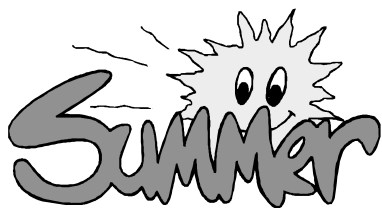




Advocating for Recreation
Opportunities for People with
disABILITIES !



2013

The Recreation Council of Greater St. Louis' Summer Opportunities Guide for St. Louis City, St. Louis County & St. Charles County Residents with Developmental Disabilities

Funded in part by: Productive Living Board for
St. Louis County Citizens with Developmental
Disabilities, Saint Louis Office for DD Resources,
and the Developmental Disabilities Resource Board
of St. Charles County.

The Recreation Council of Greater St. Louis

St. Louis County Office
200 South Hanley
Suite 100
St. Louis, MO 63105
(314) 726-6044

St. Louis City Office
2334 Olive Blvd.
St. Louis, MO 63103
(314) 772-2299

St. Charles County Office
60 Gailwood, Suite C
St. Peters, MO 63376
(636) 477-7704

Inside This Guide:

Overnight Camps	2-5
Travel & Adventure	6
Day Camps & More	6-9
Parks & Recreation Programs & More	10
Other Programs of Interest	11-12
Recreation & Sports Programs	13
Summer Programs for Teens & Young Adults	14
Destination Playgrounds	15



The Recreation Council of Greater St. Louis hopes that this **Summer Opportunities Guide** provides you with the information you might need in finding a program or activity that is just right for YOU! Make your summer plans soon . . . programs do fill quickly !!

This **Summer Opportunities Guide** is merely a resource for information regarding summer programs and activities. The Recreation Council is not responsible for the claims made or services delivered by the camps and/or organizations listed in this guide. It is strongly recommended that a reference be obtained prior to committing to a program. It is also very important when you contact a program, which is of interest, that you provide as much information as possible about the person who will be participating in the program or activity. By sharing this information, program staff can plan to successfully include the participant in that program

Are You Looking For Activities For This Summer?



or activity.

Some program and activity information was not available at the time this publication went to print, and funding may be pending on some programs as well. Please do not hesitate to contact the Recreation Council for up-to-date information, and/or if our staff can assist you in making contacts to the various programs.

Have a Great Summer 2013 !



Looking For Funding In Order To Attend A Residential Overnight Camp Program?

Call the Recreation Council NOW!

Through our voucher programs, a limited amount of funding is available to assist St. Louis City, St. Louis County and St. Charles County residents with developmental disabilities access a Missouri residential camp of choice!

Certain eligibility requirements do apply! Funding is based on a first-come, first-

serve basis. Don't miss out, CALL NOW !

In St. Louis City, call (314) 772-2299; in St. Louis County call (314) 726-6044; and in St. Charles County, call (636) 477-7704.

VISIT OUR WEB SITE! Find out about a variety of leisure and recreation, and voucher programs on our web site at:

www.recreationcouncil.org



Residential (Overnight) Camps



YMCA Camp Lakewood
(314) 241-9622 in St. Louis or (573) 438-2154
or Inclusion Services at (314) 678-0162

www.camlakewood.org

YMCA's Camp Lakewood is located near Potosi, Missouri.

Children ages six to eight can experience a taste of the summer camp program through Mini-Camp. We welcome children of all nationalities and denominations and pride ourselves on the cultural diversity of our campers and counselors. The emphasis of our teaching models the four-core values of the YMCA: Caring, Honesty, Respect, and Responsibility.

For more information on Camp Lakewood, go to www.camlakewood.org or contact YMCA Trout Lodge & Camp Lakewood. **2013 Camp Dates:**

Traditional Main Camp Sessions (ages 8-12) Cost: \$575./week
Session 1: June 2-8; Session 2: June 9-15; Session 3: June 16-22; Session 4: June 23-29; Session 6: July 7-13; Session 7: July 14-20; Session 8: July 21-27; Session 9: July 28-August 3

Traditional East Camp (ages 13-16) East Camp gives teenagers a summer camp experience without forgetting that the teen is growing into an adult. Campers' days are filled with clinics of their choice such as windsurfing, golf, climbing and more.

Friendship, fun, social interaction and teamwork are key components of the East Camp experience.

Mini-Camp (ages 6-8) Mini Camp is a closely supervised introduction to camping with lots of individual attention for first-time campers. We maintain a ratio of at least one counselor per four campers.

Pre-Teen Camp (ages 11-12) This is a great introduction to East Camp for those campers who are interested in continuing their camping experience after Main Camp.

Check the Camp Lakewood website for information on the Junior Ranger Program (ages 10-12); LIT (Leaders In Training Program); Ranger Program (ages 13-15); Trail Blazer Trips (ages 15-17); and Tween Camp (ages 9-10).

Camp Lakewood is dedicated to providing a positive camp opportunity which helps improve the child's self-confidence, independence and skill development, keeping in mind and practicing the four core principles of the YMCA. This is an inclusive camp. The camp is in a wilderness setting and some areas are wheelchair accessible, with some air-conditioned cabins. Camp activities include: archery, arts & crafts, basketball, canoeing, cricket, dance, etc. Offering bus transportation from St. Louis. Call to make arrangements.

If you would like to discuss how supports can be provided for children with disabilities, call the YMCA Inclusion Services Department at (314) 678-0162

American Camp Association Accredited

**Greater St. Louis Area Council of
BOY SCOUTS OF AMERICA**

4568 W. Pine Blvd., St. Louis, Missouri 63108
(314) 256-3108

Greater St. Louis Area Council, Boy Scouts of America, offers summer outdoor camping experiences for boys, ages 11-18. Don't miss out on great programs! Call the Boy Scouts now to receive information about their 2013 Summer Programs.



American Camp Association Accredited

**GIRL SCOUTS
OF EASTERN MISSOURI**
For More Information Call
(314) 592-2363



The Girl Scouts of Eastern Missouri serves twenty-eight Missouri counties including St. Louis City, St. Louis County, and St. Charles County.

The Girl Scouts of Eastern MO offers Day Camps, Resident Camps, Family Camps and Larks (one day fun activities) for girls ages 5 to 17.

At resident and family camp, creative and enthusiastic camp staff guide girls in a variety of program activities that include archery, canoeing, crafts, camping skills/outdoor living, hiking, horseback riding, leadership development, nature/environmental studies, sailing, swimming, and so much more. At day camp, girls participate in crafts, hiking, outdoor cooking, leadership development and nature/environmental studies with Girl Scout volunteer guidance.

For more information, go to www.girlscoutsem.org and look for our summer program publication, S'More Summer Fun. The Camping Services Director is happy to discuss campers' special needs, call (314) 592-2363.

American Camp Association Accredited

CAMP WARTBURG

(618) 939-7715

Camp Wartburg, located in Waterloo, Illinois, offers a relaxed but structured program where campers, staff and volunteers enjoy a variety of activities . . . all in the context of a small group. Fun and learning will involve Bible stories and nature exploration. Exercise and skill development will involve swimming, hiking, canoeing. Lots of social interaction through crafts, evening bonfires and sing-alongs, and large group games. Self discovery, building self-confidence, trying new experiences, and of course, fun and laughter are our primary goals.

Serving the Greater St. Louis area (including St. Charles County) and Southwest Illinois. Conveniently located within an hour of nearly anywhere in St. Louis and Southwest Illinois.

For information on camp dates and fees, visit www.campwartburg.com or call (618) 939-7715. Available to children and adults who are higher functioning and can address own personal care needs. 1:4 staff to camper ratio. As a ministry of Lutheran Child & Family Services of Illinois, camp constantly strives to improve the program, facilities, and spiritual life of campers.

