

The Recreation Council of Greater St. Louis'

2020 Summer Opportunities Guide



A guide to assist individuals with developmental disabilities, and their families, find summer activities in St. Louis City and County, and St. Charles County areas.

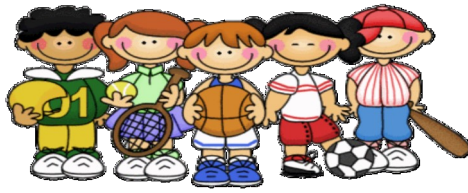
For more information, call the Recreation Council office in your County!

St. Louis City Residents (314) 772-2299

St. Louis County Residents (314) 726-6044

St. Charles County Residents (636) 477-7704

www.recreationcouncil.org



With Summer right around the corner, 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 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 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. Also, visit our website at www.recreationcouncil.org for up-to-date information on year-round programs and activities. Are you on our mailing list or e-mail blast list for our quarterly newsletters and upcoming events throughout the St. Louis City, St. Louis County and St. Charles County areas? Contact us now and let us help you keep updated on all that our communities have to offer! If you are viewing this publication on-line, you can click on agencies' websites and go to them directly.

Do you need adaptive recreation equipment in order to participate in recreation programs? Give us a call to discuss the various pieces of recreation equipment we have that is available for you to use FREE on a two-week loan basis!

Through our voucher programs, a limited amount of funding is available to assist individuals with intellectual and developmental disabilities access a residential camp and other recreation programs of your choice! Certain eligibility requirements do apply! Funding is based on a first-come, first-serve basis. Find our 2020 voucher applications on our website at www.recreationcouncil.org 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. **Have a Great Summer!**





Are You Looking for Funding to Assist Individuals with Intellectual and Developmental Disabilities Attend Camp this Summer?

Look No Further . . . Call the Recreation Council if the Camper Lives in St. Louis City, St. Louis County or St. Charles County! See the Front Cover for Phone Numbers or Visit Our Website!

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 or 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/or your son/daughter the opportunity to observe 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?

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

BLUEPRINT4summer

Searching 4 Summer FUN? Find it at: **BluePrint4Summer** They have an easy to use website and mobile app that connects YOUR kids to fun summer activities. It’s easy! Go to www.blueprint4summer.com Log in or create a FREE account to ACCESS all fun activities. PLAN your summer and REGISTER on the website of each activity you choose. After you register, SAVE your activities to your Blueprint calendar and get ready 4 FUN!

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This 2020 Summer Opportunities Guide is made possible through partial funding from the Saint Louis Office for DD Resources, Productive Living Board for St. Louis County Citizens with Developmental Disabilities, and the Developmental Disabilities Resource Board of St. Charles County



YMCA Camp Lakewood is where kids come to have fun, learn new skills, make new friends, and simply be a kid. Your camper will forget all about television, video games, and smartphones while discovering the ultimate childhood experience, all within a safe and trusted environment. With a 360-acre lake, over 5,000 acres of forest covered hills, caves, creeks and more, there are many opportunities for nature exploration and experiential learning at Camp Lakewood. Whether it's campfires, swimming, archery, climbing towers, zip lines, sports, canoeing, cookouts, fishing, kayaking or a multitude of camp games, every camper delights in waking up with a renewed sense of excitement as to what each day at camp will bring. The health and safety of each camper is our primary concern. All staff are trained in skills that emphasize safety, youth development, and group dynamics. Each counselor is trained in CPR and First Aid, and lifeguard certified staff closely supervises all water activities. A medical professional is always available in our well-equipped camp infirmary, and our local physician is on call to assist in emergencies. What does it mean when everyone at Camp Lakewood says it's "My Camp!"? It means every one of our campers has a home away from home and a special place where they can try new things without judgment. It means every camper has a place where he or she has friends and where they feel safe, happy, and wanted. It means every camper has a camp-their camp-and they know the camper sitting next to them feels the exact same way. It means they are an important part of YMCA Camp Lakewood. 2020 Camp Dates & Fees can be found at www.ymcaoftheozarks.org

Interested in checking out Camp Lakewood? Attend an Open House on one of the following dates: March 22, noon—4 pm.; April 5, noon-4 pm; April 26, noon-4 pm; or May 16, noon-4 pm. No need to register. If you have questions, call (573)438-2155 or email, camplakewood@gwrymca.org

Accredited by the American Camp Association

Cub Creek Science Camp

www.BearRiverRanch.com

(573) 458-2125 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. It is the only camp with it's own zoo! Over 300 Animals!

