

Purpose of the Fit & Fun Grant:

To encourage fitness, social interaction and community involvement by providing up to \$250 to enable individuals with developmental disabilities to participate in fit and fun recreational activities and events. The grant can be used to pay for tickets, fees (admission, tuition, recreational, lessons, etc.), and travel and equipment costs (adaptive or otherwise). The grant can also be used to pay admission, fees and travel for a support person. *Examples of activities funded previously are provided on page 2 of this application.*

Eligibility:

1. At the time of application and for the duration of the grant period, receive at least one service from The Arc Otsego
2. Live on your own or with others in a non-certified setting

Submission Process:

Applications will be accepted on an ongoing basis until September 21, 2026, or when funds are exhausted. All receipts must be submitted by October 19, 2026.

Mail	Email	Drop Off
<p>The Arc Otsego Fit & Fun Recreation Grant Attn: Kate Hopkins PO Box 490 Oneonta, NY 13820</p>	<p>Kate Hopkins hopkinsk@arcotsego.org Use "Fit & Fun" in the subject line</p>	<p>The Arc Otsego Administration Building 35 Academy Street Oneonta, NY 13820 8 a.m. – 4 p.m., M-F</p>

Notification Process:

The Award Team meets by the 5th day of each month. Applications will be reviewed and notifications mailed within 10 business days.

Questions?

Contact Kate Hopkins at hopkinsk@arcotsego.org or 607-287-8196.

Examples of Funded Activities

Funds from previous Fit & Fun Recreation Grants were used to pay ticket prices, fees (admission, tuition, recreational, lessons, etc.), meals, travel and equipment costs (including adaptive equipment) and prices, fees and travel for a support person. Funded activities included:

- Therapeutic Horseback riding
- Transportation and attendance to local fairs (local, county and state)
- Trip to Virginia Beach
- Trip to Darien Lake/Six Flags
- Trip to join a family gathering for those affected by Kabuki Syndrome
- Trip to Niagara Falls
- Trip to Lancaster PA to the Sight and Sound Theater
- Trip to a mystery bus trip
- Attend family reunion
- Purchase of summer recreation items for children
- Attendance at Pro Race in Unadilla
- Trip to Lake Erie and a water park
- Trip to New York State Fair
- Attendance at a variety of concerts
- Attendance at NY Yankees Game
 - Attendance at Home Schooling Camp
- Purchase of a three wheel adult bike and helmet to recreate with family
- Attendance at theme and water parks
- Fees for activities including swimming, bowling, skating and horseback riding
- Various Concerts
- Trail Bike Tours
- Tickets for musicals
- Wild Animal Safari
- Garlic Festival
- Howe Caverns



2026 Fit & Fun
Recreation Grants
Application

Achieve with us.

Section A: Applicant Information

Name _____

Address _____

Phone _____ Email _____

1. What service(s) do you receive from The Arc Otsego?

2. Do you live in a certified setting? Yes No

3. Amount requested _____ (\$250 maximum)

4. If a person supported you in completing this application, provide contact information for that person.

Name _____

Phone _____ Email _____

Section B: Activity Information

1. Name of activity and brief description _____

2. Briefly explain how this activity will help you be fit and/or have fun. _____

Section C: Expenses

1. Your Expenses

Event/Activity Cost	\$ _____	Equipment	\$ _____
Other	\$ _____	Transportation*	\$ _____
Total Your Expenses	\$ _____		

**Transportation includes bus and/or taxi fare and/or mileage paid at 72 cents/mile.*

2. Do you need a person to support you to participate in this activity? Yes No

Support Person Expenses

Event/Activity Cost	\$ _____	Transportation	\$ _____
Other Fees (if applicable)	\$ _____	Total Support Person Expenses	\$ _____

3. Total Expenses = Your Expenses + Support Person Expenses: _____

4. Can you participate in this activity/event if you only receive a portion of the amount you requested?

Yes No

Section D: Media Release Authorization

A condition of receiving this grant is that you authorize The Arc Otsego to use a photo of you and information about your activity for educational and publicity purposes on the agency website, Facebook page, intranet, other social media, newsletters, presentations, brochures and press releases. Information may also be released to The Arc New York. Grant recipients agree to submit a picture and a short description of the funded activity once the activity is completed.

I give The Arc Otsego permission to use my first and last name, photo, and information about myself and the funded activity for educational and publicity purposes.

Signature

Date

Guardian (if applicable)

Signature

Date