American Camp Association Accredited

Cub Creek Science Camp

www.BearRiverRanch.com

(573) 458-2125

Contact Lori or Scott Martin

Cub Creek Science Camp takes place at Bear River Ranch, in Rolla, Missouri. Cub Creek Science Camp began operation in 1993. Each summer we have campers attend from nearly every state and many other countries. Ages 7 –17. Cub Creek Science Camp offers the only overnight animal camp in the country. We even have our own zoo (USDA licensed).

Combining science, animals and traditional summer camp activities to create the most fun you have ever had! Imagine spending a week or more, feeding monkeys, walking llamas, petting porcupine, training parrots, bathing miniature horses. At the same time, enjoying all the fun of an overnight summer camp, swimming, fishing, exploring, tie dying a t-shirt, roasting marshmallows, shooting a bow and arrow, making crafts and singing songs. Cub Creek offers all of this! Offering one, two, four and six week sessions!

Call for information or visit the website at www.bearriverscience.com for 2013 camp session dates and fees!

American Camp Association (ACA) Accredited



CAMP BARNABAS

901 Teas Trail, Purdy, Missouri 65734
(417) 476-2565 info@campbarnabas.org

www.campbarnabas.org

Camp Barnabas exists to provide life-changing opportunities to people with special needs in a Christian camp setting. Each summer we offer acceptance and love to more than 1,500 campers. Through adaptive activities, people with physical, intellectual, and/or medical challenges become participants, not observers, in the world around them. They leave Camp Barnabas knowing they are uniquely created to live lives of ability.

Camp activities include a ropes course, swimming, field games, canoes, rifles, arts and crafts, archery, fishing, tube floating and other outdoor adventures. For more information, visit our website at www.campbarnabas.org

2013 Camper Dates

Teas Trail- located about halfway between Joplin & Springfield in Southwest Missouri.

Adult Friends - June 1-7 Campers ages 18 –45 with developmental disabilities/ Autism.

Point 11 Camp & Conference Center in Shell Knob, Missouri—Term 1
June 2-7 Campers ages 7-35, with developmental disabilities/Autism

Teas Trail **Challenge Week - June 9-15**
Campers, ages 7-15, with physical disabilities. Siblings may attend.

Point 11 Term 2 **June 18-23**
Campers, ages 7-15, with autism/developmental disabilities. Siblings may attend.

Teas Trail **Adventurers Week - June 25-July 1**
Campers with physical disabilities, ages 16-35. Siblings do not attend this week.

Teas Trail **Heroes Week - July 6-12**
Campers with autism/developmental disabilities, ages 16-25. Siblings do not attend.

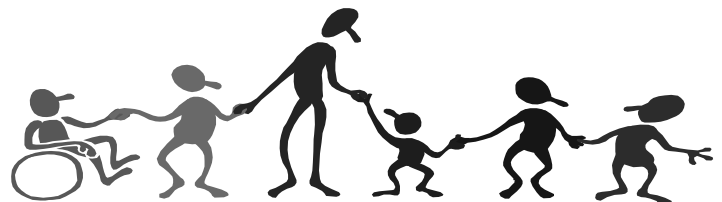
Teas Trail **Soaring Hawks - July 14-20**
Campers, ages 7-25. Asperger's, blind, chronic diseases.
Campers, ages 7-35 Blind Siblings may attend.

Teas Trail **Trail Bridge Builders July 22-28** Campers with developmental disabilities, autism, and/or physical disabilities. Ages 7-18. Siblings may attend.

Teas Trail **Champions Week - July 31—August 6**
Campers, ages 7-15, who have physical and developmental disabilities. Siblings may attend.

Sessions Fill Quickly!!!! Please contact Camp Barnabas today to find the best week of camp for your camper. Cost is \$755. per session. Registration for Camp Barnabas is online through our website, www.campbarnabas.org. If you have any questions about registration call Kelli at 407-708-5298.

Christian Camp & Conference Association



SUNNYHILL ADVENTURES 2013

6555 Sunlit Way, P.O. Box 246, Dittmer, Missouri 63023
(636) 274-9044 or www.sunnyhilladventures.org

We provide camping experiences that emphasize dignity, promote independence and offer challenge by choice. We provide activities that are fun, safe and supervised by qualified, experienced staff. We provide health care 24 hours a day with a registered nurse and serve a balanced, healthy meal three times per day from our camp kitchen.

Sunnyhill Adventures' summer programs for adults, ages 18 and up, with developmental disabilities provide the opportunity for participants to attend a week long camp corresponding to a theme. Adult programs offer traditional camping opportunities, dances, hayrides, and cookouts. Sunnyhill personnel are able to accommodate adults with disabilities and provide individualized attention to participants by providing staffing ratios of 1:1 or 1:5 to meet participants individualized needs. \$625. for 1:5 ratio; \$915. for 1:1 ratio.

Adult 2013 Dates and Sessions:

Camp Dates	Program
June 16-21	Adult Adventure Camp
June 23-28	Adult Adventure Camp
June 30-July 5	Every Day is a Holiday
July 7-12	Adult Adventure Camp
July 14-19	Adult Adventure Camp
July 21-26	Every Day is a Holiday
July 28-Aug 2	Adult Adventure Camp
August 4-9	Arts Festival

Sunnyhill Adventures' summer programs for youth, ages 8-17. Prepare yourself for a week of excitement! Each participant has the opportunity to explore the beautiful countryside of the camp, establish new friendships, and challenge their inner strength. This camp offers traditional camp activities. Sunnyhill personnel are able to accommodate children of all abilities and provide individualized attention to participants by providing staffing ratios of 1:1 and 1:5 to meet their individualized needs. \$625. for 1:5 ratio; \$915. for a 1:1 ratio, per session. **Youth 2013 Dates and Sessions:**

June 16-21	Youth Adventure Camp
June 23-28	Youth Adventure Camp
June 30-July 5	Every Day is a Holiday
July 7-12	Youth Adventure Camp
July 14-19	Youth Adventure Camp
July 21-26	Every Day is a Holiday
July 28-Aug 2	Youth Adventure Camp

American Camp Association Accredited

Camp Encourage encourages social growth, independence, and self-esteem in youth with autism spectrum disorders through a quality, overnight camp experience located in the greater Kansas City area. 1 816-830-7171 or go to www.campencourage.org

Camp Courage offers a 4-day summer camp for adults (21 years and older) with developmental disabilities and is held in northern Missouri between St. Joseph and Cameron. Camp dates: July 20-23, 2013. Visit their website at www.campcouragemo.com or call (816) 809 6588.

Camp Roehr for Children with Epilepsy– June 9-15, 2013

The Epilepsy Foundation of Southwestern Illinois' Camp Roehr is a summer camp for children with epilepsy, ages 6-18. Held at Pere Marquette State Park in Grafton, Illinois, activities include swimming, horseback riding and various other activities. For information call Trudy Baxter at (618)236-2181 ext. 104.



WONDERLAND CAMP

18591 Miller Circle
Rocky Mount, Missouri 65072
(573) 392-1000 or www.wonderlandcamp.org

Wonderland Camp is a residential camp on the Lake of the Ozarks serving the needs of all campers with intellectual and physical challenges, ages 6 years and older. The camp is devoted to individuals with a variety of cognitive and physical disabilities. All facilities are accessible. Wonderland Camp offers swimming, fishing, boating, arts and crafts, dancing, miniature golf, talent shows and more. We do not offer horseback riding.

Special diets are accommodated and personal care is provided. The ratio staff to camper is a maximum of three to one. The determination of staff to camper is on a case by case basis. Our staff provides any type of assistance the individual needs. Infirmary staff (nurse) is available 24 hours per day.

