine, NC 28777
Phone: 828-765-7463
Website: <http://www.pinebridgecenter.com/>

Mitchell County Cooperative Extension Center

Address: P.O. Box 366, 10 S Mitchell Ave.
Bakersville, NC 28705
Phone: 828-688-4811
Fax: 828-688-2051
Website: <http://www.ces.ncsu.edu/mitchell/>

MONTGOMERY

Montgomery County Cooperative Extension Center

Address: 203 West Main St.
Troy, NC 27371
Phone: 910-576-6011
Fax: 910-576-2635
Website: <http://www.ces.ncsu.edu/Montgomery/>

MOORE

Aberdeen Parks and Recreation

Address: P.O. Box 785
Aberdeen, NC 28315
Phone: 910-944-5902
Fax: 910-944-7459
Website: [http://www.ci.aberdeen.nc.us/
parksandrec_maininfo.htm](http://www.ci.aberdeen.nc.us/parksandrec_maininfo.htm)

Moore County Parks and Recreation

Address: P.O. Box 610
Carthage, NC 28327
Phone: 910-947-2504
Fax: 910-947-1627
Website: <http://www.moorecountync.gov>

Pinebluff Parks and Recreation

Address: 324 E. Baltimore Avenue
Pinebluff, NC 28373
Phone: 910-281-3124
Fax: 910-281-4366

Pinehurst Parks and Recreation

Address: P.O. Box 5589
395 Magnolia Rd.
Pinehurst, NC 28374
Phone: 910-295-2817
Fax: 910-295-1853
Website: [http://www.villageofpinehurst.org/
departments/parks/](http://www.villageofpinehurst.org/departments/parks/)

Southern Pines Parks and Recreation

Address: 482 East Connecticut Ave.
Southern Pines, NC 28387
Phone: 910-692-2463
Fax: 910-692-1835
Website: [http://www.southernpines.net/
recreation/](http://www.southernpines.net/recreation/)

Moore County Extension Center

Address: 707 Pinehurst Avenue 105
Carthage, NC 28327
Phone: 910-947-3188
Fax: 910-947-1494
Website: <http://www.ces.ncsu.edu/moore/>

NASH

Town of Nashville Parks and Recreation

Address: P.O. Box 987
501 South Barnes St.
Nashville, NC 27856
Phone: 252-459-9796
Fax: 252-459-4279

Rocky Mount Parks and Recreation

Address: P.O. Drawer 1180
#1 Government Plaza
Rocky Mount, NC 27801
Phone: 252-972-1151
Fax: 252-972-1232
Website: <http://www.ci.rocky-mount.nc.us/parks&rec/aboutus.html>

Rocky Mount Family YMCA

Address: P.O. Box 4063
Rocky Mount, NC 27803
Phone: 252-972-9622
Fax: 252-972-3580
Website: <http://www.rmymca.org>

Westridge Branch YMCA

Address: P.O. Box 4063
Rocky Mount, NC 27803
Phone: 252-443-9951
Fax: 252-451-0835
Website: <http://www.rmymca.org>

Hunter Hill Branch YMCA

Address: 1000 Hunter Hill Rd.
Rocky Mount, NC 27804
Phone: 252-937-7300
Fax: 252-937-4685
Website: <http://www.rmymca.org>

YWCA of Rocky Mount

Address: 1000 Hunter Hill Rd.
Rocky Mount, NC 27804
Phone: 252-937-7300

Nash County Cooperative Extension Center

Address: Room 102, Ag Center Dr.
Nashville, NC 27856
Phone: 252-459-9810
Fax: 252-459-9850
Website: <http://www.ces.ncsu.edu/nash/>

NEW HANOVER

New Hanover County Parks and Recreation

Address: 230 Market Place Dr., Suite 20
Wilmington, NC 28403
Phone: 910-798-7198
Fax: 910-798-7198
Website: <http://www.nhcgov.com/PRK/PRKdeptInfo.asp>

Wilmington Public Services and Facilities

Address: P.O. Box 1810
Wilmington, NC 28402
Phone: 910-341-7855
Fax: 910-341-7854
Website: <http://www.ci.wilmington.nc.us/recreations>

Wrightsville Beach Parks and Recreation

Address: P.O. Box 626
321 Causeway Dr.
Wrightsville Beach, NC 28480
Phone: 910-256-7925
Fax: 910-256-7910
Website: <http://www.townofwrightsvillebeach.com/programs.htm>

Wilmington Family YMCA

Address: 2710 Market St.
Wilmington, NC 28403-1218
Phone: 910-251-9622
Website: <http://www.wilmingtonfamilyymca.org/>

YWCA of Wilmington

Address: 2815 South College Rd.
Wilmington, NC 28412-6898
Phone: 910-799-6820
Fax: 910-799-5681

**New Hanover County Cooperative
Extension Center**

Address: 6206 Oleander Dr.
Wilmington, NC 28403
Phone: 910-452-6393
Fax: 910-452-6398
Website: <http://www.ces.ncsu.edu/newhanover/>

NORTH HAMPTON

Northampton County Recreation

Address: P. O. Box 955
Jackson, NC 27845
Phone: 252-534-1303
Fax: 252-534-1402
Website: <http://www.northamptonnc.com/recreation.html>

**Northampton County Cooperative
Extension Center**

Address: J.W. Faison Administrative Bldg.
P.O. Box 636, 9495 NC 305 Hwy
Jackson, NC 27845
Phone: 252-534-2711
Fax: 252-534-1827
Website: <http://www.ces.ncsu.edu/northampton/>

ONSLOW

Jacksonville Parks and Recreation

Address: P.O. Box 128
Jacksonville, NC 28541
Phone: 910-938-5313
Fax: 910-938-9520
Website: <http://www.ci.jacksonville.nc.us/opencms>

Onslow Parks and Recreation

Address: 1244 Onslow Pines Rd.
Jacksonville, NC 28540
Phone: 910-347-5332
Fax: 910-347-4492
Website: <http://www.co.onslow.nc.us/parks/main.htm>

Camp Lejeune Armed Services YMCA

Address: PO Box 6085
Midway Park, NC 28544
Phone: 910-451-9569
Fax: 910-451-9568
Website: <http://www.asymca.org/lejeune.html>

**Onslow County Cooperative
Extension Center**

Address: 4024 Richlands Highway
Jacksonville, NC 28540
Phone: 910-455-5873
Fax: 910-455-0977
Website: <http://www.ces.ncsu.edu/onslow/>

ORANGE

Carrboro Recreation and Parks

Address: 100 N. Greensboro St.
Carrboro, NC 27510
Phone: 919-918-7364
Fax: 919-918-4475
Website: <http://www.ci.carrboro.nc.us/rp/default.htm>

Chapel Hill Parks and Recreation

Address: 200 Plant Rd.
Chapel Hill, NC 27514
Phone: 919-968-2784
Fax: 919-932-2923
Website: <http://www.chapelhillparks.org/>

Orange County Recreation and Parks

Address: P.O. Box 8181
Hillsborough, NC 27278
Phone: 919-245-2660
Fax: 919-644-3042
Website: <http://www.co.orange.nc.us/RecParks/>

Chapel Hill-Carrboro YMCA

Address: 980 Airport Rd.
Chapel Hill, NC 27514
Phone: 919-942-5156
Fax: 919-942-0256
Website: <http://www.chcymca.org>

Orange County Cooperative Extension Center

Address: P.O. Box 8181
306 East Revere Rd.
Hillsborough, NC 27278
Phone: 919-245-2050
Fax: 919-644-3067
Website: <http://www.ces.ncsu.edu/orange/>

PAMLICO**Havelock Parks and Recreation**

Address: P.O. Box 368
Havelock, NC 28532
Phone: 252-444-6429
Fax: 252-447-0126
Website: <http://www.cityofhavelock.com/>

Pamlico County Cooperative Extension Center

Address: 13451 Hwy 55 East (Alliance)
P.O. Box 8
Bayboro, NC 28515
Phone: 252-745-4121
Fax: 252-745-5082
Website: <http://www.ces.ncsu.edu/pamlico/>

Camp Sea Gull YMCA

Address: 218 Sea Gull Landing, Box 1
Arapahoe, NC 28510
Phone: 252-249-1111
Fax: 252-249-1266
Website: <http://www.seagull-seafarer.org>

Camp Seafarer YMCA

Address: 2744 Seafarer Rd, Box 3
Arapahoe, NC 28510
Phone: 252-249-1212
Fax: 252-249-2259
Website: <http://www.seagull-seafarer.org>

PASQUOTANK**Elizabeth City Parks and Recreation**

Address: 200 East Ward St.
Elizabeth City, NC 27909
Phone: 252-335-1424
Fax: 252-338-2018
Website: <http://www.cityofec.com/>

Pasquotank County Cooperative Extension Center

Address: 1209 McPherson Street
P.O. Box 1608
Elizabeth City, NC 27906
Phone: 252-338-3954
Fax: 252-338-6442
Website: <http://www.ces.ncsu.edu/pasquotank/>

PENDER**Pender County Parks and Recreation**

Address: P. O. Box 5
801 South Walker St.
Burgaw, NC 28425
Phone: 910-259-1330
Fax: 910-259-1574
Website: <http://www.pender-county.com/parks&rec.html>

Pender County Cooperative Extension Center

Address: Agricultural Bldg.
801 South Walker St.
Burgaw, NC 28425
Phone: 910-259-1235
Fax: 910-259-1291
Website: <http://www.ces.ncsu.edu/pender/>

PERQUIMANS**Perquimans County Recreation**

Address: 310 Granby Street
Hertford, NC 27944
Phone: 252-426-5695
Fax: 252-426-7684

Perquimans County Cooperative Extension Center

Address: Perquimans Extension Center
601A S. Edenton Road Street
P.O. Box 87
Hertford, NC 27944
Phone: 252-426-5428
Fax: 252-426-1646
Website: <http://www.ces.ncsu.edu/perquimans/>

PERSON

Person County Parks and Recreation

Address: 425 Long Ave.
Roxboro, NC 27573
Phone: 336-597-1755
Fax: 336-597-1754

Person County Cooperative Extension

Address: 304 South Morgan St., Room 123
Roxboro, NC 27573
Phone: 336-599-1195
Website: <http://www.ces.ncsu.edu/person/>

PITT

Farmville Parks and Recreation

3672 North Main Street.
Farmville, NC 27828
Phone: 252-753-6712
Fax: 252-753-2963

Greenville Parks and Recreation

Address: P.O. Box 7207
Greenville, NC 27835
Phone: 252-329-4567
Fax: 252-329-4062
Website: <http://ci.greenville.nc.us/>

Pitt County Cooperative Extension Center

Address: 403 Government Circle
Greenville, NC 27834
Phone: 252-902-1700
Fax: 252-757-1456
Website: <http://www.ces.ncsu.edu/pitt/>

POLK

Forest City Parks and Recreation

Address: 217 Clay St.
Forest City, NC 28043
Phone: 828-248-5220
Fax: 828-245-3442
Website: <http://www.townofforestcity.com/park.html>

Polk County Recreation

Address: P. O. Box 308
Columbus, NC 28722
Phone: 828-894-8199
Fax: 828-894-2263
Website: <http://www.polknc.org/departments/recreation/index.php>

Polk County Cooperative Extension Center

Address: Courthouse Annex
P.O. Box 187
Corner Gibson & Ward
Columbus, NC 28722
Phone: 828-894-8218
Fax: 828-894-5693
Website: <http://www.ces.ncsu.edu/polk/>

RANDOLPH

Archdale Parks and Recreation

Address: P.O. Box 14068
214 Park Dr.
Archdale, NC 27263
Phone: 336-431-1117
Fax: 336-431-8452
Website: <http://www.archdale-nc.gov/parks.htm>

Asheboro Parks and Recreation

Address: P.O. Box 1106
146 North Church St.
Asheboro, NC 27203
Phone: 336-626-1240
Fax: 336-626-1295
Website: <http://www.ci.asheboro.nc.us/Departments/DeptCityParksRec.htm>

Liberty Parks and Recreation

Address: P.O. Box 1006
Liberty, NC 27298
Phone: 336-622-3955
Fax: 336-622-1890

Randleman Parks and Recreation

Address: 101 Hillary St.
Randleman, NC 27317
Phone: 336-495-7525
Fax: 336-495-7503
Website: <http://www.randleman.org/services/parks.htm>

YMCA of Asheboro NC, Inc.

