Three year grant NYS Developmental Disabilities Planning Council
Develop Inclusion Strategies for Young Adults ages 18-25 years
• Four domains
  • Outdoor Recreation
  • Mindful Movement
  • Unified Sport
  • Personal Fitness

Our Strategy

Pop-Up Events: Invite experts from Local Agencies and Adaptive Sports Teams into Syracuse Parks

Recognize and support grassroots initiatives:
Southwest Community Center Mainstream Yoga

Inclusion Leadership: Provide opportunities for young adults to create and to lead programs
Adaptive Equipment POP UP!
Where: Warehouse 350 West Fayette
When: Saturday October 11 2015 12-2
Who: Fitness Inclusion Network

Adaptive Climbing POP UP!
Where: SUNY Cortland Student Life Center
When: April x, 2016 2-5
Who: Cortland Climbing Club

Sled Hockey POP UP!
Where: Sunnycrest Rink
When: February 17, 2016 12-3
Who: Move Along Sled Hockey
Accessible Gardening POP UP!

Follow us on Instagram: Inclusive.Fitness.Initiative

Where: Thornden Park Pavilion
When: Sunday May 15 12-3
Who: Spina Bifida Center of Central New York

Inclusive Fitness Initiative

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Outdoor Recreation

Inclusive Walking Club Guide
Accessible Geocaching Guide
Walks and Talks Conference
Inclusive Fitness Initiative

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