2013 Camp Dates:

Week 1 June 2 – June 7 (open to all ages) *Howdy Week (Cowboy)*; **Week 2** June 9 – June 14 (open to all ages) *Jungle Safari*; **Week 3** June 16 – June 21 (Prader-Willi Syndrome Only) *Alice in Wonderland*; **Week 4** June 23 – June 28 (open to all ages) *Mardi Gras*; **Week 5** June 30 – July 5 (open to all ages) *Planes, Trains, and Automobiles*; **Week 6** July 7 – July 12 (open to all ages) *Under the Big Top*; **Week 7** July 14 – July 19 (open to all ages / including Prader-Willi Syndrome) *Under the Sea*; **Week 8** July 21 – July 26 (open to all ages) *Fiesta*; **Week 9** July 28 – August 2 (open to all ages) *It's Your Birthday*; **Week 10** August 4-August 9 (open to all ages) *Pirates of the Sea*; **Week 11** August 11 – August 16 (open to all ages – limited space) *Wonderland Holidays*

\$575. per week. For further information go to our website: www.wonderlandcamp.org or feel free to call the office at (573)392-1000.

American Camp Association Accredited

BRAIN INJURY ASSOCIATION

(314) 426-4024

The Donald Danforth, Jr. Wilderness Camp, held May 26-31, 2013 at Camp Wonderland in Rocky Mount, Missouri, is an organized outdoor experience for persons with brain injury, ages 21+, and their families. It is a week filled with activities like boating, swimming, basketball and talking with old and new friends. The nights are filled with dances, bonfires, trivia and more great conversations with other campers.

For more 2013 information visit the Brain Injury Association of Missouri website at www.biamo.org

American Camp Association Accredited

Rising Abilities

(417) 650-8352 or www.risingabilities.org

Located in Lebanon, Missouri, Rising Abilities provides a safe educational and fun environment for campers with special needs. We offer sensory activities as well as much needed social interaction. Enjoy our special events like movie night, dances, fishing, or the great outdoors for games and contests, bonfires and sing-a-longs.

This camp is open to campers, ages 5 years through adulthood, with developmental disabilities. Provides transportation from the St. Louis area. Serves campers from all of Missouri. \$600. per session; \$55. registration fee. Provides 1:2 or 1:1 staff to camper ratios.

Working with ACA to become Accredited

Camp Little Giant—SIU-Carbondale

Touch of Nature Environmental Center

Southern Illinois University

1206 Touch of Nature Road, Makanda, Illinois 62958

(618) 453-1122 or visit www.ton.siu.edu

Camp Little Giant is a program of Southern Illinois University located at Touch of Nature Environmental Center, a 3300 acre outdoor education site in the Shawnee National Forest of Southern Illinois. CLG provides summer camp sessions that are either one or two weeks in length to campers ages 8-80 with a wide range of disabilities. We emphasize participation, cooperation, self-expression, achievement, mutual appreciation, and FUN among campers and staff alike. Our staff is comprised of mostly college age students specializing in areas such as special education, therapeutic recreation, outdoor education, rehabilitation, nursing, and other related fields.

CLG is a 1 to 2 week long residential camp serving individuals with physical, cognitive and developmental disabilities, designed to meet the needs of everyone! Activities include: swimming, boating, horseback riding, nature quests, fishing, arts and crafts, sports, dances, scavenger hunts and other special events where every camper can participate. Join us for a great experience! 2013 Dates: June 9—August 3, 2013. Call or go to the website for specific session dates! Call (618) 453-1122 or visit their website at www.ton.siu.edu

American Camp Association Accredited

MORE OVERNIGHT CAMPS.....



CHAMP Camp, Inc.

(317) 679-1860 or www.champcamp.org

CHAMP Camp provides extraordinary opportunities for recreation, socialization, education and public awareness for children and adolescents, ages 6—19, with tracheostomies and those requiring technological respiratory assistance. Our week long camp provides outdoor activities and enrichment experiences that help to encourage, challenge and foster tremendous self-esteem and independence for campers ages 6 to the summer after high school graduation. **June 23-27, 2013.** CHAMP Camp is not only summer camp, but it's a community. A community where young people bond and develop life-long relationships and memories that may not otherwise be attainable in everyday life. And it's a community where healthcare professionals become camp counselors allowing kids to be kids by making medical arrangements that do not compromise the adventure and enjoyment of camp. It is a community rich with personal expression, individual differences, and opportunities to grow and succeed physically, intellectually, emotionally and socially and discover one's place in the sun.

CHAMP Camp is located at Bradford Woods, just South of Indianapolis. **Call NOW, or visit the above website, for 2013 information!**

American Camp Association Accredited

Timber Pointe Outdoor Center

(309) 365-8021

Timber Pointe Outdoor Center is the premier resource in the state of Illinois providing specialized and inclusive camping and respite programming for individuals with disabilities and their families in a safe, accessible and beautiful environment. Owned and operated by Easter Seals, Peoria and Bloomington, Timber Pointe is located in Hudson, Illinois.

Campers, ages 7 and up, participate in traditional camp activities such as swimming, fishing, boating, arts & crafts, target sports, music, and horseback riding. There are six weeklong sessions this summer, including camps for adults with physical disabilities, adults with developmental disabilities and youth with developmental and/or physical disabilities. Call for more 2013 information.

American Camp Association Accredited



Questions To Ask The Camp Director (modified information from the American Camp Association)

When you are looking for a camp, every item you can think to ask about is important. Before you talk with a director, make a list of questions. Ask questions specific to your son/daughter's specific interests and support needs! If possible, try to visit the camp when it is in operation before you make your final selection. This will give you and your son/daughter the opportunity to see the programs and philosophy of the camp in action. Here are some important items to consider when you meet with the camp staff.

What is the background of the Director? What is the camp's philosophy?

What is the ratio of counselors to campers? Is there transportation provided by the camp?

What are the counselors' ages?

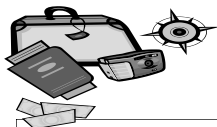
What training do the counselors possess?

What type of assistance do the counselors provide? Are references available?

What percentage of the staff return each year? Is the Camp accredited by the American Camp Association (ACA)? How are special needs handled?

What percentage of campers return each year? The Recreation Council has available various articles on preparing for and attending camp. Call (314) 726-6044.

You can find a complete list of ACA Accredited Camps in the *Guide to Accredited Camps*. Call 1-800-428-2267. Also check out ACA's website at: www.ACACamps.org



TRAVEL & ADVENTURE PRGRAMS

SUNNYHILL ADVENTURES 2013 www.sunnyhilladventures.org

On the Road Adventures gives adults with developmental disabilities the opportunity to take short adventures with the support of the Sunnyhill Adventures staff. Staff to participant ratio is 1:5. Staff provides support during waking hours only. Destinations include Branson, Chicago, Hannibal, Nashville, Lake of the Ozarks and more! Call **Sunnyhill Adventures** at 636-274-9044 for a 2013-2014 brochure!

Making Wilderness Accessible at the Sierra Club

Though we are not equipped to accommodate all manner of disabilities, it is our goal to make our trips as accessible as possible. Many leaders will make reasonable accommodations for individuals with physical challenges, so please call us. (415)977-5522 or visit our website at www.sierraclub.org/outings/national

The Missouri Department of Conservation strives to make our state's outdoor resources available to all residents. Conservation Areas in the St. Louis Region offer a variety of amenities to facilitate accessibility. For more information about MDC programs and facilities in the St. Louis Region, check out our website at www.mdc.mo.gov/areas/stlouis/

For information about travel opportunities catered to individuals with disabilities, visit Environmental Traveling Companions at www.etctrips.org or the Society for Accessible Travel and Hospitality at www.sath.org

Do you need adaptive recreation equipment in order to participate in recreation activities? Contact the Recreation Council for a listing of equipment we have to loan at no charge. Call (314) 726-6044.

Unique Day Camps . . .

National Great Rivers Museum offers many summer camps and year-round programs along the great Mississippi River. **For more information, call (618) 462-6979.**



The Little Gym of St. Charles (636) 970-1220

7347 Mexico Road, St. Peters, MO 63376

www.thelittlegym.com/StCharlesMO

Forget the bug spray and the week-long commitment.