Call for registration information or visit the website at www.bearriverranch.com



SESSIONS						
Campers choose two courses for each week at camp, and participate in new activities each day. With over 100 activities, it would take 5 weeks to try everything just once.						
X	Week(s)	Age	Length	Dates	Deposit	Tuition
Please select only one of the following sessions						
	Week 1	7-17	1 week	June 2-8	\$100	\$1045
	Week 2	7-17	1 week	June 9-15	\$100	\$1045
	Week 3	7-17	1 week	June 16-22	\$100	\$1045
	Week 4	7-17	1 week	June 23-29	\$100	\$1045
The following sessions may be combined into 3- to 6-week sessions. Select multiple sessions, if desired.						
	Week 5	7-17	1 week	June 30 - July 6	\$100	\$1045
	Week 6-7	7-17	2 weeks	July 7-20	\$200	\$2090
	Week 8-9	7-17	2 weeks	July 21 - Aug. 3	\$200	\$2090
	Week 10	7-17	1 week	Aug 4-10	\$100	\$1045

American Camp Association (ACA) Accredited

Camp Manitowa

12770 N. Benton Rd., Benton, IL 62812

(314) 348-6412 Contact Dan Grabel

Camp Manitowa is a small private camp working to help kids (youth and teens) become their best selves. We offer water skiing, tubing, climbing wall and zipline, canoeing, sports, campfires, arts and crafts and more. We offer kids a wide variety of wonderful activities. Our counselors are cool, caring college students who take their responsibilities seriously and have fun with each and every camper. This is an inclusive camp with a camp social worker and 1:1 advocate. Nurse on site. Program staff to participant ratio is 3:1. Fully accessible. Bus transportation on first and last day of each session. 2020 Camp dates:

Session I (2 weeks) June 8-June 21

Session IA: June 8-June 14 - Session IB: June 15-June 21

Session II: (2 weeks) June 22-July 5

Session IIA: June 22-28 – Session IIB: June 29-July 5

Session III: (2 weeks) July 6-19

Session IIIA: July 6-12 – Session IIIB: July 13-19

Session IV (2 weeks) July 20-August 2

Session IVA: July 20-26 – Session IVB: July 27-August 2

Accredited by the American Camp Association

Girl Scouts of Eastern Missouri

2300 Ball Drive, St. Louis, MO 63146

(314) 592-2358



The Girl Scouts of Eastern Missouri provides a wide variety of fun, creative and exciting programs during the summer. Whether your daughter is interested in sampling outdoor activities, wanting to explore her first overnight camping experience, or just experience some of the fun things that the St. Louis area has to offer, we have the program for her. Call for more information.

Accredited by the American Camp Association

JCC Camp Sabra



For more information, contact: Terri Grossman, Director at (314) 442-3180 www.campsabra.com

Camp Sabra will be the premier Jewish resident camp in North America building upon our rich traditions which began in 1938. Sabra is a magical community that fosters life-long friendships, Jewish identity, and encourages social and physical growth. Camp Sabra provides a fun and safe environment with highly-qualified staff and excellent facilities.

Main Camp:

Boys & Girls Grades 3-10.

1st Session— June 14-July 9, 2020

2nd Session— June 12-July 6, 2020

Main Camp (One Session): \$4,595. and up.