Address: P.O. Box 1152
343 N.C.Hwy. 42 North
Asheboro, NC 27204
Phone: 336-625-1976
Fax: 336-629-7575
Website: <http://www.randolphasheboroymca.com>

**Randolph County Cooperative
Extension Center**

Address: 2222 South Fayetteville St.
Asheboro, NC 27205
Phone: 336-318-6000
Fax: 336-318-6011
Website: <http://www.ces.ncsu.edu/randolph/>

RICHMOND**Rockingham Parks and Recreation**

Address: 514 Rockingham Road
Rockingham, NC 28379
Phone: 910-895-6810

Hamlet Recreation

Address: P. O. Box 1229
Hamlet, NC 28345
Phone: 910-582-7998
Website: <http://www.hamletnc.org>

Richmond County Parks and Recreation

Address: 130 Church St.
Rockingham, NC 28379
Phone: 910-997-8331

**Richmond County Cooperative
Extension Center**

Address: P.O. Box 1358
Rockingham, NC 28380
Phone: 910-997-8255
Fax: 910-997-8257
Website: <http://www.ces.ncsu.edu/richmond/>

ROBESON**Lumberton Parks and Recreation**

Address: P.O. Box 758
1100 North Cedar Street
Lumberton, NC 28359
Phone: 910-671-3869
Fax: 910-671-3969
Website: <http://www.ci.lumberton.nc.us>

Robeson County Parks and Recreation

Address: P.O. Box 981
Lumberton, NC 28359
Phone: 910-671-3090
Fax: 910-737-5093
Website: <http://www.co.robesson.nc.us>

**Robeson County Cooperative
Extension Center**

Address: 455 Caton Road
Box 2280
Lumberton, NC 28359
Phone: 910-671-3276
Fax: 910-671-6278
Website: <http://www.ces.ncsu.edu/robesson/>

ROCKINGHAM**Eden Parks and Recreation**

Address: 308 East Stadium Dr.
Eden, NC 27288
Phone: 336-623-2110
Fax: 336-623-4041
Website: <http://www.ci.eden.nc.us/recreation-dept.html>

Madison-Mayodan Parks and Recreation

Address: P.O. Box 206
Madison, NC 27027
Phone: 336-548-9572
Fax: 336-548-1366
Website: [http://www.mmrecdepartment.org/
FARRIS-MEMORIAL-PARK.htm](http://www.mmrecdepartment.org/FARRIS-MEMORIAL-PARK.htm)

Reidsville Parks and Recreation

Address: 116 North Franklin St.
Reidsville, NC 27320
Phone: 336-349-1090
Fax: 336-342-3649
Website: [http://www.ci.reidsville.nc.us/
recreation.htm](http://www.ci.reidsville.nc.us/recreation.htm)

Eden Family YMCA

Address: 301 South Kennedy St.
Eden, NC 27288
Phone: 336-623-8496
Fax: 336-627-9622

Reidsville YMCA

Address: 504 South Main St.
Reidsville, NC 27320
Phone: 336-342-3307
Fax: 336-342-3468
Website: [http://www.ymcagreensboro.org/
reidsville.html](http://www.ymcagreensboro.org/reidsville.html)

**Rockingham County Cooperative
Extension Center**

Address: P.O. Box 200
Wentworth, NC 27375-0200
Phone: 336-342-8230
Fax: 336-342-8242
Website: <http://www.ces.ncsu.edu/rockingham/>

ROWAN**Landis Parks and Recreation**

Address: P.O. Box 8165
Landis, NC 28088
Phone: 704-857-2411
Fax: 704-855-3350

Rowan County Parks and Recreation

Address: 6800 Bringleferry Rd.
Salisbury, NC 28146
Phone: 704-636-2089
Fax: 704-639-0947
Website: [http://www.co.rowan.nc.us/parks/
default.htm](http://www.co.rowan.nc.us/parks/default.htm)

Salisbury Parks and Recreation

Address: P.O. Box 4053
Salisbury, NC 28145
Phone: 704-638-5291
Fax: 704-638-8450
Website: <http://www.salisburync.gov/pkrec/>

Rowan County YMCA

Address: P.O. Box 1575
Salisbury, NC 28145
Phone: 704-216-9622
Fax: 704-216-9178
Website: <http://www.rowanymca.com>

J. Fred Corriher, Jr. Branch YMCA

Address: P.O. Box 1145
China Grove, NC 28023-1145
Phone: 704-857-7011
Fax: 704-857-9856
Website: <http://www.rowanymca.com>

East Rowan Branch YMCA

Address: P.O. Box 640
Rockwell, NC 28138
Phone: 704-279-1742
Fax: 704-279-7700
Website: <http://www.rowanymca.com>

West Rowan Branch YMCA

Address: P.O. Box 295
Cleveland, NC 27013
Phone: 704-278-1610
Fax: 704-278-1625
Website: <http://www.rowanymca.com>

J.F. Hurley Family YMCA

Address: 828 Jake Alexander Blvd West
Salisbury, NC 28144
Phone: 704-636-0111
Fax: 704-636-0830
Website: <http://www.rowanymca.com>

Rowan County Cooperative Extension Center

Address: 2727-A Old Concord Rd.
Salisbury, NC 28146
Phone: 704-633-0571
Fax: 704-636-2840
Website: <http://www.ces.ncsu.edu/rowan/>

RUTHERFORD**Forest City Parks and Recreation**

Address: 217 Clay St.
Forest City, NC 28043
Phone: 828-248-5220
Fax: 828-248-3442
Website: <http://www.townofforestcity.com/park.html>

Rutherfordton County Parks and Recreation

Address: 154 Fairgrounds Rd.
Spindale, NC 28160
Phone: 828-287-6150
Fax: 828-287-6058

City of Rutherfordton

Address: 129 N. Main Street
Rutherfordton, NC 28139
Phone: 828-287-3520
Fax: 828-286-8054

Spindale Recreation

Address: P.O. Box 186
Spindale, NC 28160
Phone: 828-286-3716
Fax: 828-286-3305
Website: <http://www.dekana.com/spindale2000/recreationdep.html>

Rutherford County Cooperative Extension Center

Address: 193 Callahan-Koon Rd.
Suite 164
Spindale, NC 28160
Phone: 828-287-6010
Fax: 828-288-4036
Website: <http://www.ces.ncsu.edu/rutherford/>

SAMPSON**Clinton Recreation and Parks**

Address: P.O. Box 199
Clinton, NC 28329
Phone: 910-592-1961
Fax: 910-592-5140
Website: <http://www.cityofclintonnc.com/departments/recreation/events.asp>

Sampson County Parks and Recreation

Address: 364 County Complex Road
Clinton, NC 28328
Phone: 910-525-4188
Fax: 910-525-3133
Website: <http://www.sampsonnc.com>

Sampson County Cooperative Extension Center

Address: County Office Bldg.
369 Rowan Rd.
Clinton, NC 28328
Phone: 910-592-7161
Fax: 910-592-9513
Website: <http://www.ces.ncsu.edu/sampson/>

SCOTLAND**Scotland County Parks and Recreation**

Address: P.O. Box 1668
Laurinburg, NC 28353
Phone: 910-277-2585
Fax: 910-277-2587
Website: <http://www.scotlandcounty.org/ParksRec.htm>

Scotland County Cooperative Extension Center

Address: 231 East Cronly St.
Laurinburg, NC 28352
Phone: 910-277-2422
Fax: 910-277-2426
Website: <http://www.ces.ncsu.edu/scotland/>

STANLEY**Albemarle Parks and Recreation**

Address: P.O. Box 190
Albemarle, NC 28001
Phone: 704-984-9560
Fax: 704-982-0179
Website: http://www.ci.albemarle.nc.us/pr_index.htm

Stanly County Family YMCA

Address: 427 North 1st St.
Albemarle, NC 28001-3906
Phone: 704-982-1916
Fax: 704-982-4451

Stanly County Cooperative Extension Center

Address: 26032- E Newt Rd.
Albemarle, NC 28001
Phone: 704-983-3987
Fax: 704-983-3303
Website: <http://www.ces.ncsu.edu/stanly/>

STOKES**Stokes County Recreation**

Address: P.O. Box 39
Danbury, NC 27016
Phone: 336-593-8165
Fax: 336-593-2346
Website: <http://www.stokescounty.org/stokesrecreation.htm#parks>

Stokes Family YMCA

Address: 105 Moore Rd.
King, NC 27021-9805
Phone: 336-985-9622
Fax: 336-985-3976
Website: <http://www.ymca-ws.org/stokes.htm>

Stokes County Cooperative Extension Center

Address: P.O. Box 460
Danbury, NC 27016
Phone: 336-593-8179
Fax: 336-593-8790
Website: <http://www.ces.ncsus.edu/stokes/>

Camp Hanes YMCA

Address: 1225 Camp Hanes Rd.
King, NC 27021
Phone: 336-983-3131
Fax: 336-983-4624
Website: <http://www.camphanes.org>

SURRY**Elkin Parks and Recreation**

Address: P.O. Box 345
Elkin, NC 28621
Phone: 336-835-9814
Fax: 336-835-8908
Website: <http://www.elkinnc.org/>

Mount Airy Planning and Development

Address: P. O. Box 70
Mount Airy, NC 27030
Phone: 336-786-8313
Fax: 336-719-7506

North Wilkesboro Parks and Recreation

Address: P.O. Box 218
North Wilkesboro, NC 28659
Phone: 336-838-7785
Fax: 336-838-1779
Website: <http://www.north-wilkesboro.com/departments/>

Surry County Recreation

Address: 118 Hamby Rd., Suite 336
Dobson, NC 27017
Phone: 336-401-8235
Fax: 336-401-8217
Website: <http://www.co.surry.nc.us/departments/ParksandRec/index.htm>

Surry County Cooperative Extension Center

Address: P.O. Box 324
210 North Main Street
Dobson, NC 27017
Phone: 336-401-8025
Fax: 336-401-8048
Website: <http://www.ces.ncsu.edu/surry/>

SWAIN**Swain County Parks and Recreation**

Address: P.O. Box 548
West Deep Creek Road
Bryson City, NC 28713
Phone: 828-488-6159
Fax: 828-488-6252
Website: <http://www.swaincounty.org/page10.html>

Swain County Cooperative Extension Center

Address: P.O. Box 2329
60 Almond School Rd.
Bryson City, NC 28713
Phone: 828-488-3848
Fax: 828-488-3575
Website: <http://www.ces.ncsu.edu/swain/>