Camp at The Little Gym is as great as you'd imagine. Held during vacation times when school is not in session, our seasonal camps provide kids ages 3-8 with giggle-filled relief from the summer heat. The Little Gym camps combine physical activity and games with arts, crafts and special events. Each week offers an interactive learning theme and each day brings a different, creative lesson plan. Plus, flexible scheduling options allow you to sign up for several weeks, a single week or even just a day at a time. Sound like fun? Of course it is! This is The Little Gym, after all.

Check out Good Shepherd School for Children's Summer Therapy Groups 2013! Say and Play: Speech and Social Skills Groups (ages 3-6); Social Skills Through Music for the Early Learner (ages 3-10); Social Skills Through Games (ages 5-11); Social Skills for Children with Limited Verbal Abilities; and more!

Go to www.goodss.org or call (314) 469-0606 for more information!

Abra-Kid-Abra

www.abrakid.com or (314) 961-6912

We strive to make Abra-Kid-Abra camps one of the most fun experiences a child can have. When you are learning magic, circus, balloon twisting, comedy, how can you help but not have fun? In addition, we help kids develop their presentation skills in front of a group, and their self-confidence. Camps are generally one week in length. For all children, ages 5-14.



TRAVEL PROGRAMS . . .

Sundial Special Vacations This Oregon program specializes in fully escorted tours for persons with disabilities. Call (800) 547-9198

New Directions A travel program for individuals with disabilities. Call (805) 967-2841

Wilderness Inquiry – meeting new friends, exploring wilderness areas, and participating in exciting outdoor activities is what WI is all about. Call (800) 728-0719

Trips, Inc. Special Adventures – provides travel outings for people with developmental disabilities. (800) 686-1013

Sprout A travel programs for individuals with disabilities. (888) 222-9575

Many Parks & Recreation Departments offer outdoor/adventure programs! Also, you might want to contact your nearest Department of Conservation site to learn more about their exciting program offerings.

CAMP GIANT STEPS

A camp for children with
Autism Spectrum Disorders

**(314) 932-1051 or www.giantsteps-st.louis.org
Serving ages 3-21**

Camp Giant Steps is a six-week summer day program specially designed so that children and teens with autism spectrum disorders can have fun and stay engaged with their peers during the school break. All activities are structured to develop language and social skills.

To ensure safe and meaningful participation, each camper is paired with a one-to-one counselor. Campers are grouped by age for morning activities such as art, computers, games, water play, sports and storytelling. Campers aged 14 and over may participate in pre-vocational activities.

Every afternoon, school buses arrive to take the whole camp on a field trip. Trips to a swimming pool, bowling alley, water park and Skyzone trampolines are repeated each week so campers can develop confidence and skill in each activity. One afternoon trip changes from week to week; during the course of the summer campers visit the St. Louis Zoo, City Garden, Grant's Farm and other local attractions.

Camp Giant Steps will be in session from June 24– August 2, 2013. New campers are required to do a pre-assessment. Contact Betty at (314)932-1051.



Day Camps & More



ST. LOUIS SOCIETY

Sports Camp for Youth with Physical Disabilities

Sports Camp is a fun-filled four days of activities including golf, t-ball, tennis, floor hockey, martial arts, arts and crafts, photography, dance, magic, and much more. Camp dates are **May 28-May 31, 2013**. Fee: \$60. Scholarships are available. Application deadline is March 15, 2013. Transportation is provided—five drop-off/pick-up locations, and offer door-to-door to individuals needing accessible transportation.

Sports Camp is available to individuals, ages 6-21, with developmental disabilities who live in St. Louis City, St. Louis County and St. Charles County.

In addition to Sports Camp, St. Louis Society offers a variety of year-round recreational programs and services to both children and adults. For more information call Heather Ward at (314) 989-1188, ext. 107, or visit www.stlsociety.org

YMCA OF GREATER ST. LOUIS

DAY CAMPS

Each summer, seventeen branches of the YMCA of Greater St. Louis offer 8-12 weeks of inclusive day camp. Each branch has programming that is based on the interests and needs of the community it serves. A typical day at a traditional camp may include: songs, arts & crafts, science and nature projects, team building activities, swimming, sports and field trips. Some branches offer additional specialized programs that may include, but are certainly not limited to, sports, drama, golf, cheerleading, instrumental music, double dutch jump rope, rollerblading, skateboarding and there is more and more! Before and after child care is available for most camp programs. Apply early as camps fill quickly! Fees, dates, ages served and programs vary by Branch. Contact your local YMCA or log on to www.ymcastlouis.org for specific branch information.

Our YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body FOR ALL! If you would like to discuss how supports can be provided for children with disabilities, call the YMCA Inclusion Services Department at (314) 678-0162 or go to www.ymcastlouis.org



Jewish Community Center

(314)442-3295

Ask for Jasmine Rangel at Inclusion Services

All campers, regardless of their gender, race, religion, or physical and developmental abilities, should feel connected to the JCC's summer camp. Through environmental adaptations and one-on-one counselors, campers are able to take part in the full camping experience including arts and crafts, sports, swimming, nature, games, and drama. Inclusion counselors receive extensive training, regarding how to appropriately work with and support campers. All other counselors have inclusion training as part of their orientation. The JCC is dedicated to offering each individual the best possible camping experience to enhance personal growth. The JCC is committed to working on goals set forth by the individual's IEP, and is in regular contact with the parent or guardian. A highlight of camp is seeing the smiles on the camper's faces and experiencing the connections that campers with disabilities make with the other campers and staff. There is no question that all lives are enriched by these interactions. Camps: June—August! Ages: 3—15 years old.

Check out Camp Sabra's overnight camp, too!

Miriam Learning Center (314) 961-1500

Miriam offers four-2 week sessions of summer therapy camp, Mon.-Friday 9 am-2 pm for children ages 4-14 who have average cognitive abilities but who have learning and social challenges. Campers receive occupational, speech/language and social skills training every day at camp with adapted recreational programming. After camp care is offered for some of the sessions, from 2:00-5:00 pm.

Social skills group, adapted recreation, private occupational, music and speech/language therapies, diagnostics and tutoring with special education certified teachers are also offered throughout the summer.

Go to www.miriamlearningcenter.org to view the full summer activities brochure.

The Carol and Paul Hatfield Cerebral Palsy Sports & Rehab Center

Contact: Mary Eckhard
at (314) 454-2642

Summer Camp Independence 2013 will be held on June 10-14, June 17-21, June 24-28, July 8-12, July 15-19 and July 22-26. This annual summer sports camp includes baseball, basketball, martial arts, ice-skating, dance, tennis, swimming, soccer, volleyball and adaptive cycling. Participants receive specialized attention from pediatric therapists in sports programs designed to challenge campers' activity levels, aerobic fitness, strength and balance in a safe, fun and rewarding atmosphere.

The Carol and Paul Hatfield Cerebral Palsy Sports & Rehabilitation Center provides campers opportunities to experience sports in a whole new dimension. Our goals are to offer a wide variety of sports options to keep individuals with cerebral palsy active for life and help them embrace the concept that health and physical fitness are POSSIBLE and NECESSARY in order to maximize independence.

Visit our website at <http://www.stlouischildrens.org/content/medservices/CerebralPalsyCenter.htm>



Like a Good Book?

Wolfner Talking Book & Braille Library provides recorded books and Braille books for Missouri residents unable to read standard print due to a visual or physical disability. This service is free and available to all ages. There is an application process involved. Please call 1-800-392-2614 for further information.



Music Therapy or Piano Lessons Anyone?

Board Certified Music Teacher, Nicole Schmitt is looking for piano students. She provides adapted lessons for persons with special needs, too. Lessons will be provided out of Nicole's home in South St. Louis City, near Highway 44 and Jamieson. You might consider piano lessons over the summer if your child is out of school and needs to do something to occupy their time. One lesson a week is suggested and tuition is \$30./half hour.

Nicole is also looking for music lovers. If your child, or someone you know, learns better through the use of music, then music therapy might be the thing for them. One session per week is suggested. The rate is \$30./half hour.