Accredited by the American Camp Association

OVERNIGHT RESIDENTIAL CAMPS

Wonderland Camp

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



“At Wonderland Camp, everyone is respected and accepted for who they are.” – Camper

Wonderland Camp has served campers ages 6 and above with disabilities since 1969. We create an individualized experience for every camper who visits. Located on the Lake of the Ozarks in Rocky Mount, MO, Wonderland Camp offers campers swimming, fishing, boating, arts and crafts as well as an accessible climbing wall and giant swing.

Wonderland Camp keeps trained medical staff on site 24 hours and provides 1:1 care, if needed. Our staff is trained to provide all the care that your camper needs while they enjoy their time at camp. The kitchen can easily accommodate special diets. Camp Cost is \$700. per week.

Summer 2020 Camp Schedule:

Week 1: May 24th - May 29th (3:1 Only)
Week 2: May 31st - June 5th
Week 3: June 7th - June 12th
Week 4: June 14th - June 19th (Prader-Willi)
Week 5: June 21st - June 26th
Week 6: June 28th - July 3rd
Week 7: July 5th - July 10th (3:1 Only)
Week 8: July 12th - July 17th
Week 9: July 19th - July 24th
Week 10: July 26th - July 31st
Week 11: August 2nd - August 7th (MDA)

Star Wars
Wild West
Hollywood
Disney
Pirates
Superheroes
Mission Impossible
Harry Potter
Hawaiian Hula Baloo
Safari
Mad Science

American Camp Association Accredited

Camp MITIOG

www.campmitiog.org

5308 W. 162nd Street
Lee's Summit, MO 64063
Phone: (816)454-2607



Camp MITIOG is a week-long camp accredited by the American Camp Association, held each summer for a number of years. During their week of camp, the children participate in regular camping activities including swimming, fishing, canoeing, arts and crafts, nature classes, classes on self-help medical care and evening campfires. Camp MITIOG is held at Lake Doniphan Conference and Retreat Center which is located in Excelsior Springs, Missouri and provides a wheelchair accessible environment.

For more information on dates and fees, go to www.campmitiog.org

American Camp Association Accredited



Camp Barnabas

P.O. Box 3200, Springfield, MO 65808
(417) 708-5298 Kelli Hinderliter
www.campbarnabas.org



At Camp Barnabas, we invite people with special needs, chronic illnesses, and their siblings, to embrace life as Jesus made them and to reach their fullest potential at camp. Our goal is to make sure everyone has the best week of their lives.

Every program and activity is adapted so each person, regardless of ability, can participate. Each week we have is geared to a specific age range (starting at age 7, and you cannot age out) and a set of diagnoses so that each camper is in a cabin with others similar to themselves. We match our campers up one-on-one with a volunteer so they can get the full support they need. We also have a full medical facility with nurses and doctors to be able to accommodate any medical needs our campers may require. \$875 including a non-refundable \$55 registration fee. Camper Scholarships are available and are applied for in the registration form. No camper is turned away due to financial need, therefore, scholarships are available upon request.

2020 Camp Dates:

Teas Trail: Adult Friends May 31-June 5

Diagnoses Served: Intellectual/developmental disabilities and/or autism; Ages 18 and up; Siblings do not attend this week.

Teas Trail: Heroes June 7-June 12

Diagnoses Served: Developmental disabilities and/or autism Ages 16 and up; Siblings do not attend this week.

Teas Trail: Young Friends June 14-June 19

Diagnoses Served: Developmental disabilities and/or autism Ages 7-18; Siblings may attend.

Teas Trail: Adventurers June 21-June 26

Diagnoses Served: Physical disabilities and campers with developmental disabilities using a wheelchair or walker; Ages 16 and up; Siblings do not attend this week.

Teas Trail: Soaring Hawks June 28-July 3

Diagnoses Served: Asperger's, blind chronic diseases or deaf/hearing impaired; Ages 7-25 (Blind Ages: 7-35) Siblings may attend.

Teas Trail: Bridge Builders July 12-July 17

Diagnoses Served: Developmental disabilities, autism and/or physical disabilities; Ages 7-18; Siblings may attend.