Nantahala Outdoor Center

Address: 13077 Hwy. 19 West
Bryson City, NC 28713-9114
Phone: 888-662-1662, ext. 600
Fax: 828-488-0301
Website: <http://www.noc.com/>

TRANSYLVANIA**Transylvania County Parks and Recreation**

Address: 1150 Ecusta Rd.
Brevard, NC 28712
Phone: 828-884-3156
Fax: 828-884-2845

Transylvania County Cooperative Extension Center

Address: 203 East Morgan St.
Brevard, NC 28712
Phone: 828-884-3109
Fax: 828-884-3142
Website: <http://www.ces.ncsu.edu/transylvania/>

TYRRELL**Tyrrell County Cooperative Extension Center**

Address: P.O. Box 209
Columbia, NC 27925
Phone: 252-796-1581
Fax: 252-796-2881
Website: <http://www.ces.ncsu.edu/tyrrell/>

UNION**Monroe Parks and Recreation**

Address: P.O. Box 69
Monroe, NC 28110
Phone: 704-289-8557
Fax: 704-282-4665
Website http://www.monroenc.org/parks_0.htm

Union County Parks and Recreation

Address: 5213 Harkey Rd.
Waxhaw, NC 28173
Phone: 704-843-3919
Fax: 704-843-4046
Website: http://www.co.union.nc.us/gov_offices/parks/parks.htm

Union County Cooperative Extension Center

Address: 500 North Main St., Room 506
Monroe, NC 28112
Phone: 704-283-3801
Fax: 704-283-3734
Website: <http://www.ces.ncsu.edu/union/>

VANCE

Henderson-Vance Parks and Recreation

Address: P.O. Box 1556
Henderson, NC 27536
Phone: 252-431-6090
Fax: 252-492-1229
Website: <http://www.vancecounty.com/recreationandparksdepartment.htm>

Henderson Family YMCA

Address: 380 Ruin Creek Rd
Henderson, NC 27536
Phone: 252-438-2144
Fax: 252-492-1642

Vance County Extension Center

Address: Vance County Office Bldg.
P.O. Box 1028
305 Young Street
Henderson, NC 27536
Phone: 252-438-8188
Fax: 252-492-3830
Website: <http://www.ces.ncsu.edu/vance/>

WAKE

Apex Parks, Recreation & Cultural Resources

Address: P.O. Box 250
Apex, NC 27502
Phone: 919-249-3419
Fax: 919-249-3359
Website: <http://www.apexnc.org/depts/parks/index.cfm>

Cary Parks, Recreation & Cultural Resources

Address: P. O. Box 8005
Cary, NC 27512
Phone: 919-469-4061
Fax: 919-469-4344
Website: <http://www.townofcary.org/depts/prhome.htm>

Fuquay-Varina Recreation and Parks

Address: 401 Old Honeycutt Rd.
Fuquay-Varina, NC 27526
Phone: 919-552-1410
Fax: 919-557-3112
Website: <http://www1.fuquay-varina.org/www/departme-4.asp?d=9&s=detail>

Garner Parks and Recreation

Address: P.O. Box 446
Garner, NC 27529
Phone: 919-772-4688
Fax: 919-662-5135
Website: <http://www.ci.garner.nc.us/Parks&Rec.Dept.Menu.htm>

Town of Holly Springs Parks and Recreation

Address: P.O. Box 8
128 South Main Street
Holly Springs, NC 27540
Phone: 919-557-6832
Fax: 919-552-5569
Website: <http://www.townofhollyspringsnc.net>

Knightdale Parks and Recreation

Address: P.O. Box 640
950 Steeple Square Ct.
Knightdale, NC 27545
Phone: 919-217-2231
Fax: 919-217-2249

Morrisville Parks and Recreation

Address: P.O. Box 166
Morrisville, NC 27560
Phone: 919-469-9760
Fax: 919-380-6709
Website: <http://www.ci.morrisville.nc.us/pr/default.asp>

Raleigh Parks and Recreation

Address: P.O. Box 590
Raleigh, NC 27602
Phone: 919-831-6640
Fax: 919-831-6470
Website: <http://www.raleigh-nc.org/parks&rec/index.asp>

Wake County Parks and Recreation

Address: P.O. Box 550
Raleigh, NC 27602
Phone: 919-856-6670
Fax: 919-856-6181
Website: <http://www.wakegov.com/county/parks/default.htm>

Wake Forest Parks and Recreation

Address: 401 Elm St.
Wake Forest, NC 27587
Phone: 919-554-6180
Fax: 919-554-6195
Website: http://www.ci.wake-forest.nc.us/Departments/Recreation%20Department/parks_recreation.htm

Wendell Parks and Recreation

Address: P.O. Box 828
Wendell, NC 27591
Phone: 919-366-2266
Fax: 919-366-1466
Website: <http://www.townofwendell.com/pr>

Zebulon Parks and Recreation

Address: 202 East Vance St.
Zebulon, NC 27597
Phone: 919-269-8265
Fax: 919-269-6200
Website: <http://www.ci.zebulon.nc.us/P&R.htm>

Cary Family YMCA

Address: 101 YMCA Dr.
Cary, NC 27519
Phone: 919-469-9622
Fax: 919-460-3112
Website: <http://www.ymcatriangle.org>

YMCA of the Triangle Area

Business Office
Address: 1601 Hillsborough St.
P.O. Box 10976
Raleigh, NC 27605
Phone: 919-832-6602
Fax: 919-834-3506
Website: <http://www.ymcatriangle.org>

Central YMCA

1601 Hillsborough St
Raleigh, NC 27605
Phone: 919-832-6601
Fax: 919-833-0654
Website: <http://www.ymcatriangle.org>

A.E. Finley YMCA

Address: 9216 Baileywick Rd.
Raleigh, NC 27615
Phone: 919-848-9622
Fax: 919-676-3373
Website: <http://www.ymcatriangle.org>

Capital Area YMCA of Garner

70 East Business Park
129 US Hwy 70 West
Garner, NC 27529
Phone: 919-773-3621
Fax: 919-773-3624
Website: <http://www.ymcatriangle.org>

Garner Road YMCA

Address: 2235 Garner Rd.
Raleigh, NC 27610
Phone: 919-833-1256
Fax: 919-834-7704

YWCA of Wake County

Address: 1012 Oberlin Rd.
Raleigh, NC 27605-3127
Phone: 919-828-3205
Fax: 919-828-4072
Website: <http://www.ywcatriangle.org>

Southwest Wake YMCA

Address: 1610 Center St
Apex, NC 27502
Phone: 919-657-9622
Fax: 919-657-9632
Website: <http://www.ymcatriangle.org>

YMCA Camp Kanata

Address: 13524 Camp Kanata Rd
Wake Forest, NC 27587
Phone: 919-556-2661
Fax: 919-556-9459
Website: <http://www.ymcaofgreaterdurham.org/kanata.htm>

Banks D. Kerr Family YMCA

Address: 2500 Wakefield Pines Dr
Raleigh, NC 27614
Phone: 919-562-9622
Fax: 919-562-7504
Website: <http://www.ymcaofgreaterdurham.org/kanata.htm>

**Wake County Cooperative
Extension Center**

Address: 4001 East Carya Dr.
Raleigh, NC 27610
Phone: 919-250-1100
Fax: 919-250-1097
Website: <http://www.ces.ncsu.edu/wake/>

WARREN**Warren County Parks and Recreation**

Address: P.O. Box 835
Warrenton, NC 27589
Phone: 252-257-2272
Fax: 252-257-2700
Website: none

**Warren County Cooperative
Extension Center**

Address: P.O. Box 708
Warrenton, NC 27589
Phone: 252-257-3640
Fax: 252-257-5616
Website: <http://www.ces.ncsu.edu/warren/>

WASHINGTON**Washington County Parks and Recreation**

Address: Courthouse, Box 1007
Plymouth, NC 27962
Phone: 252-793-3188
Fax: 252-793-6607
Website: <http://www.washingtoncountygov.com/recreation/recreation.htm>

**Washington County Cooperative
Extension Center**

Address: 128 East Water Street
P.O. Box 70
Plymouth, NC 27962
Phone: 252-793-2163
Fax: 252-793-1562
Website: <http://www.ces.ncsu.edu/washington/>

WATAUGA**Blowing Rock Parks and Recreation**

Address: P.O. Box 47
Blowing Rock, NC 28605
Phone: 828-295-5222
Fax: 828-295-5202
Website: <http://www.blowingrock.com/recreation.html>

Watauga County Parks and Recreation

Address: 231 Complex Dr.
Boone, NC 28607
Phone: 828-264-9512
Fax: 828-264-9523
Website: <http://www.wataugacounty.org/parks/index.html>

Watauga County Wellness Center

Address: 232 Boone Heights
Boone, NC 28607
Phone: 828-266-1060
Website: <http://www.wataugamc.org/departments/wellness.html>

**Watauga County Cooperative
Extension Center**

Address: 971 West King St.
Boone, NC 28607
Phone: 828-264-3061
Fax: 828-264-3067
Website: <http://www.ces.ncsu.edu/watauga/>

WAYNE

Goldsboro Parks and Recreation

Address: P.O. Drawer A
901 East Ash St.
Goldsboro, NC 27533
Phone: 919-739-7481
Fax: 919-734-6201
Website: http://www.ci.goldsboro.nc.us/rec_parks.html

Mount Olive Parks and Recreation

Address: P.O. Box 939
Mount Olive, NC 28365
Phone: 919-658-9538
Fax: 919-658-5257

Goldsboro Family YMCA

Address: P.O. Box 10355
1105 Parkway Dr.
Goldsboro, NC 27532
Phone: 919-778-8557
Fax: 919-778-8645
Website: <http://www.goldsboroymca.org>

**Wayne County Cooperative
Extension Center**

Address: 208 W. Chestnut Street
P.O. Box 68
Goldsboro, NC 27533-0068
Phone: 919-731-1520
Fax: 919-731-1511
Website: <http://www.ces.ncsu.edu/wayne/>

WILKES

Wilkes County Parks and Recreation

Address: 110 North St.
Wilkesboro, NC 28697
Phone: 336-651-7355
Fax: 336-651-7344
Website: <http://www.wilkescounty.net>

Wilkesboro Parks and Recreation

Address: 203 West Main Street
Wilkesboro, NC 28697
Phone: 336-838-3951
Fax: 336-838-7616

Wilkes Family YMCA

Address: 418 Wilkesboro Blvd.
Wilkesboro, NC 28697-2530
Phone: 336-838-3991
Fax: 336-838-9213
Website: <http://www.ymca-ws.org/wilkes.htm>

Herring Ridge YMCA

Address: P.O. Box 256
495 Fallview Rd.
Boomer, NC 28606
Phone: 336-921-7067
Fax: 336-921-7069
Website: <http://www.campharrison.org>

Wilkes County Cooperative Extension Center

Address: 110 North Street
Wilkesboro, NC 28697
Phone: 336-651-7331
Fax: 336-651-7516
Website: <http://www.ces.ncsu.edu/wilkes/>

WILSON

Wilson Parks and Recreation

Address: P.O. Box 10
Wilson, NC 27894
Phone: 252-399-2261
Fax: 252-399-2196
Website: <http://www.wilsonnc.org/Departments/ParksAndRecreation/>

Wilson Family YMCA

Address: 3426 Airport Blvd
Wilson, NC 27896
Phone: 252-291-9622
Fax: 252-291-9664
Website: <http://www.wilsonymca.com>