For more information, contact Nicole Schmitt, MT-BC at (314) 791-4224

THE ARTS



STAGES Performing Arts Academy ~ Access the Arts Day Camps ~ 2013

(636) 530-5959 www.stagesstlouis.org

Ages 3– Adult



STAGES Performing Arts Academy offers musical theatre, acting voice and dance classes for all ages and ability levels. Summer camps begin in June and run until mid-August. We have a variety of camps to choose from including one-week, two-week and three-week day camps. We also offer evening classes for those unable to make the daytime camps.

Our Access the Arts programs are designed to make the beauty of the musical theatre arts accessible to all young people and have been specially created for students with physical, cognitive or developmental delays. We also invite all students to participate in an inclusive class should they desire.

For an up-to-date listing of our current and upcoming programs, please visit our website. Summer registration begins February 1st. You may register online, by phone or in person. We hope you will join us at STAGES for a fun and exciting summer of musical theatre!

Visit our website at www.stagesstlouis.org or call (636)530-5959 for more information on all programs!

Turner Center for the Arts

3109 Sutton Blvd., Maplewood, Missouri 63143

(314) 781-4440 www.turnercenterforthearts.org



The Turner Center is an art studio offering classes, art groups and programming for people of all abilities. Our “open studio” day program and evening art groups are designed for adults with disabilities. For kids, we offer after school classes in all mediums and a summer arts camp. Our studio is located in Maplewood's Arts District. It is our belief that all people have the right to, and need for, creative self-expression. With this in mind, we strive for a warm, safe, open and freeing environment where creativity can thrive. Instead of focusing on technical prowess, Turner Center Staff encourages artists to be true to their unique visions and realize the full potential of their ideas.

Summer Opportunities

St. Louis Zoo

One Government Drive
St. Louis, Missouri 63110



UCP Heartland

www.ucpheartland.org or call (314) 962-0015

• **Summer Voucher Program** is available for parents/caregivers of St. Louis County residents with developmental disabilities. The August Voucher program assists with the cost of day camp, overnight camp, and other summer care by providing reimbursement for half the cost up to a maximum of \$400.

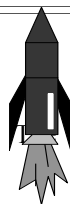
• **Summer Day Camp in St. Louis County**

The 2013 UCP Heartland Summer Day Camp for St. Louis County teens and tweens with developmental disabilities operates from June 3 through August 9, 2013. Call for more information, space is limited!

For more information, contact Belinda Summers at 314-962-0015 or summersb@ucpheartland.org

Saint Louis Science Center (314)289-4439 www.slsc.org

The Saint Louis Science Center offers the cure for the "common camp" with its Summer Science Blast Program. Summer line-up includes a variety of stimulating science sessions for everyone from preschoolers to teenagers, sure to keep kids excited about learning all summer long! Half-day and full-day camps available, as well as before and after care. Go to The Saint Louis Science Center's website for more information on their 2013 camps. **Register early!!**



TEAM CENTRAL GYMNASTIC ACADEMY

"CARDINAL POWER KIDS MODIFIED MOVEMENT/
GYMNASTIC PROGRAM"



314-291-0101
or go to www.teamcentral.org

City of Chesterfield's "Catch 22 Miracle Field"

Catch 22 Miracle Field is a baseball field specifically geared to participants who use walkers, wheelchairs, etc., but suitable for all users. Available March through November. Cost is \$17./hour, however, any group that works with individuals with special needs can have their fees waived. For more information contact Liz Hickox at (636) 812-9511.

TASK "Team Activities for Special Kids" (636)343-TASK (8275) or visit www.taskports.org

Team Activities for Special Kids (TASK) is a nonprofit 501(c)3, year-round instructional sports program that provides athletic and social opportunities to kids with special needs. The purpose of the program is to help build self-esteem and skills in children with special needs. Each year TASK and CBC High School pair together to provide a week long camp of recreation, athletics, dance, science/technology and arts and crafts opportunities to our athletes. CBC High School students are paired with TASK campers for this week full of fun. All ages welcome.

TASK/CBC Camp	July 15—19, 2013 9 a.m.—2 p.m.	CBC High School 1850 De La Salle Dr. St. Louis, MO 63141	\$125.00
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TASK Camp	July 22—26, 2013 8:30 a.m.—2 p.m.	TASK 980 Horan Drive Fenton, MO 63026	\$150.00
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Down Syndrome Association of Greater St. Louis' Lydia Cox Memorial Bike Camp —June 3-7, 2013

The Down Syndrome Association is again bringing the Lydia Cox Memorial Bike Camp to South Technical High School, 12721 West Watson Road, St. Louis, MO 63127. This camp is made possible with the support of the Lydia Faith Cox Family Foundation, Variety St. Louis and iCan Shine. This will be the 8th year that the DSAGSL has brought this extraordinary camp to St. Louis! The mission of the camp is to teach individuals with Down Syndrome, ages 8 and older, to ride a conventional two wheel bicycle and become lifelong independent riders. This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives. For more information about this and other DSAGSL programs and services visit www.dsagsl.org. For more information about camp costs and requirements, or to volunteer, contact Erin Suelmann, DSAGSL Director of Programs and Services, at (314) 961-2504 or erin@dsagsl.org.

**St. Louis County Municipal
Parks & Recreation Departments
Check Out Your Community Resources!**

The following parks and recreation departments invite people of all ages and abilities to participate in the numerous programs and special events they plan. Try day camp, t-ball, dance lessons, soccer, martial arts, an exercise class, a craft class, drawing class, swim lessons, or any of the numerous programs for tots to senior citizens. For more information or to obtain a brochure please call the departments you are interested in:

Municipal Partners for Inclusive Recreation
1050 Des Peres Road, Des Peres, Missouri 63131
(314) 835-6157 Contact: Terri Johnson
Relay Mo 1-800-735-2966 TDD

Ballwin	(636) 227-8950
Brentwood	(314) 963-8689
Des Peres	(314) 835-6150
Manchester	(636) 391-6326
Crestwood	(314) 729-4860
Ellisville	(636) 227-7508
Kirkwood	(314) 822-5855
Sunset Hills	(314) 842-7265

North County Region Recreation
8969 Dunn Road, Hazelwood, Missouri 63042
(314) 839-5575 Contact: Nicole Osheroff

Bellefontaine Neighbors	(314) 867-0700
Ferguson	(314) 521-4661
St. Ann	(314) 429-4545
Bridgeton	(314) 739-5599
Hazelwood	(314) 839-5575
Florissant	(314) 839-7670

Mid County Parks & Recreation
7210 Olive Blvd, University City, Missouri 63130
(314) 486-2731 Contact: Mary Furfaro

Maryland Heights	(314) 738-2599
Clayton	(314) 290-8500
Webster Groves	(314) 963-5600
University City	(314) 505-8626

The departments listed above have Coordinators of Inclusive Recreation available to assist in making programs and services accessible to all.

*Funded in part by
Productive Living Board for St. Louis County
Citizens with Developmental Disabilities*

If you live in St. Charles County . . . check out your community resources at your local Parks and Recreation Departments! Give them a call for a variety of summer programs and opportunities!

St. Charles Parks & Recreation*	(636) 949-3372
St. Peters Rec-Plex*	(636) 939-2386
St. Peters Community & Arts	(636) 397-6903
O'Fallon Renaud Spirit Center*	(636) 474-2732
Lake St. Louis Parks & Recreation*	(636) 561-4620
Wentzville Parks & Recreation*	(636) 332-9236
St. Charles Co. Parks & Recreation	(636) 949-7535

* indicates that they provide day camps!