Teas Trail: Explorers July 19-July 24

Diagnoses Served: Intellectual/Developmental disabilities, autism and physical disabilities; Ages 16 and up; Siblings do not attend this week.

Teas Trail: Champions July 26-31

Diagnoses Served: Developmental disabilities, autism and/or physical disabilities; Ages: 7-18; Siblings may attend.

Teas Trail: Celebration Week August 2-7

Diagnoses Served: Developmental disabilities, autism and/or physical disabilities. Ages 16 and up. Siblings do not attend..

* Camp Barnabas' Teas Trail Camp located in Purdy, Missouri.

Christian Camp and Conference Association Accredited

OVERNIGHT CAMPS

Camp Wartburg

(618) 919-7715, ext. 10

www.CampWartburg.com

Contact: Lauren Kreienkamp

Email: Lauren_Thorburg@lcfs.org



Shepherding Sheep at Camp Wartburg

Camp Wartburg, located a short 45 minute drive from St. Louis in Waterloo, Illinois, offers an overnight program for individuals aged 10-65 who have physical and intellectual disabilities.

Join us for a four day, three night stay during either of our two sessions: May 24-27, 2020 or May 27-30, 2020. Program fees are \$250 per participant per session.

The Shepherding Sheep Program at Camp Wartburg is an experience designed to get children and adults with disabilities outdoors and in an environment of interaction with others. Camp Wartburg's participant to counselor ratio is one-to-one or one-to-two staff/volunteers per child/adult. Our key focus is providing your child or adult with a one-of-a-kind adventure they won't find anywhere else!

Each morning and afternoon is filled with swimming, archery, canoeing, fishing, hiking, and other activities, all tailored to meet the needs of your participant. And each evening is filled with an exciting program-wide event like the carnival, talent show, and the ever popular dance!

While we do our best to accommodate for and meet the wide variety of needs of our participants, we do require that all be able to meet the following requirements for the safety and wellbeing of all parties.

1. Feed, bathe, and take medications by themselves with minimal assistance.
2. Spend the night in a cabin with other participants and staff.
3. Get around independently. (Camp can accommodate wheelchairs, walkers, and other assistive devices, just please be aware that participants will be walking from activity to activity on sometimes uneven ground.)
4. Get along well with others. (Hitting of other participants or staff is not tolerated.)

Please contact Camp Wartburg with questions or for more information! 618-919-7715

www.campwartburg.com

For registration questions, please contact Lauren Kreienkamp at the number above, extension 10 or Lauren_Thorburg@lcfs.org.

Meramec Learning Ranch Camp-

www.greatcircle.org



Meramec Adventure Ranch's Camp for Youth on the Autism Spectrum

Great Circle's Meramec Adventure Learning Ranch is one of the most extensive high adventure bases in the Midwest and the adventure base for Great Circle. The Ranch programs are committed to helping individuals and groups discover and capitalize on their strengths and inspire changes in their perspective. Using an experiential approach in conjunction with outdoor and adventure activities, the Ranch helps those it serves focus on keys that lead to the continued development of character, integrity, positive relationships, and ultimately, to making even a greater positive impact in the world around them.

Camp is from July 27-July 31, 2020. Youth ages 7-18 with a diagnosis on the Autism Spectrum. Camp costs \$890.00/camper. For more information, email Kassey at kassey.odneal@greatcircle.org.

American Camp Association Accredited

Sunnyhill Adventures

6555 Sunlit Way, P.O. Box 246, Dittmer, MO 63023

(636) 274-9044 or www.sunnyhillinc.org



The Sunnyhill experience long outlasts the week-long camp, available to children (8+) and adults with developmental disabilities. Adventure awaits on over 60 scenic acres in Dittmer, Missouri. Sunnyhill Adventures offers summer camps and year-round adventures for youth and adults of all abilities.

The camp experience at Sunnyhill benefits those that attend long after they leave our wilderness retreat. Camp is a community where people can generate greater awareness, understanding and appreciation of themselves, through the activities offered and interaction with their peers.