Wilson County Cooperative Extension Center

Address: 1806 S. Goldsboro Street
Wilson, NC 27893
Phone: 252-237-0111
Fax: 252-237-0114
Website: <http://www.ces.ncsu.edu/wilson/>

YADKIN**Yadkin County Parks and Recreation**

Address: P.O. Box 426
Yadkinville, NC 27055
Phone: 336-679-4228
Fax: 336-679-6005
Website: <http://www.yadkincounty.gov/Recreation.htm>

Yadkin County Cooperative Extension Center

Address: 209 E. Elm Street
P.O. Box 97
Yadkinville, NC 27055
Phone: 336-679-2061
Fax: 336-679-3088
Website: <http://www.ces.ncsu.edu/yadkin/>

Yadkin Family YMCA

Address: 6540 Service Rd
Yadkinville, NC 27055
Phone: 336-679-7962
Fax: 336-679-7983
Website: <http://www.ymca-ws.org/yadkin.htm>

YANCEY**Yancey County Recreation**

Address: 115 Mitchell Branch Rd.
Burnsville, NC 28714
Phone: 828-682-3814
Fax: 828-682-4625

Yancey County Cooperative Extension Center

Address: 10 Orchard Drive
Burnsville, NC 28714
Phone: 828-682-6187
Fax: 828-682-7680
Website: <http://www.ces.ncsu.edu/yancey/>

STATE AND REGIONAL RESOURCES

WHAT YOU WILL FIND IN THIS SECTION

This section contains a listing of state-wide or regional recreational opportunities that serve a wide area of the state or multiple counties. The following resources are included:

Special Olympics provides recreation, sports, or competitive opportunities for youth and adults with intellectual disabilities. Most of these opportunities are segregated, but some inclusive opportunities exist with Unified Sports, a program within Special Olympics.

Summer Camps provide some initial contacts to explore opportunities for inclusive camping. The listing includes 4-H organizations.

Boy and Girl Scouts offer opportunities for inclusive activities for youth. The Boy Scouts have specific contacts for youth with disabilities to obtain information.

Adaptive Recreation Programs listed in this section provide recreation, sports, and competitive opportunities for individuals with disabilities. These programs often have specialized equipment and offer training and instruction. Wheelchair sports teams are also listed under adaptive recreation programs.

Therapeutic Horseback Riding Programs offer riding specifically for individuals with disabilities. The programs listed are affiliated with North America Riding for the Handicapped Association (NARHA).

Area Agencies on Aging provide contacts for local Senior Centers and other activities for seniors.

NORTH CAROLINA SPECIAL OLYMPICS

Mountain of Opportunity Area

Shops of Wall Street
12 ½ Wall Street, Suite F
Asheville, NC 28801
828-236-9753
888-698-1706 Toll Free
828-236-9716 Fax
lwaldron@sonc.net
Serving Avery, Buncombe, Cherokee, Clay,
Graham, Haywood, Henderson, Jackson,
Macon, Madison, McDowell, Mitchell, Polk,
Rutherford, Swain, Transylvania and Yancey
counties.

Triangle Area

P.O. Box 25968
Raleigh, NC 27611
919-719-7662
919-719-7663 Fax
800-843-6276 Toll Free
www.sonc.net
Serving Chatham, Durham, Edgecombe,
Franklin, Granville, Harnett, Johnston, Lee,
Moore, Nash, Orange, Person, Vance, Wake,
and Warren counties.

Historic Albemarle Area

101 West 14th Street
Greenville, NC 27834
252-758-2354
252-758-2355 Fax
800-422-6879 Toll Free
jpolaski@sonc.net
Serving Beaufort, Bertie, Camden, Chowan,
Craven, Currituck, Dare, Gates, Greene,
Halifax, Hertford, Hyde, Lenoir, Martin,
Northampton, Pamlico, Pasquotank,
Perquimans, Pitt, Tyrrell and Washington
counties.

Piedmont Triad Area

501 Yanceyville Street
Greensboro, NC 27405
336-272-0142
336-378-2543 Fax
888-396-6369 Toll Free
jredmond@sonc.net
Serving Alamance, Caswell, Davidson,
Davie, Forsyth, Guilford, Randolph,
Rockingham, Stokes, Surry and Yadkin
counties.

Cape Fear Area

4607 Franklin Ave. Suite 109
Wilmington, NC 28403
910-392-5776
910-392-5722 Fax
877-499-6276 Toll Free
jembler@sonc.net
Serving Bladen, Brunswick, Carteret,
Columbus, Cumberland, Duplin, Hoke,
New Hanover, Pender, Richmond, Robeson,
Sampson and Scotland counties.

Southern Piedmont- Mecklenburg Office

2400 Park Road, Suite B
Charlotte, NC 28203
704-358-1935
704-358-3211 Fax
800-358-6276 Toll Free
Serving Alexander, Anson, Cabarrus,
Catawba, Cleveland, Gaston, Iredell, Lincoln,
Mecklenburg, Montgomery, Rowan, Stanly
and Union counties.

Special Olympics State Office

220 Fayetteville St. Mall, Suite 200
Raleigh, NC 27601
919-719-7662
919-719-7663 Fax
www.sonc.net

SUMMER CAMPS

Summer Camp Directory

Family Support Network of North Carolina
CB#7340, The University of North Carolina
at Chapel Hill

Chapel Hill, NC 27599-7340

800-852-0042 (TDD/Voice)

www.fsnnnc.org

A resource guide for families with
special needs.

Discover Camps

A booklet on camps for children with
disabilities.

800-900-8086

www.ncpad@uic.edu

Victory Junction Gang Camp

311 Branson Mill Road

Randleman, NC 27317

336-498-9055

336-676-7025 Fax

Contact: Chris St. Clair

www.victoryjunction.org

Provides 8 different sessions with a
different life threatening disease each week.

Camp Carefree

275 Carefree Lane

Stokesdale, NC 27357

336-427-0966

Contact: Ann Jones

www.campcarefree.org

Provides several different weeks with a
different category of disabilities.

ACT Children's Camp (Amputee)

Amputees Coming Together

Bryson City, NC

504-545-7238

Cue Camp Cheerio

(Deaf and hard of hearing)

9404 Greenfield Dr.

Raleigh, NC 27615

919-847-3924

csbarber@aol.com

www.cuespeech.org

Camp Free Spirit

(with or without disability)

Kopper Top Life Learning Center

5853 Wimfrey Cummings Rd.

Gibsonville, NC 27249

336-449-7865

Deborah@koppertop.org

www.koppertop.org

Easter Seals –UCP North Carolina

2315 Myron Dr,

Raleigh, NC 27607

919-783-8898

800-662-7119

www.nceasterseals.com

4-H CAMPS OF NORTH CAROLINA

**North Carolina Cooperative
Extension Service**
College of Agriculture and Life
NC State University
Box 7606
Raleigh, NC 27695-7606
919-515-2801
919-515-7812 Fax

Swannanoa 4-H Education Center
170 Woodland Dr.
Swannanoa, NC 28778
828-686-3196
818-686-7072 Fax
info@swan4-h.org

Anita-Alta 4-H Outpost Camp
Mulberry Community
828-758-5528

Millstone 4-H Center
1296 Mallard Drive
Ellerbe, NC 28338
910-652-5905
www.nc4h.org/center/millstone

Betsy-Jeff Penn 4-H Camp
804 Cedar Lane
Reidsville, NC 27320
Office: 336-349-9445
Fax: 336-634-0110

Sertoma 4-H Educational Center
1105 Camp Sertoma Dr.
Westfield, NC 27053
336-593-8057

**Eastern 4-H Environmental Education
Conference Center**
100 N. Clover Way
Columbia, NC 27925
252-797-4800
Email: info@eastern4hcenter.org

GIRL SCOUTS

Catawba Valley Area Girl Scout Council, Inc

530 4th St., SW
Hickory, NC 28602
828-328-2444
828-328-6870 Fax
info@cvgirlscouts.org
<http://www.cvgirlscouts.org/>
Serving Alexander, Ashe, Burke, Caldwell,
Catawba, Iredell, and Watauga counties.

Girl Scout Council of Coastal Carolina, Inc

P. O. Box 1735
108 East Lockhaven Dr.
Goldsboro, NC 27533-1735
919-734-6231
800-558-9297
www.gscoastalnc.org/
Serving Beauford, Bertie, Brunswick, Carteret,
Columbus, Craven, Duplin, Edgecombe,
Greene, Halifax, Hyde, Jones, Lenoir, Martin,
Nash, New Hanover, Nothampton, Onslow,
Pamlico, Pender, Pitt, Tyrrell, Washington,
Wayne, and Wilson counties.

Girl Scouts Council of Colonial Coast

912 Cedar Rd.
Chesapeake, VA 23320
757-547-4405
Serving Camden, Chowan, Currituck, Dare,
Gates, Hertford, Pasquotank, and Perquimans
counties.

Hornet's Nest Girl Scouts

7007 Idlewood Rd.
Charlotte, NC 28212
704-731-6500
800-868-0528
704-567-0598 Fax
www.hngirlscouts.org/
Serving Anson, Cabarrus, Mecklenburg,
Montgomery, Rowan, Stanley, and Union
counties.

Pines of Carolina Girl Scouts Council, Inc

P. O. Box 5229
Raleigh, NC 27612
919-782-3021
www.pinesofcarolina.org/
Serving Bladen, Chatham, Cumberland,
Durham, Franklin, Granville, Harnett, Hoke,
Johnston, Lee, Moore, Orange, Person,
Richmond, Robeson, Sampson, Scotland,
Vance, Wake, and Warren counties.

Pioneer Girl Scout Area Council, Inc

250 South New Hope Rd.
Gastonia, NC 28054
704-864-3245
Serving Cleveland, Gaston, Lincoln, Polk,
and Rutherford counties.

Pisgah Girl Scout Council, Inc

P. O. Box 8249
Asheville, NC 28814
828-252-4442
800-522-6280
www.girlscoutswnc.org/
Serving Avery, Buncombe, Cherokee, Clay,
Graham, Haywood, Henderson, Jackson,
Macon, Madison, McDowell, Mitchell,
Swain, Transylvania, and Yancey counties.

Tar heel Triad Girl Scout Council, Inc.

8432 Norcross Rd.
Colfax, NC 27235
336-274-8491 Greensboro
336-993-4856 Winston-Salem/Kernersville
800-672-2148 WATS line-NC only
336-993-2833- Fax
www.tarheeltriad.org/
Serving Alamance, Alleghany, Caswell,
Davidson, Davie, Forsyth, Guilford,
Randolph, Rockingham, Stokes, Surry,
Wilkes, and Yadkin counties.

BOY SCOUTS

Cape Fear Council

110 Longstreet Dr.
Wilmington, NC 28406
910-395-1100
www.capefearcouncilbsa.org
Serving Bladen, Brunswick, Columbus, Hoke,
New Hanover, Pender, Roberson, and
Scotland counties.

Central North Carolina Council

Boy Scouts of America
32252 Highway 24-27
Albemarle, NC 28001
704-982-0141
Serving Anson, Cabarrus, Montgomery,
Richmond, Rowan, Stanly, and Union counties.

Daniel Boone Council Boy Scouts of America

64 W.T. Weaver Blvd.
Asheville, NC 28814-8010
828-254-6189
Serving Avery, Buncombe, Cherokee, Clay,
Graham, Haywood, Henderson, Jackson,
Macon, Madison, Mitchell, Swain,
Transylvania, and Yancey counties.