**City of St. Louis Recreation Division
5600 Clayton Ave., St. Louis, MO 63110
(314) 289-5320**

Summer and day camp programs, and learn to swim programs will be offered at various sites throughout St. Louis City. A parent or legal guardian must register children for summer programs. **Call NOW for 2013 information!**

**St. Louis County Dept. of Parks & Recreation
41 S. Central, Clayton, Missouri 63105
(314) 615-4FUN or www.stlouisco.com**

St. Louis County Parks offers all kinds of activities for people of all ages and abilities. Call for information on a variety of summer programs offered throughout the County (including day camps)! Call now for a catalog! ***Locations of St. Louis County Department of Parks and Recreation Complexes:***

Afton White Rodgers Community Center
9801 Mackenzie Road, St. Louis, MO 63123
314-615-8822



Greensfelder Recreation Complex-Queeny Park
550 Weidman Road, St. Louis, MO 63011
314-615-8472

Kennedy Recreation Complex -Wayne C. Kennedy Park
6050 Wells Road, St. Louis, MO 63128
314-615-5572

North County Recreation Complex - Veterans Mem. Park
2577 Redman Avenue, St. Louis, MO 63136
314-615-8840

St. Vincent Community Center
7335 St. Charles Rock Road, St. Louis, MO 63133
314-615-8788

Bissell House	(314) 544-5714
Faust Park	(314) 615-8328
Butterfly House	(636) 530-0076
Carousel House	(314) 615-7373
Jefferson Barracks Park	(314) 544-5714
Laumeier Sculpture Park	(314) 615-5278
Museum of Transportation	(314) 615-8668
Volunteering in the Parks	(314) 615-8865

St. Charles Inclusion in Parks & Recreation

Through funding from the Developmental Disabilities Resource Board of St. Charles County, four Municipal Parks & Recreation Departments (St. Charles, St. Peters, Wentzville, and O'Fallon) hired an Inclusion Coordinator, to assist their staff in providing full access to individuals with developmental disabilities in their existing programs. These parks & recreation departments offer a variety of year-round activities for individuals of all abilities and ages. For details about Day Camps or other Summer Programs go to the following websites for programs they offer: www.wentzvillemo.org, www.ofallon.mo.us, www.stpetersmo.net, www.stcharles.com. For questions regarding the characteristics of specific camps/programs, whether or not a program is a good match for your child, or how your child's specific needs can be met in a way that allows them to have a positive experience, please contact Brita Weight, Inclusion Coordinator at (314) 359-9970.



RANKEN JORDAN

Ranken Jordan provides a Community Program for children with medical challenges, disabilities and special needs. The program is designed to support children and families through leisure engagement.

Ranken Jordan's Community Program promotes healthy development and supports children achieving their potential through physical, cognitive, vocational and social activities.

Day Camp: Program designed to combine various recreational activities along with music therapy, yoga and dietary education. This yoga classes within camp are designed to use stretching and relaxation techniques to improve physical strength and flexibility. The dietary component of this camp will educate participants regarding healthy eating and activity and to provide participants training on using the food pyramid, measuring intake and food preparation. *Ages 5-12 years old.*

DATES: June 24-28 (8:00 am – 12:00 pm)
July 8-12 (8:00 am – 12:00 pm)

All programs are free; however registration is required 14 days in advance of each event.

For more information please contact:

Janine Roe, CTRS, Community Program Coord.
(314) 872-6481 or www.rankenjordan.org
11365 Dorsett Road, Maryland Heights, MO 63043

MISSOURI BOTANICAL GARDEN

Get to know the Missouri Botanical Garden and its attractions with engaging summer camps and classes. Children of all ages can spend time outdoors, meet new friends and have fun as they explore the natural world. Visit www.mobot.org for more information on 2013 programs, dates and fees.

Sizzlin' Summer Day Camp 2013

Behavior Intervention Services

10176 Corporate Square Drive, Suite 220,
Creve Coeur MO 63132 * (314) 395-9375 ext. 129

Behavior Intervention Services will be providing week-long camps for children, adolescents, and adults during the 2013 summer. It is a great opportunity to learn a wide variety of life skills through interacting with peers and camp support staff, as well as through community integration while exploring St. Louis. There will be a 4:1 camper to staff ratio. In addition to this, professional staff, such as a Master of Social Work and Behavior Therapists, will be providing guidance to campers and their support staff. A 1:1 camper to staff ratio is available through BIS with an additional fee, or the family can provide 1:1 staffing privately (adult sibling, babysitter, nanny, etc.). Throughout the week campers will work in same-aged groups as well as participate in large group games and outings. Campers will be engaged in an array of recreational, arts & crafts, and social interaction activities that encourage friendship, community, sportsmanship, teamwork, and exploration. Campers will enjoy daily field trips to St. Louis attractions, too. Please contact Beck Swendig with questions including dates, times, and cost of camp. (314)395-9375, ext. 129.

Miscellaneous Program Info

UCP Heartland—(636)2276030

www.ucpheartland.org

or Call Belinda Summers at (314) 962-0015

- * UCP Heartland **Short Term Residential Supports** offer temporary, scheduled, facility-based, day and overnight care for children and adults with developmental disabilities. The Lodge and Marlborough Hall are located within neighborhood communities and are open 24 hours a day, seven days a week.
- * UCP Heartland **In-Home Supports** is temporary, scheduled, home based care for children and adults with developmental disabilities. Through this support program, families select, train and schedule a care provider and UCP Heartland helps reimburse the family for the services they receive.
- * UCP Heartland **Summer Voucher Program** assists families of children with developmental disabilities with the cost of day camp, overnight camp, and other summer care by providing partial reimbursement.
- * UCP Heartland's **Summer Camp** is a facility based summer day camp for pre-teens and teens with developmental disabilities providing daily care needs and social, leisure and educational activities. Camp operates during the 10 weeks schools are closed during summer break.



Jefferson National Expansion Memorial Gateway Arch & Old Courthouse

Family Junior Ranger Program: Free programs on Tuesday and Thursday mornings provide an interactive Junior Ranger experience for family groups at the Museum of Westward Expansion, the Old Courthouse, and the Gateway Arch Grounds. All activities are directed by park staff. Participants, ages 3-12, receive a Junior Ranger Badge upon completion. These are family programs; parents/guardians must remain with children participating in the program. Reservations must be made in advance by calling 314-655-1635 or 877-982-1410 at least one week prior to session. Dates: May 28, 2013—July 30, 2013.

2013 Topics will include:

Westward Ho! at the Museum of Westward Expansion ; *Old Courthouse Adventure*; *Games of Long Ago*; *Park Quest*; and *Arch Reflections*.

Other programs offered at the Jefferson National Expansion Museum include: Gateway to the Stars—Astronomy Programs, Ranger-Led Bike Tours, Free Ranger-Led Walking Tours, and Vintage Baseball Games. Call for more information at 877-982-1410 or 314-655-1635

Teaching Skills for Healthy & Independent Living

Project HEART provides stimulating, person-centered health education classes, skills training, and resource information to people with developmental disabilities and those supporting them. Monthly training classes focus on health related topics, such as cooking and nutrition, exercise, personal hygiene, depression management, relationships, and problem solving. Each class is designed for everyone to participate. Plus, we modify classroom information and activities to accommodate learning styles and abilities. Participants learn, laugh, and leave wanting to come back again and again. Contact us at 636-757-0541 or www.willowsway.org for information.



Sports & Horseback Riding



FAAA SPIRIT LEAGUE

(314) 838-4463

The Florissant Area Athletic Association's (FAAA) Spirit League offers baseball, soccer and basketball programs for children whose physical and/or mental limitations prevent them from participating in regular league play. The program is open to children and young adults ages 6-21. A buddy system is employed for those children who may require assistance when playing. **For more information or to sign up for the program, please call 838-4463 after 5 p.m.**

Jensen-Schmidt Tennis Academy

is designed to meet the sport specific needs of children and young adults with Down syndrome. Through a high level of motivational exercises and positive attitudes, our staff is dedicated to giving our students training in tennis, all the while having fun and building relationships. It is known that sport enhances physical conditioning as well as mental and social abilities. At the Jensen-Schmidt Tennis Academy, we embrace tennis as the vehicle to make this happen. Call Vincent Schmidt at (314) 606-3639 or visit www.jensen-schmidt.com for more information.

