

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Making Fitness Accessible for Everyone

Did you know that there are at least 100 programs and sites throughout Virginia that offer accessible and adaptive recreation for people with disabilities?

Here are just a few examples:

- **Back in the Saddle (BITS)** ~ [Therapeutic horseback riding for veterans in Northern Virginia](#)
- **Beyond Boundaries** ~ [Whitewater rafting, kayaking and other outdoor adventures for people of all abilities in Richmond Metro Area](#)
- [Accessible golf courses in Northern Virginia](#)
- [Swimming, bowling, basketball and more for people with intellectual and developmental disabilities in the New River Valley](#)
- **Team River Runner** ~ [Adaptive kayaking/paddling programs for veterans and their families in Virginia \[Fort Belvoir\]](#)
- **Sportable** ~ [Adaptive sports for individuals with physical disabilities and vision impairments in Richmond Metro Area](#)
- **Virginia Beach Hockey Club** ~ [Sled ice hockey in Virginia Beach](#)

Explore programs to meet your fitness goals!

► [See therapeutic/adaptive recreation programs statewide](#), or

Article Source

Copyright © 2024 VirginiaNavigator; ALL RIGHTS RESERVED

Last Reviewed

Monday, December 11, 2023