East Carolina Council Boy Scouts of America

313 Boy Scouts Blvd.
Kinston, NC 28503-1698
252-522-1521
www.ecc.bsa
Serving Beaufort, Bertie, Carteret, Craven,
Edgecombe, Greene, Halifax, Hertford, Hyde,
Jones, Lenoir, Martin, Nash, Northampton,
Onslow, Pamlico, Pitt, Tyrrell, Washington,
and Wilson counties.

Mecklenburg County Council

Boy Scouts of America
1410 East 7th St.
Charlotte, NC 28204-2488
704-333-5471
www.bsa-mcc.org
Serving Mecklenburg County

Occoneetchee Council

Boys Scouts of America
3231 Atlantic Ave.
P.O. Box 41229
Raleigh, NC 27629
www.campdurant.com
Serving Chatham, Cumberland, Durham,
Franklin, Granville, Harnett, Lee, Moore,
Orange, Vance, and Wake counties.

Old Hickory Council

Boy Scouts of America
6600 Silas Creek Pkwy.
Winston-Salem, NC 27106-5058
336-760-2900
www.oldhickorycouncil.org
Serving Alleghany, Ashe, Forsyth, Stokes,
Surry, Watauga, Wilkes, and Yadkin
counties.

Old North State Boy Scouts of America

1405 Westover Terrace
P.O. Box 29046
Greensboro NC 27429
www.bsaonsc.org
Serving Alamance, Caswell, Davidson,
Davie, Guilford, Person, Randolph, and
Rockingham counties.

Piedmont Council

1222 Franklin Blvd.
P.O. Box 1059
Gastonia, NC 28053
704-864-2694
Serving Alexander, Burke, Caldwell,
Catawba, Cleveland, Gaston, Iredell, Lincoln,
McDowell, Polk, and Rutherford counties.

Tuscarora Council Boy Scouts of America

316 East Walnut St.
Goldsboro, NC 27533-1436
919-734-1714
Serving Duplin, Johnston, Sampson, and
Wayne counties.

ADAPTIVE RECREATION PROGRAMS

Adaptive Sports and Adventures Program

Charlotte Institute of Rehabilitation

1100 Blythe Blvd.

Charlotte, NC 28203

704-355-1062

704-446-4999-Fax

Contact: Kate Smith

www.carolinahealth.org

Examples of programs: wheelchair sports, (basketball, quad rugby, tennis), bass fishing, hand cycling, water and jet skiing, adaptive sailing, track and field, power wheelchair soccer.

Adapted Recreation & Intramural Sports Enrichment (ARISE)

ECU Student Recreation Center

128 SRC

Greenville, NC 27858

252-328-6387

Contact: David Gaskin

Examples of programs: fitness, adventure sports, (water skiing, snow skiing, camping, canoeing), wheelchair basketball, Wheel Power Dance Troup, climbing wall.

Nantahala Outdoor Center

13077 Hwy. 19 West

Bryson City, NC 28713

888-662-1662, ext. 600

Contact Guess Relation Office

www.noc.com

Examples of programs: boating, (kayaking, canoeing, rafting), will accommodate and are eager to work with all types of disabilities

WHEELCHAIR BASKETBALL

NC Wheelchair Basketball Teams

www.nwba.org

Wheelchair Basketball Teams –

North Carolina

Contact: Dick Bryant –

Commissioner of NWBA

Charlotte, NC

704-943-2213

WHEELCHAIR TENNIS

North Carolina Wheelchair Tennis

Cary Tennis Center

2727 Louis Stephens Dr.

Cary, NC

919-462-2061

www.nctennis.com/

ADAPTIVE RECREATION PROGRAMS

FISHING

Disabled Sportsman's Special Hunt Program and Disabled Access Program

North Carolina Wildlife Resources Commission

512 N. Salisbury Street

Raleigh, NC 27604-1188

919-733-3633

COUNTY	WATER BODY	PUBLIC FISHING AREA
Anson	Blewett Falls Reservoir	Blewett Falls
Ashe	Chinquapin Trout Lake	Chinquapin Trout Lake
Buncombe	Lake Powhatan	Lake Powhatan
Burke	Lake James Trailrace	Bridgewater
	Broughton Pond	Broughton Pond
	Jacob Fork	Jacob Fork
Caswell	Rabbit Shuffle Pond	Rabbit Shuffle Pond
Catawba	Lake Hickory	Whittenburg
Cherokee	Cherokee Lake	Cherokee Lake
Craven	Brice's Creek	Brice's Creek
Cumberland	Lake Rim	Lake Rim
Dare	Roanoke Sound	Manteo
Gaston	Crowder's Lake	Crowder's Mtn. State Park
Gates	Chowan River	Shoups Landing
Haywood	Richland Creek	Vance Street Park
Jackson	Balsam Lake	Balsam Lake
Madison	French Broad River	Murray Branch
	Max Patch Pond	Max Patch Pond
Montgomery	Lake Tillery	Lilly's Bridge
New Hanover	Sutton Lake	Sutton Lake
Swain	Tuckasegee	Tuckasegee (Old 288)
Transylvania	Davidson River	Coontree
Vance	John H. Kerr Reservoir	Williamsboro Wayside
Wilkes	E. Prong Roaring River	E. Prong Roaring River

NC EASTER SEALS / UCP BEACHABILITY PROJECT

Locations for borrowing adaptive recreation equipment

BEACH WHEELCHAIR	
Sunset Beach Town Hall	910-579-3808
Ocean Isle Beach Police Department	910-579-4221
Holden Beach Town Hall	910-842-6488
Bald Head Island	910-457-4310
Oak Island Recreation Center	910-278-5518
or Southwinds Motel	910-278-5442
Fort Fisher State Park	910-458-5798
Kure Beach Town Hall	910-458-8216
Carolina Beach Park & Recreation	910-458-2977
Wrightsville Beach Park & Recreation	910-256-7925
Topsail Beach Police Department	910-328-4851
Surf City Police Department	910-328-7711
North Topsail Beach Police Department	910-328-0042
Emerald Isle Fire Department	252-354-2445
Atlantic Beach Fire Department	252-726-7361
Fort Macon State Park	252-726-3775
Harker's Island Cape Lookout National Seashore	252-728-2250
Ocracoke National Seashore/Ocracoke Visitor Center	252-928-4531
Hatteras – Cape Hatteras Lighthouse Visitor Information	252-995-4474
Salvo – Sun Realty	252-987-2766
Coquina Beach Cape Hatteras National Seashore	252-473-2111
Nags Head Fire Department	252-441-5909
Kill Devil Hills Fire Department	252-480-4060
Kitty Hawk Fire Department	252-261- 2666
Duck Fire Department	252-261-3929
Corolla Fire Department	252-453-3242

NC EASTER SEALS / UCP BEACHABILITY PROJECT

Locations for borrowing adaptive recreation equipment

ADAPTIVE KAYAKING EQUIPMENT	
Cedar Island – Barrier Island Kayaks	252-393-6457
Emerald Isle Park & Recreation	252-354-6350
Beaufort – AB Kayaks	252-728-6330
HANDCYCLES	
Outer Banks – Manteo & Kill Devil Hills	252-475-5910
Dare County Parks & Recreation	252-475-5920
Edenton Park & Recreation	252-482-8595
ADAPTED GOLF CARTS	
Wilmington – Wilmington Municipal Golf	910-791-0558
ADAPTED FISHING EQUIPMENT	
Oak Island Recreation Center	910-278-5518
Kure Beach – Kure Pier	910-458-5524
Emerald Isle – Bogue Inlet Fishing Pier	252-354-2919
Salter Path – Fishin’ Fever	252-247-3868
Atlantic Beach – Captain Joe Shute’s	252-240-2744
New Bern Parks & Recreation	252-636-4060
Cape Hatteras National –Fish with a Ranger	252-473-2111
Nags Head – Captain Marty’s	252-441-3132
Kitty Hawk – TW’s Bait & Tackle	252-261-7848
Currituck Parks & Recreation	252-232-3007
Elizabeth City – Fun Junktion Park	252-337-6600
Edenton Parks & Recreation	252-482-8595

THERAPEUTIC HORSE RIDING PROGRAMS

**North American Riding for the
Handicapped Association, Inc.**

PO Box 33150
Denver, Colorado 80233
800-369-RIDE (7433) ..
Fax (303) 252-4610
NARHA@NARHA.ORG

Riverwood Therapeutic Riding Center, Inc

6825 Rollingview Dr.
Tobaccoville, NC 27050
336-922-6426
info@riverwoodtrc.org
www.riverwoodrec.org

**Horsepower Therapeutic Learning Center
NARHA Premier Accredited Center**

8001 Leabourne Rd.
Colfax, NC 27235
336-931-1424
jan@horsepower.org
www.horsepower.org

**Kopper Top Life Learning Center
5853 Winfrey Cummings Rd.**

Gibsonville, NC 27249
336-449-7865
caseta@aol.com
www.koppertop.org

Horse & Buddy

11283 64 E
Apex, NC 27523
919-362-7064
919-363-6700

Shining Hope Farms

328 Whippoorwill Lane
Mt. Holly, NC 28120
www.shininghopefarms.org

Ride Like a Knight

NARHA Premier Accredited Center
9167 Hasty Rd.
Laurinburg, NC 28352
910-277-7228
funbigkid@hotmail.com

**North Carolina Therapeutic
Riding Center, Inc.**

NARHA Premier Accredited Center
P.O. Box 62572
Durham, NC 27715-0572
919-929-1797
mmuenzerpt@nc.rr.com

Mephibosheth Farms Angelic Riders, Inc

820 Forest Hills School Rd.
Marshville, NC 28103
mephibosheth@peoplepc.com

Misty Meadows Mitey Riders, Inc
Equine Assisted Program

Misty Meadows Farm
455 Providence Rd.
Weddington, NC 28173
704-841-0602
miteyriders@hotmail.com

**Heads Up! Therapeutic Riding
Program, Inc**

NARHA Premier Accredited Center
120 Possum Trail
Pittsboro, NC 27312
919-542-6207
lreynolds@cheerful.com

**Helping Horse Therapeutic Riding
Program, Inc.**

P.O.Box 12881
Raleigh, NC 27605
919-848-0153
hhtrp@aol.com

THERAPEUTIC HORSE RIDING PROGRAMS

Joshua's Farm

P.O. Box 26827
Charlotte, NC 28221-6827
704-599-6124
info@joshuasfarm.org
www.joshuasfarm.org

Prancing Horse

450 Horse'n Carriage Lane
Cameron, NC 28326
910-245-3220
www.PrancingHorseCenter.org
phpeanut@mindspring.com

Blazing Saddles

P.O. Box 3082
Boone, NC 28607
828-265-3380
blazingsaddles1@hotmail.com
www.blazingsaddlesnc.org

Therapeutic Horseback Riding Assoc. WNC

P.O. Box 387
Mars Hill, NC 28754
828-689-2291
exedir@mountainhopes.org
www.mountainhopes.org

Hearts and Hooves Therapeutic Riding Program

1341 Union Church Rd.
Lawndale, NC 28090
704-538-9467
tcfarm@clearspringsfarm.com2
www.heartsnhooves.org

Free Rein Center for Therapeutic Riding & Education

420 Las Praderas Cir.
Brevard, NC 28712
828-883-3375
free-rein@brinet.com
www.free-rein.org

Cross Timbers Therapeutic Riding Center

4947 Quartz Ridge Dr.
Maiden, NC 28650
828-428-9438
curleynewton@aol.com

Coastal Therapeutic Riding Program

2323 Metts Ave.
Wilmington, NC 28403
910-538-5575
CTRPNNews@cs.com

Wilkes Therapeutic Riding Program

348 CC Hayes Rd.
Purlear, NC 28665
336-903-0016
wtrpdiana@aol.com

AREA AGENCIES ON AGING

North Carolina Division of Aging and Adult Services
www.dhhs.state.nc.us/aging
Division of Aging and Adult Services
2101 Mail Service Center
Raleigh, NC 27699-2101
919-733-3983
919-733-0443 Fax

GEOGRAPHICAL REGIONS

Region A
Southwestern NC Planning & Economic Development Commission
P.O. Box 850
Bryson City, NC 28713
828-488-9211
828-488-3950 Fax
www.regiona.org
Serving Cherokee, Clay, Graham, Haywood, Jackson, Macon, and Swain counties.