Our recreational programs give a person the chance to explore nature with activities such as: float trips, the alpine tower, climbing and rappelling, swimming, boating, or riding the zip line.

Through shared experience, these programs assist people with the formation of new friendships and the nurturing of established relationships. Whether a week or a weekend with Mother Nature – the memories will last a lifetime.

Our multi-national staff hails from six continents to share stories, songs and life experiences from their homelands – providing campers with a unique cultural experience.

Our staff receives specialized training which allows them to provide the level of support requested by the person or family. Our summer camp also has a nurse aide on site 24 hours a day to help medication administration and other health needs.

Session Fee: \$750. for 1:5 ratio; \$925. for a 1:1 ratio.

Note: Some sessions offer transportation!

Ages: 8-12 (Youth) and 18+ (Adults)

2020 CAMP DATES AND THEMES!

June 14-19	Adult Olympic Camp
June 28-July 3	Youth/Adult Adventure Camp (w/ transportation)
July 5-10	Adult Every Day is a Holiday Camp
July 12-17	Youth/Adult Adventure Camp
July 19-24	Adult Arts Festival Camp (w/ transportation)
July 26-31	Adult Every Day is a Holiday Camp
August 2-7	Youth/Adult Olympic Camp (w/ transportation)
August 9-14	Adult Adventure Camp

American Camp Association Accredited





OVERNIGHT RESIDENTIAL CAMPS

Camp MoVal

A Ministry of the United Church of Christ

Camp MoVal, nestled amid rolling hills a few miles west of Union, Mo., is a Camp and Retreat Center operated by the Missouri Mid-South Conference of the United Church of Christ. As an outdoor ministries and worship experience, we provide a safe, sacred space where all guests feel welcome.

Camp MoVal is located on 280 acres that includes beautiful forest, native prairie, streams and a lake. Facilities include a dining and meeting hall, four lakeside cabins, two retreat lodges, two rustic camping villages, high ropes and challenge courses, a boat and fishing dock, game and archery fields, hiking trails, and more. Check out their adult weeks, too!

Go to <http://www.campmoval.org/camp-info> for 2020 dates and fees. *American Camping Association Accredited*

Camp Little Giant—SIU-Carbondale

Touch of Nature Environmental Center
1206 Touch of Nature Road, Makanda, IL 62958
(618) 453-1121 or www.ton.siu.edu

Contact: Vicki Lang-Mendenhall

The wooded setting, lake front and accessible environment allows us to combine the best of traditional camp programming with specially selected and adapted activities to meet the needs of our campers. Camp Little Giant provides 24-hour supervision, including a nurse on site to handle all medical management and medication intake. We offer one-on-one assistance for our campers requiring the extra support. Our typical ratio is one staff member to no more than four campers.

2020 Camp Session Dates

Our sessions are divided into ages and characteristics of our campers. Campers' ages are 8-88 years of age.

Camp Olympia I: June 7-12 (1 week session) or

Camp Olympia II: June 7-19 (2 week session).

For adults ages 21 and over with high care needs, low mobility or uses wheelchair.

Camp Traditions II: June 14-26 (2 week session),

Camp Traditions III: June 21-26 (1 week session)

Camp Traditions IV: June 28-July 3 (1 week session)

For adults, ages 21+ with physical, cognitive and developmental disabilities.

Camp Shawnee I: July 12-17

Camp Shawnee II: July 12-24

Camp Shawnee III: July 19-24

For children ages 8-21 with physical, cognitive or developmental disabilities.

Dyna Camp: July 26-August 1. For children ages 8-19 with ADHD or ADD. Dyna Camp cost for one week is \$650 for less care or \$1200 for one to one support.

