



THE
ABILITY
CENTER
Play together.



everybody

deserves

to play



RampUp⁴
Universal Community

Through community collaboration, RampUp designs, builds and/or implements universally inclusive recreational opportunities and continue to empower those with disabilities through accessibility. Whether it's "Ramp(ing) Up" a local park or helping a fitness or recreation center become more inclusive.

America's Most Accessible Beach

OPENED IN 2020

Open Gym⁵
Adaptive Programs

By partnering with community-based nonprofits, and parks and recreation departments, Open Gym provides an opportunity for people of all abilities to play together in an inclusive, non-competitive, friendly environment where your friends, family, peers can join you to play in a "Different Pair of Shoes."

40

OPEN GYMS

1000+

ATTENDEES

ASAP⁶
Inclusive Education

Our school-based Adaptive Scholastic Athletic Program (ASAP), hosts disability awareness assemblies and inclusive physical education classes. We teach students, educators, and administrators by putting them in a "Different Pair of Shoes" and that regardless of ability — everybody is capable.

14

SCHOOLS

5,000+

STUDENTS

Statistics based on projected 2022 numbers.

encouragement

positivity and

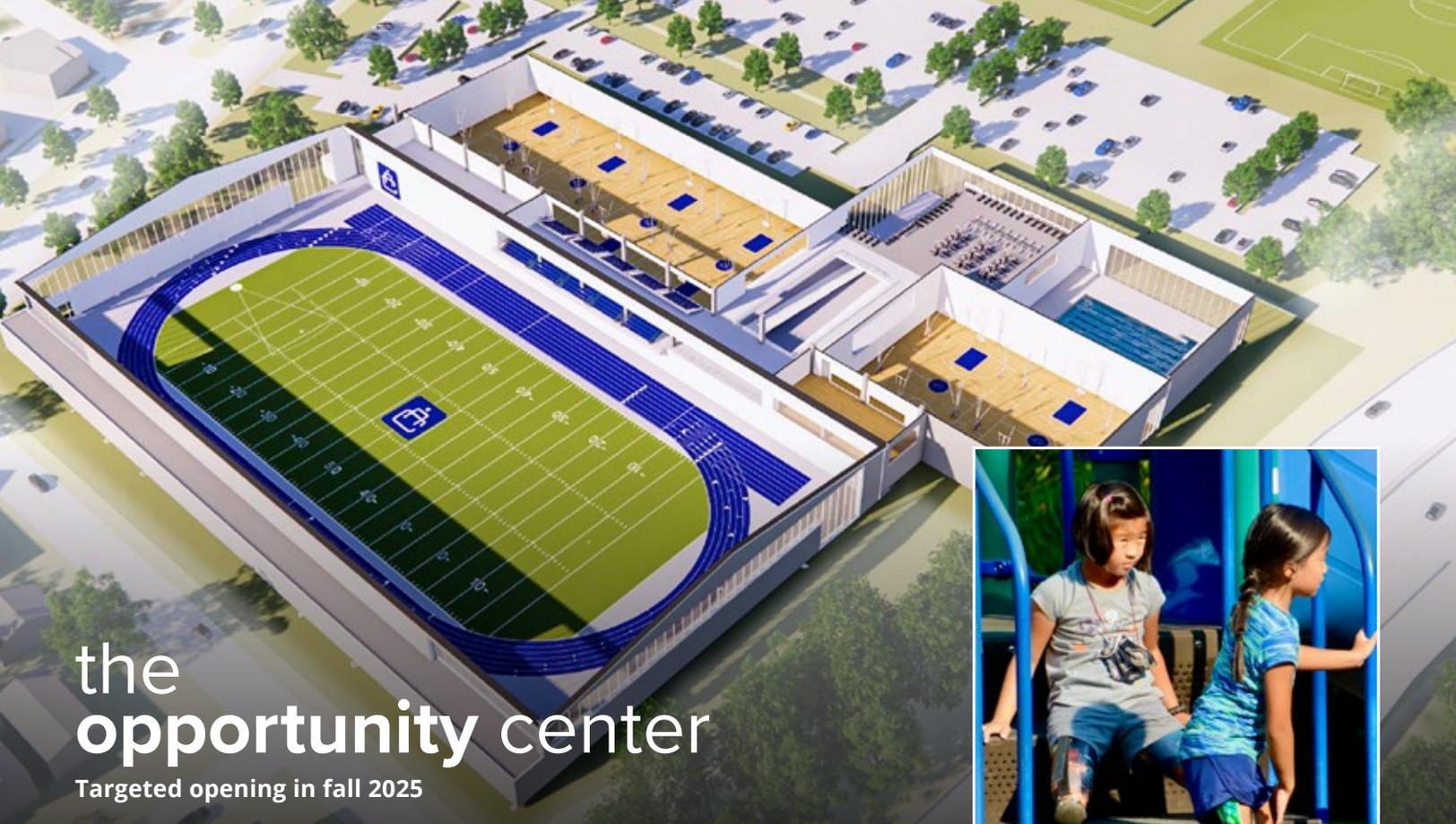
a feeling of normal



The Ability Center has transformed my daughter's mental and physical health. What we were going through the last four years was just heart-wrenching. Having a child with a chronic illness is hard. There is just so much darkness. Her doctors had told her for years that her condition will improve if she gets more active and that staying in bed was not good for her mental health. She didn't know what to do to change any of this and couldn't see a way to get her life back. As we found out about The Ability Center and its programs, she was very reluctant to go at first. She had a lot of social anxiety—she missed most of her high school years. But when she got in that gym, she immediately felt at home. There was encouragement, positivity, and a way to having the feeling of normal, of who she was her whole life - her love of sports, her competitive nature - it was still a possibility. The night Damian asked her to play on his 3v3 wheelchair basketball team, she was so excited and finally had something to look forward to. Her life now is literally a complete 360; her doctors are amazed. She is still sick, she struggles daily and has immense pain, but TAC provides distraction. She is so mentally and physically strong. She is begging to go to