Region B
Land-of-Sky Regional Council
25 Heritage Drive
Asheville, NC 28806
828-251-6622
828-251-6353 Fax
www.landofsky.org/aaa
Serving Buncombe, Henderson, Madison, and Transylvania counties.

Region C
Isothermal Planning & Development Commission
P.O. Box 841
Rutherfordton, NC 28139
828-287-2281
828-287-2735 Fax
www.regionc.org
Serving Cleveland, McDowell, Polk, and Rutherford counties.

Region D
High County Council of Governments
P.O. Box 1820
Boone, NC 28607
828-265-5434
828-265-5439 Fax
www.regiond.org
Serving Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey counties.

Region E
Western Piedmont Council of Governments
P.O. Box 9026
Hickory, NC 28603
828-322-9191
828-322-5991 Fax
http://aaa.wpcog.dst.nc.us
Serving Alexander, Burke, Caldwell, and Catawba counties.

Region F
Centralina Council of Governments
1300 Baxter Street
P.O. Box 35008
Charlotte, NC 28235
704-372-2416 COG
704-347-4710 Fax
www.centralina.org
Serving Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly and Union counties.

Region G
Piedmont Triad Council of Governments
400 West Fourth Street, Suite 400
Winston Salem, NC 27101
336-761-2111
336-761-2112 Fax
336-761-2110 TDD
www.nwpcog.org
Serving Davie, Forsyth, Stokes, Surry, and Yadkin counties.

AREA AGENCIES ON AGING

Region J

Triangle J COG

P.O. Box 12276
Research Triangle Park, NC 27709
919-549-9390 Fax
www.tjaaa.org
Serving Chatham, Durham, Johnston, Lee,
Moore, Orange, and Wake counties.

Region K

Kerr Tar Region COG

P.O. Box 709
Henderson, NC 27536
252-436-2040
252-436-2055 Fax
Serving Franklin, Granville, Person, Vance,
and Warren counties.

Region L

Upper Coastal Plain Council of Governments

P.O. Drawer 2748
Rocky Mount NC 27802
252-446-0411
252-446-5651 Fax
<http://www.ucpcog.org>
Serving Edgecombe, Halifax, Nash,
Northampton, and Wilson counties.

Region M

Mid-Carolina Council of Governments

P.O. Drawer 1510
Fayetteville, NC 28302
910-323-4191
910-323-9330 Fax
Serving Cumberland, Harnett, and Sampson
counties.

Region N

Lumber River Council of Governments

4721 Fayetteville Rd.
Lumberton, NC 28358
910-618-5533
910-618-5576 Fax
Serving Bladen, Hoke, Richmond, Roberson,
and Scotland counties.

Region O

Cape Fear COG

1480 Harbour Drive
Wilmington, NC
910-395-4553
800-218-6575
910-395-2684 Fax
www.capefearcog.org
Serving Brunswick, Columbus, New
Hanover, and Pender counties.

Region P

Eastern Carolina Council of Governments

233 Middle Street
P.O. Box 1717
New Bern, NC 28563
252-638-3185
800-824-4648
252-638-3187 Fax COG
www.aaaregionp.org
www.eccog.org
Serving Carteret, Craven, Duplin, Greene,
Jones, Lenoir, Onslow, Pamlico, and Wayne
counties.

AREA AGENCIES ON AGING

Region Q

Mid-East Commission

P.O. Box 1787

Washington, NC 27889

252-946-8043

252-948-1883 Fax

www.mecaaa.org

Serving Beaufort, Bertie, Hertford, Martin,
and Pitt counties.

Region R

Albermarle Commission

P.O. Box 646

Hertford, NC 27944

252-426-5753

Serving Camden, Chowan, Currituck, Dare,
Gates, Hyde, Pasquotank, Perquimans,
Tyrrell, and Washington counties

NATIONAL ADAPTIVE SPORTS AND RECREATION ORGANIZATIONS

WHAT YOU WILL FIND IN THIS SECTION

National organizations can be a good way to locate information about specific adapted sports and recreation activities. These organizations often provide general information about the activity, equipment needs, local contacts, and competitive or training opportunities. The following is a listing of these national organizations divided into multi-sport and specialized sport organizations.

Multi-Sport Organizations target many different sports or recreation opportunities. These organizations also support much of the competition and training for adaptive sports and recreation.

Specialized Sport Organizations are listed alphabetically by sport or recreation activity.

MULTI- SPORT ORGANIZATIONS

**American Association of
Adapted Sports Programs, Inc.**
P.O. Box 538
Pine Lake, GA 30072
404-294-0070
www.aaasp.org

Disabled Sports USA
451 Hungerford Dr.
Suite 100
Rockville, MD 20850
301-217-0960
800-966-4647
www.dsusa.org

**The National Center on Physical
Activity & Disability**
1640 W. Roosevelt Road
Chicago, IL 60608-6904
800-900-8086
312-355-4058 Fax
www.ncpad.org

**Paralyzed Veterans of America, Inc
Sports and Recreation Programs**
801 18th St. NW
Washington, DC 20006
800-424-8200, ext. 752
www.pva.org

Special Olympics
1325 G St. NW, Suite 500
Washington, DC 20005
202-628-3630
202-824-0200 Fax
www.specialolympics.org

**United Cerebral Palsy
Athletic Association**
25 W. Independence Way
Kingston, RI. 02881
401-874-7465

Wheelchair Sports, USA
1668 320th Way
Earlham, IA 50072
515-833-2450 Phone/fax
wsusa@aol.com
www.wsusa.org

World T.E.A.M. Sports
Brighton Landing East
20 Guest St., Suite 450
Brighton, MA 02135
617-779-0300
617-779-0042-Fax
info@worldteamsports.org
www.worldteamsports.org

SPECIALIZED SPORTS ORGANIZATIONS

ARCHERY

Wheelchair Archers, USA

Glenn Harris
6020 Pioneer Park PL.
Langley, WA 98260
360-321-5979 (W) 206-546-4609 (Fax)
bowcoach@whidbeyisland.com

AVIATION

Freedom's Wings International

699 S. Florida Ave.
Tarpon Springs, Fla. 34689
727-944-5756
www.freedomwings.org

International Wheelchair Aviators

P.O. Box 1126
Big Bear Lake, CA 92315
909-585-9663
909-585-7156 Fax
www.wheelchairaviators.org/

BASKETBALL

National Wheelchair Basketball Association (NWBA)

6917 Grand Prairie Dr.
Colorado Springs, CO 80918
719-266-4082
www.nwba.org

BEEP- BASEBALL

National Beep Baseball Association (NBBA)

785-234-2156
www.nbba.org
info@nbba.org to find a team in your area

BOWLING

The American Blind Bowling Association (ABBA)

315 N. Main St.
Houston, PA 15342
724-745-5986

WHEELCHAIR BOWLING (AWBA)

The American Wheelchair Bowling Association

954-491-2886
<http://member.aol.com/bowlerweb/awba.htm>

DANCE

United States Amateur Ballroom Dancers Association

www.usabda.org
800-447-9047

United States Dancesport Council

www.usabda.org/usdsc/index.htm
612-926-7648

GARDENING

National Gardening Association

1100 Dorset Street
South Burlington, VT 05403
(802) 863-5251,
(802) 864-6889 (fax)
www.garden.org

Special Gardens, Inc.

1005 S. Big Bend Blvd.
St. Louis, MO 63117
314-646-7224
314-646-8140 Fax
specialgardensinc@birch.net

SPECIALIZED SPORTS ORGANIZATIONS

HUNTING

Buckmasters Disable Sportsman Resources

David Sullivan, Director
11802 Creighton Ave.
Northport, Al 35475
308-432-2894
www.ncpad.org

FISHING

Fishing Has No Boundaries, Inc

P.O. Box 175
Hayward, WI 54843
800-243-3462
www.fhnbinc.org
info@fhnbinc.org

CAMPING

Office of Special Programs & Populations National Park Service

U. S. Department of the Interior
800 North Capitol, NW
Washington, DC 20002
David Parks, Accessibility Coordinator
202-513-7027

CANOEING / KAYAKING

Kayaking/Disabled Paddlers Committee

7432 Alban Station Blvd.
Suite 232
Springfield, VA 22150
703-451-0141
703-451-2245 Fax

Nantahala Outdoor Education Center

13077 Highway 19 West
Bryson City, NC 28713
888-662-1662
www.nocweb.com

FENCING

Wheelchair Fencing

Vicki Bullard
294 Split Creek Ln.
Mocksville, NC 27028
336-748-6178 (Pg)
vickifaith@aol.com

GOLF

United States Golfers Association

Golf House
Liberty Corner Road, PO Box 708
Far Hills, NJ 07931
908-234-2300
908-234-9687 Fax
www.usga.org

National Alliance for Accessible Golf

2805 East 10th Street, Suite 190
Bloomington, IN 47408
812-856-4422
812-856-4421-TTY
812-856-4480 Fax
naag@indiana.edu
www.accessgolf.org

Association of Disabled American Golfers

P.O.Box 280649
Lakewood, CA 80228-0649
303-922-5228
303-969-0447 Fax
adag@usga.org

National Amputee Golf Association

11 Walnut Hill Rd.
Amherst, NH 03031-1228
800-633-6242
603672-2987
www.nagagolf.org

SPECIALIZED SPORTS ORGANIZATIONS

HANDCYCLING

American Handcycling Association

1744 Pepper Villa Dr.
El Cajon, CA 92020-1214
619-596-1986
www.ushf.org/

HOCKEY

American Sledge Hockey Association

10933 Johnson Ave. South
Bloomington, MN 55437
612-881-2129 Fax

USA Sled Hockey Association

Tom Rogers, President
1805 Avonia Rd.
Fairview, Pa 16415
814-474-2548
sledcoach@yahoo.com
<http://www.SledHockey.org>

United States Electric Wheelchair

Hockey Association
U.S. ESWHA PowerHockey
7216 39th Ave. No.
Minneapolis, MN 55427
763-535-4736
www.PowerHockey.com

HORSEBACK RIDING/ EQUESTRIAN

National Center for Equine Facilitated Therapy (NCEFT)

5001 Woodside Rd.
Woodside, CA 94062
650-851-2271
650-851-3480 Fax
www.nceft.com

North American Riding for the Handicapped Association

P.O. Box 33150
Denver, CO 80233
303-452-1212
www.narha.org

OUTDOOR RECREATION AND WILDERNESS

Breckenridge Outdoor Education Center Activity

P.O. Box 697
Breckenridge, CO 80424
800-383-2632
www.boec.org
Offers a variety of activities