Camp Prices: One week—less care is \$550

One week—one on one is \$1000

Two weeks—less care is \$1200

Two weeks— one on one is \$2100



Camp Encourage

(816) 830-7171 www.campencourage.org

Located in Linwood, Kansas, our overnight camp sessions vary in length. Each Overnight (previously called a Mini Camp) provides a two-day, one-night overnight camp experience. Our summer sessions provide a lengthier stay totaling a four day, three-night overnight camp opportunity. Each camp offers a quality experience involving relationship development, recreation, and relaxation and is specifically designed to meet the needs of children and youth with autism spectrum disorders.

Key components that make Camp Encourage unique include but are not limited to: direct social instruction, sensory supports, visual strategies, positive behavioral supports, peer models, the involvement of graduate and doctoral students, traditional camp activities as well as activities tailored around the individual campers' interests, an accepting, loving atmosphere that is staffed with high quality, well trained counselors, activity facilitators, medical personnel, and behavior specialists. We are currently serving individuals on the autism spectrum that are:

- between the ages of 8 and 18 at the time of camp,
- at least fairly independent with self-care skills (showering, dressing, toileting),
- able to stay with or near the group (with accommodations and adaptations),
- able to tolerate the outdoors and all that nature brings (bugs, warmth, etc.),
- able to enjoy the activities on the schedule,
- successful with a 3:2 or 2:1 child:adult ratio,
- able to NOT have any access to electronic devices (including a phone) during the duration of the camp session (*new policy in 2019*), and not presently exhibiting behavioral or functional needs that would warrant the constant support of 1:1 assistance.

Dates: June 17-20, July 22-25, and October 17-18, 2020

Contact: Aimee Gorrow, Program Coord., (816) 830-7171



Looking for a summer camp?
Search over 2,400 ACA-Accredited camps at www.acacamps.org

American Camping Association Accredited

OVERNIGHT RESIDENTIAL CAMPS

CHAMP Camp, Inc.

Contact: Alysia Caldwell alysia@champcamp.org -
Emily Miller at emily@champcamp.org - (419) 889.8733
www.champcamp.org

CHAMP Camp

Dates for CHAMP Camp 2020 are June 14-18 at Bradford Woods in Martinsville, IN. Celebrating 30 years of camp! Applications are now available at www.champcamp.org.

CHAMP Camp provides a week-long, summer camp experience for children and adolescents with tracheostomies and those who require technological respiratory assistance. Our campers enjoy and fully participate in outdoor summer camp activities including zip lining, swimming, canoeing and climbing that encourage independence, confidence, and self-esteem to create memories that last a lifetime.

American Camp Association Accredited

Timber Pointe Outdoor Center

Hudson, Illinois
(309) 365-8021

www.timberpointeoutdoorcenter.com

Owned and operated by Easterseals Central Illinois, and located on the shoreline of Lake Bloomington, Timber Pointe Outdoor Center is the premier resource in the state of Illinois for providing specialized outdoor recreational, experiential and family programs for individuals with disabilities and illnesses in a fun, safe and accessible environment.

Week long residential programs for campers with and without disabilities offer participants a broad range of fun-filled recreational activities, outdoor experiential learning, great meals, and attentive care and supervision. Traditional camp activities include canoeing, swimming, arts & crafts, zip-line, horseback riding, barn yard visits, fishing, dance night, pontoon boat rides, campfires, night hikes, woodworking, and more!

Registration for summer camp is now open at Timber Pointe Outdoor Center! Timber Pointe offers fully accessible camp to children with and without disabilities. Call 309-365-8021 for more information or go to www.timberpointeoutdoorcenter.com for 2020 camp dates.

American Camp Association Accredited

Joni and Friends Missouri Family Retreat

Join Joni and Friends Missouri for a 4-day retreat for the whole family! People affected by disability and their families are cared for, encouraged, and rejuvenated in a Christ-centered, accessible camp environment. Our Family Retreat provides worship, Bible-based teaching, loads of fun, age-appropriate activities, and meaningful connections with families who understand the challenges of life with disability. Each camper is joined by a loving and trained volunteer for the weekend, enabling parents, caregivers, and siblings to take part in activities designed specifically for them, too. **Continued next column**

Located in east-central Kansas, Timber Lakes is nestled into 265 acres of picturesque, forest-covered hills, serene fishing ponds, and a stream. Worship and devotion time, a variety of both land- and water-based activities, and plenty of free time provide families a chance to unwind, relax, build community, and be served – and this year, we get to celebrate July 4th together, too! Contact Kathy Nichols at (314) 773-5664 at Joni & Friends!

