

# Unified Field Games at Jamesville Beach Park



**“Inclusion means everybody knowing they have a place to be comfortable being themselves”**

*–Sophie Nash*

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network





# Monday Mile Walk at Webster Pond



**“Inclusion means we are immersed  
in activities that are accessible  
and social scenes of our choosing.”**

*—Peyton Sefick*

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network

**COMMIT TO**   
**INCLUSION**  
**COMMITTOINCLUSION.ORG**



# Equipment Fair at WCNY and Skiddy Park



**“Inclusion means fostering a culture that is designed to bring people from all walks of life together to accomplish their common goals and help everyone be the best that they can.”**

**—Marissa Daleh**

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network





# Accessible Geocaching at Green Lakes State Park



**“Inclusion means having an environment where everyone is having fun and meeting new people.” –Shannon White**

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network

**COMMIT TO**  
**INCLUSION**  
[COMMITTOINCLUSION.ORG](http://COMMITTOINCLUSION.ORG)





# Accessible Fishing Platform at Goodyear Lake



**“Inclusion means having the same choices as others when pursuing interests and new experiences. In the realm of Parks and Recreation, all members of a community will have the same opportunities to fully participate in, and indeed realize the many benefits of, recreational activities.”** –Chris Abbot

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network





# Unified Yoga at Thornden Park

**“Inclusion means  
being able to share  
a worthwhile  
experience with  
others that benefits  
each individual  
in a unique way,  
regardless of  
limitations.”**

*–Chris Torell*



- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network

COMMIT TO  
**INCLUSION**  
COMMITTOINCLUSION.ORG





# Monday Mile Walk at Kirk Park



**“Inclusion means eliminating barriers to participation. There is a way, and we can figure this out together.”**

**-Lisa Neville**

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network

**COMMIT TO**  
**INCLUSION**  
**COMMITTOINCLUSION.ORG**



# Unified Wheelchair Basketball at McChesney Park



**“Inclusion means acceptance and community.”** –Nienke Dosa

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network

**COMMIT TO**   
**INCLUSION**  
**COMMITTOINCLUSION.ORG**



# Unified Yoga at Thornden Park



**“Inclusion means showing others how to find freedom within themselves. In a beautiful way, biases are removed and everyone is respected as an equal, contributing, and capable part of a team.”** –Maddy Locastro

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network

**COMMIT TO**  
**INCLUSION**  
[COMMITTOINCLUSION.ORG](http://COMMITTOINCLUSION.ORG)





# Unified Yoga at Burnet Park

**“Inclusion means “abilities” and how we share them together.”**

*–Joy Papazides-Hanlon*



- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network

**COMMIT TO**  
**INCLUSION**  
[COMMITTOINCLUSION.ORG](http://COMMITTOINCLUSION.ORG)



# Adaptive Nordic Ski at Sunnycrest Park



**“Inclusion means community involvement and providing a space where everyone feels welcome.” -Elizabeth White**

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network





# Mapping Inclusion at Inner Harbor Onondaga Creekwalk



“Inclusion is a group effort that we can all contribute to in some way.”

-Jesse Evensky

- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network

COMMIT TO   
**INCLUSION**  
COMMITTOINCLUSION.ORG