JAMESTOWN NEW HORIZONS HORSEBACK RIDING

(314) 741-5816 or www.jnh-goneriding.org

Jamestown New Horizons, a not-for-profit organization founded in 1985, provides therapeutic horseback riding lessons to children with physical and/or intellectual disabilities to help improve their health and quality of life. Horseback riding helps to strengthen the rider's core muscles thereby improving balance and posture. It is a "sensory-rich" experience promoting movement, touch, pressure into the joints, sound, and visual sensations. Activating and strengthening of the trunk and diaphragm, improved postural control, and organizing sensory inputs can help to promote increased speech sounds and volume. It's also great fun!

The JNH riders are taught to groom, tack and be considerate riders as they come to understand the nature of the horse. Through this understanding and caring, the students build a positive self-image, learn responsibility and develop self-confidence. The priorities at JNH are: Safety – Fun – Learning. The JNH horses and ponies are gentle motivators who enable their riders to discover new friends, new abilities and new horizons.

Children, 3 years to teenagers, who must weigh less than 140 pounds, ride once a week for 12 weeks. For information about the 12-week Summer Session (June 4—Aug. 22, 2013, which costs \$350.00, please visit the JNH website at: www.jnh-goneriding.org or call the program director at 314-741-5816, or send e-mail to: jnhgoneriding@charter.net Register Now!



ST. LOUIS CHALLENGER BASEBALL

Do you know a boy or girl that wants to play baseball? St. Louis Challenger Baseball is a twenty-year old baseball league for people 5 years old and up with developmental disabilities. Challenger Baseball has teams for players from 5 years to 10 years, 11 years to 17 years, and 18 years and up (our oldest players this year will be 77 years old!). Teams play other teams with similar skill levels. We don't count outs and we don't count runs. Our teams wear full uniforms including pants, socks, jerseys and hats. All players bat each inning and play the full game in the field. \$25 registration fee but may be waived depending on need.

We have kids and young adults without disabilities, called "buddies", ages 10 to 20, who assist Challenger players at bat and in the field (no adults are on field, it's just kids making friends and playing baseball). If a Challenger player needs help running the bases or getting a ball that gets by him or her, a "buddy" will help. We always need buddies, so if you know of a child or young adult between the ages of 10 and 20 who doesn't have a disability and would like to help, please have them go to www.challengerbaseball.org or just come out!

Any child, regardless of their disability, can play. We will begin play on Saturday, May 5, 2013 at Tilles Park on McKnight Road through the end of June. Players will also play Tuesday evenings at the Mike Matheny field in Chesterfield. We will also play one game on the same field as the minor league River City Rascals in the annual St. Louis Challenger Baseball Tournament. On May 26th, we'll play our annual All-Star Game (every player is an All-Star) on Saturday night, July 6th, 6:30 pm at Berra Park on The Hill. The annual picnic will be held on Sunday, July 28th, 12:00 noon at Tilles Park.

For more info call Buck Smith at 314-822-2518

Players and "buddies" may register at:

www.challengerbaseball.org



Disabled Athlete Sports Association (DASA)



DASA provides overnight Adventure Camp for children, ages 6-16, with physical or visual disabilities who are cognitively age appropriate. All activities from swimming to zip-lining to scuba diving. Camp Wecandu puts a strong emphasis on independent living skills. For ages 6-18 who live in St. Louis City, St. Louis County and St. Charles County. Dates: June 16-21, 2013 Application Deadline: May 28, 2013. Fee: \$300. For more information call DASA at (636) 477-0716 or go to www.dasasports.org

Therapeutic Horsemanship, Inc.



TH located in Wentzville, MO provides equine assisted therapy and horseback riding lessons for individuals with disabilities. We run summer camps from June through August. Campers learn basic care for horses, riding skills, take trail rides, play games on horseback, make crafts, watch videos and more. Our newest program, "TH Freedom Reins" offers riding lessons for wounded veterans. Call (636) 332-4940 or visit our website at www.thstl.org for registration and program information. Programs continue year-round.

Other Programs of Interest

SWIMMING LESSONS WITH SUPER SWIMMERS ACADEMY

Super Swimmers Academy is a year round learn-to-swim program, established in 1980 by Sarah J. Marx. We work with children and adults with disabilities and will make modifications and adaptations to their skills as needed. Children who have a variety of special needs have benefitted in taking lessons with Super Swimmers Academy. These have included, but are not limited to, children on the Autism Spectrum, Down Syndrome, Cerebral Palsy, Fragile X, children with sensory issues, speech and language disorders. Celebrating 33 years!

For information about lessons, schedule, fees and more contact Miss Sarah at (314) 989-0901.

www.superswimmersacademy.com



ShowMe Aquatics & Fitness

636-896-0999

www.showmeaquatics.org

Offers aquatic physical and occupational therapy, water exercise, adaptive swimming lessons in individual or group water programs. Each participant is individually evaluated at the beginning of the program and a personalized water exercise program is designed with progress toward functional based goals. Physical endurance, motor planning and coordination and functional based goals are reassessed based on progress every 10 weeks. The program collaborates with several community facilities including the St. Charles County and O'Fallon YMCA, and Rainbow Village. Program cost and funding varies depending on the age of the client. Please call Brenda Neumann at 636-896- 0999 for more information.



LITTLE FISHES SWIM SCHOOL

is a swim instruction program for children 6 months through 6 years old. Personalized swim instruction and summer programs are available in an environment where your child will be comfortable and can thrive. Small classes are available year-round in warm indoor pool.

This program is located at 8200 Brentwood Industrial Drive in Brentwood, Missouri

For More Information Call Coach Ruthie or Coach Laura at (314) 647-SWIM

Special Olympics Missouri

(314) 961-7755

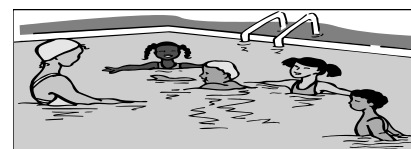
St. Louis Metro Area

2945 S. Brentwood / St. Louis, MO 63144



Special Olympics

Provides year round sports. Special Olympics Missouri improves the physical fitness and health of individuals with intellectual disabilities. It allows opportunities for every individual to be accepted and respected. We serve over 15,000 athletes in Missouri and over 7,000 in the St. Louis Metro area alone. We are always accepting new athletes, coaches and volunteers. For upcoming events or to get involved with Special Olympics Missouri, contact Jocelyn Diehl at diehl@somo.org or visit our website at **www.somo.org** Programs are free!



KEEN Kids Enjoy Exercise Now

KEEN is a national, nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals. Contact the KEEN St. Louis Program Director, at (314) 259-5980 or by email at info@keenstlouis.org for a schedule of summer sessions. More information also can be obtained at www.keenstlouis.org. or contact Dave Welborn, Executive Director, at dwelborn@keenstlouis.org

Leaps and Bounds provides intensive summer camp opportunities to address your child's therapeutic needs. Programs include both individual and group therapy directed by either an occupational therapist or speech-language pathologist. Specific programs address speech and language, social skills, oral motor/feeding, handwriting, motor skills and sensory processing. Both individual and group therapy provide children, ages 3-12, with sensory-enriched learning experiences to enhance skill development. To learn more about the weekly or full day programs, please call Leaps and Bounds at 636-928-LEAP (5327).

www.LeapsAndBoundsKids.com



HINT: Summer programs fill quickly . . . register soon! When registering, give as much information as possible about your child and his/her support needs. Providing this information will help the program provider in planning and making the program or activity more accessible and successful for your child.



Summer Programs for Teens/Young Adults!



The Teens in Motion Project provides younger teens, ages 13-15 (willing to take up to 20 years of age depending on support needs), who have developmental disabilities an initial


preparation and awareness of likes and dislikes for future employment and meaningful lifetime leisure interests. They will experience multiple volunteer opportunities within the community; discover and explore meaningful and challenging leisure activities; attend on site educational presentations; and develop their creative self. During all of these activities they will be meeting new friends while having fun.