BRAIN INJURY ASSOCIATION

Donald Danforth Jr. Wilderness Camp

Contact: Alyssa Grese, Program Associate
(314) 426-4024 or 1-(800) 444-6443 www.biamo.org

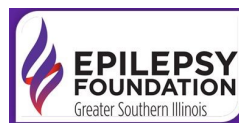


The Brain Injury Association of Missouri (BIA-MO) Donald Danforth Jr. Wilderness Camp is a week-long organized outdoor experience, held at Sunnyhill Adventures in Dittmer, Missouri for persons with a brain injury who are currently age 18 or older. This year's BIA-MO Camp will be June 21 – 26, 2020.

Participation in the BIA-MO Donald Danforth Jr. Wilderness Camp offers individuals with brain injury opportunities for fun, relaxation and time with other survivors of brain injury. Activities such as swimming, paddle boating, fishing, arts & crafts, sports, games, zip-lining, and tower climbing are adapted to survivors' abilities. Air-conditioned cabins are fully accessible, including showers and restrooms. In addition, an on-site clinic allows access to a staff nurse.

For survivors, Camp helps rebuild self-confidence, overcome obstacles and create new friendships. For caregivers, this Camp offers a week of respite from daily responsibilities for their loved one.

Please join us for the BIA-MO Donald Danforth Jr. Wilderness Camp. Fee: \$550.00 Ages: 18+. Scholarships available, if needed. For more information, please visit our website at www.biamo.org or contact the Brain Injury Association of Missouri at 314-426-4024 or 1-800-444-6443.



Camp Roehr for Individuals with Epilepsy

The Epilepsy Foundation of Greater Southern Illinois hosts an annual week long residential camp each year. Camp Roehr gives children and teens with epilepsy a variety of opportunities to focus on their strengths.

With a staff of caring, qualified counselors and medical support personnel, the children are able to make new friends and have a great time in a safe, supportive environment.

Join us for an exciting, fun-filled camping experience without another moment lost to seizures. Camp is held at Trout Lodge at the YMCA of the Ozarks. Call the Epilepsy Foundation of Greater Southern Illinois for camp dates and fees.

For More Information Call (618) 236-2181, or go to www.efgreatersil.org



Travel & Outdoors



Sunnyhill Adventures

P.O. Box 246, Dittmer, MO 63023
(636) 274-9044 www.sunnyhillinc.org



On the Road Adventures

Let's pack up for a great American road trip! Sunnyhill's On the Road Adventures weekend travel program provides adults with developmental disabilities the unique opportunity to take roads trips to locations such as: Chicago, Branson, Nashville, Louisville, Memphis, Indianapolis, Kansas City and the Lake of the Ozarks. Sightseeing, shopping and even catching a show are just a few of the activities that are on the agenda. Get in gear, check out our travel guide and register with Sunnyhill today!

Sunnyhill On the Road Adventures is a program that gives adults, 18 years and older, the opportunity to take short road trips with the support of our Sunnyhill Adventure staff. **Call for more information on staff to participant ratios!**

Summer 2020 On the Road Adventures:

May 29-31	Chicago, IL
June 26-28	Lake of the Ozarks
July 10-12	Branson
August 21-23	Lake of the Ozarks
August 28-30	Nashville, TN

There are other trips planned year-round, too! All trips are \$750. and include transportation, accommodations, meals and entertainment. Souvenirs, sodas and between meals snacks and beverages are not included. Call now or go to www.sunnyhillinc.org for more information on the **On the Road Adventures** offered throughout the year!