Nantahala Outdoor Center

13077 Hwy. 19W
Bryson City, NC 28713-9114
888-662-1662
www.noc.com/

National Sports Center for the Disabled

P.O. Box 1290
Winter Park, CO 80482
970-726-1540
www.nscd.org

Wilderness Inquiry

808 14th Ave. SE
Minneapolis, MN 55414-1546
612-676-9400
800-728-0719
www.wildernessinquiry.org

SPECIALIZED SPORTS ORGANIZATIONS

QUAD RUGBY

United States Quad Rugby Association

5861 White Cypress Dr.
Lake Worth, FL 33467-6230
561-964-1712
561-642-4444 Fax
www.quadrugby.com

RACQUETBALL

National Wheelchair Racquetball Association (NWRA)

c/o American Amateur Raquetball Association
1685 W. Uintah
Colorado Springs, CO 80904
719-635-5396

SAILING

Access to Sailing

19744 Beach Blvd.
Huntington Beach, CA 92648
www.accessdinghy.org/

Shake-A-Leg

P.O. Box 1264
Newport, RI 02840
shake@shakealeg.org
401-848-9072 Fax

SCUBA DIVING

Handicapped Scuba Association

116 West El Portal, Suite 104
San Clemente, CA 92672
714-498-6128
www.ourworld.compuserve.com/homepages/hsahdq

SNOW SKIING

National Sports Center for the Disabled

P.O. Box 1290
Winter Park, CO 80482
970-726-1540
www.nscd.org

U.S. Disabled Ski Team

P.O. Box 100
Park City, UT 84060
801-649-9090
www.ussa.org/

SOFTBALL

National Wheelchair Softball Association

1616 Todd Court
Hastings, MN 55033
612-437-1792
612-437-3889 Fax

SWIMMING

U.S. Wheelchair Swimming

Arden Adams
5224 Harvest Loop
Eugene, OR 97402
aadamsswim@aol.com

TABLE TENNIS

American Wheelchair Table Tennis Association

23 Parker St. Port Chester, NY 10573
914-937-3932
914-937-3932 Fax

SPECIALIZED SPORTS ORGANIZATIONS

TENNIS

National Foundation of Wheelchair Tennis

940 Calle Amanecer, Suite B
San Clemente, CA 92672
714-361-6811

WATER SPORTS

American Water Ski Association

Disable Ski Committee

P.O. Box 337
Bowling Broke, GA. 31004

WHEELCHAIR RACING

National Sports Center for the Disabled

P.O. Box 1290
Winter Park, CO 80482
970-726-1540
www.nscd.org

GENERAL DISABILITY RESOURCES

WHAT YOU WILL FIND IN THIS SECTION

General disability organizations can serve as another means of locating recreational resources, support, and adaptive equipment. This section contains listings of statewide and/or regional resources.

State Disability Organizations are those organizations within North Carolina that provide support and services to individuals with specific disabilities. Most of these organizations have local chapters or groups that can serve as a very important resource for accessing recreation opportunities in a particular community. Many of these organizations can also help with the support or advocacy that may be needed to participate in recreation opportunities.

ADA Information and Advocacy Organizations can also provide an important resource when ADA information or advocacy support is needed for participation.

Independent Living Rehabilitation Programs through Vocational Rehabilitation serve all regions of the state. Most of these programs have a recreation therapist on staff who is available as a resource to individuals with disabilities living in the program area.

Independent Living Centers are non-profit organizations run by individuals with disabilities who provide advocacy, information, and supports to increase community participation for individuals with disabilities living in the center's service area.

Assistive Technology Centers are an important resource for accessing adaptive equipment or assistive technology that may be needed to participate in a recreation activity.

STATE DISABILITY ORGANIZATIONS

The Arc of North Carolina

4200 Six Forks Rd.
Suite 100
Raleigh, NC 27609
919-782-4632
800-662-8706
919-782-4634 fax
www.arcnc.org

Autism Society of North Carolina

505 Oberlin Rd., #230
Raleigh, NC 27605-1345
919-743-0204
www.autismsociety-nc.org
www.autism-society.org

Brain Injury Association of North Carolina

P.O. Box 748
Raleigh, NC 27602
919-833-9634
800-377-1464
919-833-5415 fax
www.bianc.net

Easter Seals-UCP North Carolina

2315 Myron Dr.
Raleigh, NC 27607-3357
919-783-8898
800-662-7119 toll free
www.nc.easter-seal.org

Family Support Network of North Carolina

University of North Carolina, CB# 7340
Chapel Hill, NC 27599-7340
919-966-2841
800-TLC-0042 (Central Directory of
Resources)
www.fsnncc.org

Learning Disabilities Association of North Carolina

P.O. Box 3542
Chapel Hill, NC 27515-3542
919-493-5362
919-489-0788 fax
www.ldanc.org
ldanc@mindspring.com

Mental Health Association of North Carolina

3820 Bland Rd.
Raleigh, NC 27609
919-981-0740
919-954-7238 fax
888-881-0740 toll free
www.mha-nc.org

STATE DISABILITY ORGANIZATIONS

**Multiple Sclerosis Society
North Carolina Regional Office**
9844-C Southern Pines Blvd.
Charlotte, NC 28273
704-525-2955
800-477-2955
704-527-0406 fax
www.nationalmssociety.org/

**Multiple Sclerosis Society
Central North Carolina**
2211 West Meadowview Road, Suite 30
Greensboro , NC 27407
Phone: 336-299-4136
Phone: 1-800-FIGHT-MS
Email: ncc@nmss.org
Website: [http://www.nationalmssociety.org/
ncc](http://www.nationalmssociety.org/ncc)

**Multiple Sclerosis Society
Eastern North Carolina**
3101 Industrial Drive, Suite 210
Raleigh , NC 27609
Phone: 919-834-0678
Email: nct@nmss.org
Website: [https://www.nationalmssociety.org/
ncc](https://www.nationalmssociety.org/ncc)

**National Alliance for the Mentally Ill
(NAMI-NC)**
309 W. Millbrook Rd.
Suite 121
Raleigh, NC 27609
919-788-0801
919-788-0906 fax
mail@naminc.org

**National Spinal Cord Injury Association
Eastern NC Chapter**
3701 Wake Forest Rd.
Raleigh, NC 27607
336-578-6788
Contact: Deborah Myers
DMYERS8@TRIAD.RR.COM

Spina Bifida Association of NC
3915 Grace Court
Indian Trail, NC 28079
1-800-84-SBANC (7-2262)
<http://sbanc.home.mindspring.com/>

ADA AND ADVOCACY ORGANIZATIONS

Southeast Disability & Business Technical Assistance Center

490 10th Street
Atlanta, GA 30318
800-949-4232
404-385-0641 fax
sedbtacproject@catea.org
www.sedbtac.org

Office on the Americans with Disabilities Act

217 West Jones Street
Raleigh, NC 27603-1336
919-715-2302
919-733-0054 fax

Association of Self Advocates of NC ASANC

PO Box 17271
Raleigh, NC 27609
(800) 662-8706 ext. 120
Beginnings (Hard of Hearing)
P.O. Box 17646
Raleigh, NC 27610
800-541-HEAR (V/TTY) toll free for NC
919-850-2747 (V/TTY) local & outside NC
www.beginningsssvc.com

North Carolina Disability Action Network

NCAction@nc-ddc.org
NC Council on Developmental Disabilities
3801 Lake Boone Trail, Suite 250
Raleigh, NC 27607
800-357-6916 (V/TTY)

NC Governor's Advocacy Council for Persons With Disabilities (GACPD)

1314 Mail Service Center
Raleigh, NC 27699-1314
919-733-9250
919-733-9173 fax
www.gacpd.com/

North Carolina Self Help for the Hard of Hearing (SHHH)

www.nchearingloss.org/

There are 11 chapters:

Asheville: 828-658-3950

Blue Ridge: 828-432-5340 (V/TTY)

Chapel Hill: 919-967-9955

Charlotte: 704-566-0145 (V/TTY)

Durham: 919-220-2154 or 919-286-1077

Guilford: smwcounsel@aol.com

(NO PHONE # LISTED)

Hendersonville: 828-696-9597 (Voice) or
Charles Davis at 828-966-4819

Lake Norman: 704-896-3488 (V/TTY)

704-896-3489 fax

Wake: 919-469-0924 (Voice)

Wilmington: 919-799-0753 (Voice) or
919-452-0906 (TTY)

Winston-Salem: 336-784-1688 or
336-768-1177

INDEPENDENT LIVING REHABILITATION PROGRAMS

Albemarle Independent Living Rehabilitation Programs

702 Henson St.
Albemarle, NC 28001
704-985-1172
702-983-3797 fax
Serving Anson, Cabarrus, Montgomery,
Richmond, Rowan, Stanly, and Union
Counties

Asheville Independent Living Program

599 Tunnel Road
Asheville, NC 28805
828-298-9137
828-298-9330 fax
877-832-3832 toll free
Serving Buncombe, Henderson, Madison,
McDowell, Polk, Rutherford, and
Transylvania counties.

Boone Independent Living Rehabilitation Program

245 Winkler's Creek Rd.
Suite A
Boone, NC 28607
828-265-5419
828-265-5359 fax
888-521-5054 toll free
Serving Alleghany, Ashe, Avery, Mitchell,
Watauga, Wilkes, and Yancey Counties

Charlotte Independent Living Rehabilitation Program

5501 Executive Center Dr., Suite 101
Charlotte, NC 28212
704-568-8804

Independent Living Rehabilitation Program (Durham)

4312 Western Park Place
Durham, NC 27705
919-560-6815
919-560-3231 fax
888-666-4916 toll free
Serving Chatham, Durham, Lee, Orange,
Person, and Granville counties

Elizabeth City Independent Living Rehabilitation Program

401 S. Griffin St. Suite 75
Elizabeth City, NC 27909
252-338-0175
800-342-9797 toll free
Serving Camden, Chowan, Currituck, Dare,
Gates, Pasquotank, Perquimas, Tyrrell, and
Washington counties

Independent Living Services (Fayetteville)

1200 Fairmont Court
Fayetteville, NC 28304
910-486-1717
888-258-1473 toll free
Serving Bladen, Cumberland, Harnett, Hoke,
Robeson, Sampson, Moore, and Scotland
counties

Greensboro Independent Living Program

3401-A West Wendover Ave.
Greensboro, NC 27407
336-852-4523
877-836-2858 toll free
Serving Alamance, Caswell, Guilford,
Randolph, and Rockingham counties

INDEPENDENT LIVING REHABILITATION PROGRAMS

Hickory Independent Living Rehabilitation Program

2661 Hwy NC 127 S.
Hickory, NC 28602
252-830-3471
800-830-8133 toll free
Serving Alexander, Burke, Caldwell,
Catawba, Cleveland, Iredell, and Lincoln
counties

New Bern Independent Living Rehabilitation Program

2203 Neuse Blvd.
New Bern, NC 28560
252-514-4806
888-521-5060 toll free
Serving Carteret, Craven, Jones, Onslow, and
Pamlico counties

Raleigh Independent Living Rehabilitation Program

436 N. Harrington St.
Raleigh, NC 27603
919-715-0543
919-733-7745 fax
Serving Franklin, Johnston, Vance, Wake, and
Warren counties