Participants **MUST** be returning to school in the Fall 2013.

Dates: June 3—July 26, 2013 (9 a.m.—4 p.m.) Fee: \$960.

For more information call Bre Ward at (314) 817-2226.

Willows Way, Project HEART

Offers **FREE** education classes for people 16 years and older with a developmental disability living in St. Charles County. Classes focus on health related skill development such as cooking and nutrition, driving permit study groups, relationships, living on your own and much more. 

The Project Heart philosophy is that each of us learns best by doing and having fun. Each class is designed for every person to participate, not just sit and listen. Because of the unique needs of each participant, classroom information and activities change to accommodate learning styles and abilities. For more information, call 636-757-0541.

The St. Louis Arc **Neighborhood Experiences Project** is a community based pre-employment service for young adults with developmental disabilities, ages 16-20. This career-oriented project teaches pre-employment skills, which provides a foundation for future employability. Individuals gain and expand skills through volunteering/working at local agencies and organizations throughout St. Louis County. The acquisition of skills such as personal growth, responsibility, job commitment, positive communication, socialization and gaining knowledge of transportation prepare individuals to acquire and maintain meaningful employment. In addition, this project provides the opportunity for individuals to develop relationships with employees and personnel in community agencies. These instrumental relationships are beneficial when networking and career searching for future employment.

This program is available to young adults with developmental disabilities living in the Saint Louis metro area (including St. Louis City, St. Louis County, St. Charles and Jefferson counties. Must be returning to school in Fall.

Dates: June 3—July 26, 2013 Fee: \$960. For more information call Bre Ward at (314) 817-2226.

Scholarships are available upon request and based on need. Contact Rhonda Hembree at (314) 817-2245 for more information.

Jewish Community Center ~TEEN SKILLS



Campers work on acquiring essential social and vocational skills as they transition into adulthood. Participants spend the majority of the week in the community engaging in a variety of interesting volunteer and recreational activities. In the past, we've gone to places like the St. Louis Artists' Guild, Habitat for Humanity, Missouri Botanical Garden and more. At the J, the group plays games and sports, swims, cooks, works out, explores nature and has an all-around great time utilizing our facilities. For more information call Jasmine Rangel at the Jewish Community Center's Inclusion Services at (314) 442-3295 or visit www.jccstl.com

Life Skills/TouchPoint Autism Services (314) 432-6200

The Teen Interactive Fridays (TGIF) program is designed for individuals with autism spectrum disorders who are age 11-17 (or grades 7-12). The Adult Social Group is designed to help individuals with high functioning autism or Asperger's ages 18-25, improve social skills. Individuals need to have conversational language skills with limited interfering behaviors. Each group will meet one to two times per month doing various activities in the community such as bowling, rock climbing, attending plays and musicals, hay rides, swimming, museums, game show nights, etc. Please contact our Admissions department for more information and how to sign up for the program.

Community Living, Inc.

1040 St. Peters Howell Rd., St. Peters, MO

Community Living's Summer Break Camp 2013 This summer day camp for youth and teens age 12-21 with developmental disabilities provides families weekday care options from June 3 through August 2, 2013. Camp is an exciting, fun and safe environment where campers are encouraged to enhance their independence, as well as communication and socialization skills. CLI staff emphasize building the individual's self-confidence and growing friendships. Activities include adventure trips, swimming, outdoor recreation, games, and much more! Cost is \$5. per hour with a \$25. minimum and \$40. maximum per day. Hours: 7 a.m.—6 p.m. For more information, contact CLI at 636-970-2800 or visit www.cliservices.org

Community Living, Inc. in St. Charles County also offers recreation services to enhance quality of life through year-round recreational opportunities for individuals, ages 18+, with developmental disabilities who live in St. Charles County. There are a wide range of recreational and leisure activities to meet a variety of interests and skill levels. The program's pre-planned recreational opportunities are supervised by Recreation Services staff and community volunteers. Activities include exercise classes, drama club, sporting events, shows, weekend getaways, Special Olympics, dances, team sports, crafts and much more!

St. Louis & St. Charles County Area Destination Accessible Playgrounds... *Play is important to the social and physical development of ALL children!*



The Dennis & Judith Jones Variety Wonderland Playground is located next to the Dennis & Judith Jones Visitors Center in Forest Park, in the City of St. Louis.

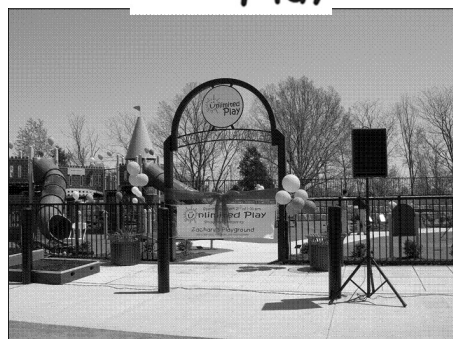
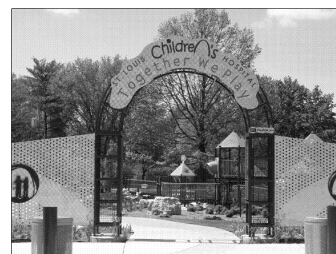
This accessible playground features:

- A variety of accessible play components, including multi-sensory play components
- A rubberized pour-in-place surfacing for safety and mobility access
- A sensory garden
- Two types of slides (plastic and metal)
- Accessible restrooms at nearby Visitors Center
- Ample parking with designated accessible parking spaces and accessible playground approach.

The Saint Louis Children's Hospital "Together We Play" Playground is located at Tilles Park on McKnight and Litzsinger Roads, in Brentwood.

This accessible playground features:

- A variety of accessible play components, including multi-sensory play components
- A rubberized pour-in-place surfacing for safety and mobility access
- A water splash area
- Two types of slides (plastic and metal)
- Accessible restrooms connected to the playground
- Ample parking with eight designated accessible parking spaces directly in front of the playground and accessible approaches.
- Nice shaded rest area for care givers including picnic tables



Unlimited Play's Accessible Playgrounds in St. Charles County:

Brendan's Playground in Westoff Park in O'Fallon.

Zachary's Playground in Hawk's Ridge Park in Lake St. Louis, MO

Discovery Park in Jaycee Park in St. Charles, MO

All three playgrounds feature themed equipment with accessible play components, rubberized surfacing, alternative slides, adapted swings, multi-sensory areas, water play, shaded areas, restrooms, picnic tables and ample parking. Visit www.unlimitedplay.org for information.

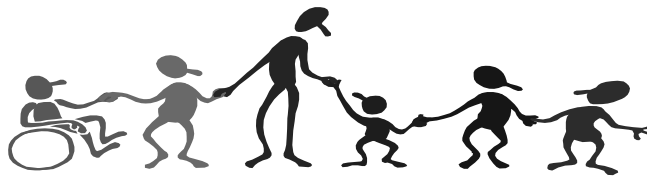
Check out the Unlimited Play playground in St. Louis County at Shaw Park in Clayton, MO, too!

The Recreation Council, a not-for-profit organization that promotes and supports leisure and recreation programs and services for individuals with disabilities, has a listing of other playgrounds that have accessible features so that ALL children can play. For a copy of this listing, please call our office at (314)726-6044. When you call, ask about our other programs and services, including our quarterly newsletters and guides that inform readers about the many recreational opportunities in the St. Louis City, St. Louis County and St. Charles County areas.



**Recreation Council
of Greater St. Louis**
200 S. Hanley, Suite 100
St. Louis, MO 63105

Summer Guide 2013



**Looking for More Information on Leisure and Recreation
Opportunities for People with disABILITIES?**

Visit Our Website

www.recreationcouncil.org

Are you on the Recreation Council's mailing list or e-mail list for our free quarterly newsletters? It's a great way to find out about seasonal programs in *your* community! Call our office in the County in which you live to receive seasonal information on both specialized and community-based programs and activities.

Call now, too, to receive a copy of the Recreation Council's **Guide to Leisure Services!**