schools and be a role model for younger kiddos and to show them how to play and have fun and have compassion. She has friends, she is so independent, which is what every parent wants, she looks at her future in a positive light. Those intangible things are what I am so happy about - that growth and confidence. My family and friends all tell me how happy they are she is back, the Sydney everyone loves, with the smile we missed for years.

- Stephanie S., mother of an Open Gym participant





the opportunity center

Targeted opening in fall 2025

Discovering abilities through hands-on programs

Preston and Jennifer Cosgrove have experienced the transformative impact of The Ability Center along with their daughters Anna and Ivy. Both Anna and Ivy have prosthetic legs and have discovered their abilities through the hands-on programs TAC offers for participants to experience a 'different pair of shoes'. "Both our daughters are amputees and life looks different for them, but it doesn't mean they have to sit on the sidelines," shares Jennifer. "The Ability Center has been the exposure to and experience with all sorts of activities that we otherwise wouldn't have known about." One component that stands out to the Cosgroves is the diversity and inclusion at the TAC events. "Sometimes we'll show up to a wheelchair basketball Open Gym (program) and have no idea who needs to be in a chair and who doesn't, just because of how diverse the audience is."

The Cosgrove family's favorite thing about the various TAC programs is that all of these are activities they can participate in together. The inclusivity in the programs has allowed families like the Cosgroves to enjoy doing things with one another that wouldn't be possible elsewhere. An event in particular that was new to the family was ice skating with ice sleds at Red Arrow Park this past February. "This was our first time getting into sled skates, and the first time our girls had been up close to ice skating in general," Jennifer says. "I was in a sled as well, and my girls and I had a blast zipping around the ice together and playing tag with other sled skaters. I had to drag them off the ice when it was time to go home, and they begged to go back the next day...which we did!"



universal park

Targeted opening in summer 2023

Mission

To provide people impacted by disabilities with a daily opportunity to be fit, active, healthy, and to play.

The Ability Center

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The Ability Center is a 501(c)(3) tax-exempt, charitable organization.