Rocky Mount Independent Living Rehabilitation Program

Station Square, Suite 163
Rocky Mount, NC 27804
252-446-0867
252-446-3191 fax
888-215-8520 toll free
Serving Edgecombe, Halifax, Hertford,
Martin, Nash, Northampton, and Wilson
counties

Sylva Independent Living Rehabilitation Program

122 Slyva Plaza, Suite A
Sylva, NC 28779
828-586-3455
828-586-2129 fax
Serving Cherokee, Clay, Graham, Haywood,
Jackson, Macon, and Swain counties

Wilmington Independent Living Rehabilitation Program

1506 Market Street, Suite B
Wilmington, NC 28401
910-251-5810
888-521-5665 toll free
910-251-2659 fax
Serving Brunswick, Columbus, Duplin,
New Hanover, and Pender counties

Winston-Salem Independent Living Program

2201 Brewer Rd.
Winston-Salem, NC 27127
336-784-2700
336-784-2714 fax
877-699-7578 toll free in NC
Serving Davidson, Davie, Forsyth, Stokes,
Surry, and Yadkin counties

CENTERS FOR INDEPENDENT LIVING

**Alliance of Disability Advocates
Center for Independent Living**

401 Oberlin Rd., Suite 103
Raleigh, NC 27605
919-833-1117 v/tty
919-833-1171 fax
www.alliancecil.org
Serving Wake, Durham, Johnston,
and Orange counties

**Joy A Shabazz Center for
Independent Living**

235 N. Greene St.
P.O. Box 86n
Greensboro, NC 27401
336-272-0501
336-272-0575 fax
gapinfo@bellsouth.net
www.advocacyproject.org
Serving Guilford, Alamance, Caswell,
Rockingham, and Randolph counties

**Pathways for the Future Center for
Independent Living**

525 Mineral Springs Drive
Sylva, NC 28779
828-631-1167
828-631-1169 fax
www.pathwayscil.org
Serving Cherokee, Clay, Graham, Haywood,
Jackson, Macon, and Swain counties

Programs for Accessible Living

5801 Executive Center Dr.
Suite 101
Charlotte, NC 28212
704-537-0550
704-566-0505 fax
800-755-5749
Serving Mecklenburg, Gaston, Union, and
Cabarrus counties

**Western Alliance Center for
Independent Living**

30-B London Road
Asheville, NC 28803
828-274-0444
828-274-4461 fax
www.westernalliance.org
Serving Buncombe, Henderson, Madison,
McDowell, Polk, Rutherford, and
Transylvania counties

The Adaptables

3650 N Patterson Ave.
Winston-Salem, NC 27510
336-767-7060
Serving Forsyth, Davie, Davidson,
Yakin, Surry, and Stokes counties

ASSISTIVE TECHNOLOGY / ADAPTED EQUIPMENT

North Carolina Assistive Technology Program (Northcentral Region)

Whitaker Rehab Center

3333 Silas Creek Parkway
Winston-Salem, NC 27103

336-718-1660

336-718-1660 TDD

336-718-9752

www.ncatp.org

Serving Davidson, Davie, Forsyth, Guilford, Randolph, Rockingham, Stokes, Surry, Iredell, Ashe, Alleghany, Watauga, Wilkes, Caldwell, and Alexander counties

North Carolina Assistive Technology Program (South Central Region)

1110 Navaho Drive, Suite 101

Raleigh, NC 27609

919-850-2787

919-850-2787 TDD

www.ncatp.org

Serving Anson, Bladen, Chatham, Cumberland, Durham, Harnett, Hoke, Johnston, Lee, Montgomery, Moore, Orange, Richmond, Roberson, Sampson, Scotland, and Wake counties

North Carolina Assistive Technology Program (Western Region)

Charlotte Institute of Rehabilitation

1100 Blythe Blvd.

Charlotte, NC 28203

704-355-2703

Serving Avery, Burke, Cabarrus, Catawba, Cleveland, Gaston, Lincoln, McDowell, Mecklenburg, Mitchell, Polk, Rutherford, Stanly, Union, and Yancey counties

NC Assistive Technology Program Eastern NC Assistive Technology for Persons with Hearing Loss or Hearing-Vision Loss

Rocky Mount Independent Living

Station Square - Suite 163

Rocky Mount, NC 27804

252-446-0867

252-446-3191 fax

<http://www.ncatp.org/Lorene/eastern2.htm>

Serving 50 counties east of the Triangle

North Carolina Assistive Technology Program (Mountain Region)

24 Steeple Road, Suite A

Sylva, NC 28779

828-631-9461 voice/TTY

828-631-9259 fax

Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Swain, Transylvania counties

ASSISTIVE TECHNOLOGY / ADAPTED EQUIPMENT

Check-It-Out—North Carolina Network of Assistive Technology Equipment Loan Programs

Calton G. Watkins Center
3500 Ellington Street
Charlotte, NC 28211
Serving Mecklenburg county residents
from birth to 5 years old

Partnerships in Assistive Technology

1110 Navaho Drive
Suite 100
Raleigh, NC 27609
919-872-2298
919-872-2294 Fax
Email: assist@pat.org
<http://www.pat.org>
Serving Statewide

Generations Tadpole Assistive Technology Lending Library

Murdoch Center
205 G West E Street
Butner, NC 27509
919-575-7641
1-888-288-7948 Toll Free
919-575-3095 Fax
www.tadpole.org
Serving Statewide

PRINT RESOURCES

WHAT YOU WILL FIND IN THIS SECTION

There are numerous materials that have been written about sports and recreation for persons with disabilities. These can be very helpful in learning more about the opportunities that are available, how to get started and finding equipment. This section contains books and magazines arranged alphabetically by title.

BOOKS

Access America: An Atlas and Guide to the National Parks for Visitors with Disabilities

Address: Northern Cartographic
Attn: Access America Editor
P. O. Box 133
Burlington, VT 05402

ACCESS North Carolina

Address: North Carolina Division of Vocational Rehabilitation Services
Independent Living Rehabilitation Program
919-855-3500
Website: <http://dvr.dhhs.state.nc.us/DVR/pubs/publications.htm>
free vacation and travel guide for individuals with disabilities

Accessible Gardening

Address: Woodbine House
6510 Bells Mill Rd.
Bethesda, MD 20819
Phone: 800-843-7323

Canoeing and Kayaking for Persons with Physical Disabilities

Address: American Canoe Association
7432 Alban Station Blvd.
Suite B-232
Springfield, VA 22150-2311
Phone: 703-451-0141

Community Recreation and People with Disabilities

Address: Paul Brooks Publishing
P.O. Box 10624
Baltimore, MD 21285-0624
Phone: 800-638-3775

Don't Forget the Fun

Address: Institute for Community Inclusion Children's Hospital
300 Longwood Avenue
Boston, MA 02155
Phone: 617-355-6506

A Guide to Wheelchair Sports and Recreation 3rd Edition

Paralyzed Veterans of America Publications
2111 East Highland Ave.,
Suite 180
Phoenix, AZ 85016-4702
Phone: 602-224-0500

Making School and Community Recreation Fun for Everyone

Address: Paul Brooks Publishing
P.O. Box 10624
Baltimore, MD 21285-0624
Phone: 800-638-3775

Playing and Coaching Wheelchair Basketball

Address: University of Illinois Press
54 East Gregory Dr.
Champaign, IL 61820
Phone: 800-638-3030

MAGAZINES AND CATALOGUES

Access to Recreation Catalog

Phone: 800-634-4351

Website: www.accesstr.com

Active Living

Address: DT Publishing/Active

Living Magazine

P.O. Box 2660

Niagara Falls, NY 14302

Phone: 905-957-6016

Fax: 905-957-6017

Email: activeliv@aol.com

Website: www.activelivingmagazine.com

Disabled Outdoors

Address: 5223 South Lorel Ave.

Chicago, IL 60638

Phone: 708-358-4160

In Motion

Amputee Coalition of America

Address: 900 East Hill Avenue, Suite 285

Knoxville, Tennessee 37915-2568

1-888/AMP-KNOW or 1-888/267-5669

Within Knoxville: 1-865/524-8772

TTY: 1-865/525-4512

1-865-525-7917 fax

New Mobility

No Limits Communications Inc. (Publisher)

P.O. Box 220

Horsham, PA 19044

Phone: (215) 675-9133

Fax: (215) 675-9376

Website: www.newmobility.com

Palaestra

Address: Challenge Publications, Ltd.

P.O. Box 508

Macomb, IL 61455

1-309-833-1902 (Phone/FAX)/Editorial

Email: challpub@macomb.co

Website: www.palaestra.com

Paraplegia News

Address: PVA Publications

2111 East Highland Avenue,
Suite 180

Phoenix, AZ 85016-4702

Toll Free: 888- 888-2201

Phone: 602-224-0500

Website: www.pvomagazines.com/pnnews/

Sportaid

Address: 78 Bay Creek Rd.

Loganville, GA 30052

Phone: 800-743-7203

Website: www.sportaid.com

Sports 'n Spokes

Address: Paralyzed Veterans of
America, Inc.

2111 East Highland Ave.

Suite 180

Phoenix, AZ 85016-4702

Phone: 602-224-0500

NCODH PUBLICATIONS

OTHER NCODH PUBLICATIONS

Recreation A Great Way to be Active

An easy to use guide to help anyone with a disability plan for more recreation. This step-by-step format is filled with helpful hints and ideas.

Removing Barriers to Health Clubs and Fitness Facilities

A guide that provides ways you can make a health club's facility and services more accessible to all people, including people with disabilities and older adults.

Health Promotion Resource Guide

A guide that provides health educators, service providers, and program planners a carefully selected collection of resources that address accessibility, communication, and topic specific health promotion.

North Carolina Office on Disability and Health

UNC-CH, CB# 8185

Chapel Hill, NC 27599-8185

Phone: 919-843-3531 (V/TTY)

Fax: 919-966-0862

Website: <http://www.fpg.unc.edu/~ncodh>

Ashe Surry Jones Macon Burke Lincoln Onslow Greene Tyrrell Gates
Halifax Vance Stokes Rowan Cleveland Henderson Wilkes Craven Wake
Union Clay Cherokee Davidson McDowell Johnston Cumberland Pender
Dare Sampson Buncombe Moore Mitchell Wilkes Guilford Person Bertie
Carterter Brunswick Anson Iredell Edgecombe Nash Hyde Duplin Graham
Polk Scotland Pamlico Martin Alamance Orange Jackson Bladen Swain
Rockingham Warren Pitt Hoke Beaufort Harnett Catawba Lee Yancey
Madison Pasquotank Currituck Columbus Rutherford Stanly Forsyth Wayne
Avery Granville Northampton Robeson Chatham Haywood Mecklenburg
Caldwell Randolph Perquimans Camden Yadkin Watauga Gaston Camden
Franklin Durham Washington Chowan Hertford Davie Cabarrus Lenoir
Alleghany Caswell Transylvania

Montgomery Richmond

New Hanover

Ashe Surry

Halifax Vance Stokes Rowan

Union Clay Cherokee Davidson McDowell

Dare Sampson Buncombe Moore Mitchell Wilkes

Carterter Brunswick Anson Iredell Edgecombe Nash Hyde Duplin Graham

Polk Scotland Pamlico Martin Alamance Orange Jackson Bladen Swain

Rockingham Warren Pitt Hoke Beaufort Harnett Catawba Lee Yancey

Madison Pasquotank Currituck Columbus Rutherford Stanly Forsyth Wayne