St. Louis Arc "Arc Escapes"

A year-round weekend getaway adventure program for adults ages 18 & older. Individual trips are planned throughout the year to give participants the opportunity to travel and explore various locations throughout the Midwest.

During the summer, an Arc Escape is planned for April 17-19, 2020—Springfield, IL; July 10-12, 2020—Holiday World Santa Claus, IN; and September 18-20, 2020-Louisville, KY. The cost is \$650. Costs may vary slightly for meals, snacks and souvenirs. If you have questions or would like more information call Clinton Hall at (314) 817-2293.

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/ or call (636) 441-4554.

Many **Parks & Recreation Departments** offer outdoor/adventure, and senior travel programs! Refer to page 13 for more information on how to contact a Parks & Recreation Department close to your home!

National Great Rivers Museum, located in Alton, Illinois, offers many year-round programs along the great Mississippi River. For more information, call (618) 462-6979.

Specialized Travel Programs . . .

Sundial Travel This 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 program for individuals with developmental disabilities. (888) 222-9575 or www.gosprout.org

The Society for Accessible Travel & Hospitality (SATH) founded in 1976, is an educational non-profit membership organization whose mission is to raise awareness of the needs of all travelers with disabilities, remove physical and attitudinal barriers to free access and expand travel opportunities in the United States and abroad. Members include travel professionals, consumers with disabilities and other individuals and corporations who support our mission.

For information about travel opportunities catered to individuals with disabilities, visit Environmental Traveling Companions or the Society for Accessible Travel and Hospitality at www.sath.org or call (212) 447-7284. To learn more about Environmental Traveling Companions, contact us at (212) 447-7284.

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) 977-5528.

Day Camps

Giant Steps of St. Louis

7281 Sarah St., Maplewood, MO 63143
(314) 932-1051 www.giantstepsstl.org/camp/

Camp Giant Steps is a six-week summer program specifically designed for children with autism spectrum disorders. The children start their camp day in small-group activities: Art, Music, Games, Cooking, Computer, Movement, and Smart Board. For older students an array of activities such as trampoline, bowling, gymnastics, water parks, and playgrounds, provide a fun-filled day of exercise and entertainment. Other local favorites, such as the Science Center, St. Louis Zoo, Magic House, and Grant's Farm, are also included on the summer agenda.

Camp Giant Steps provides one counselor for each camper to ensure safety and enhance learning. This one-to-one support ensures that campers are able to participate safely and engage fully in all activities. The counseling staff is composed of teaching assistants from the Giant Steps school program, and from other school districts, including college students studying this field of work.

Summer camp is in session 9am. – 3pm, Monday-Friday, late June through July.



Abra-Kid-Abra

803 Lafayette Ave., Webster Groves, MO 63119
(314) 961-6912 Contact: Dan Davis

Abra-Kid-Abra offers a variety of fun day camps around the region. They each offer magic, circus, balloons and more of the sillier of the performing arts. Most of our camps are 1 week long. Some are full day, typically 9 am -3 pm. Others are half day, 9 am-noon, 12:30 pm-3:30 pm, etc. All are open to children, typically ages 6-12, regardless of special needs. Session dates vary throughout the summer as well as session fees. This is an inclusive day camp. Staff to participant ratio varies but does not exceed 1:15. Call now for 2020 day camp information!



UCP Heartland

13975 Manchester Rd., Manchester, MO 63011
(636) 779-2262 Vicki Henak www.ucpheartland.org
Summer Voucher Program: provides partial financial assistance to St. Louis County families who have school aged children with developmental disabilities. We can help pay for summer recreation activities such as camps or in-home supports! Contact Vicki at (636) 779-2262 or henakv@ucpheartland.org for information and an application.

Jewish Community Center's J Day Camps

2020 Camp Dates:
Monday – Friday, May 26 – August 21



[Camps in Creve Coeur](#) | [Camps in Chesterfield](#)

The J has provided Day Camp experiences that promote happiness, growth and friendships for four generations of campers. We offer a variety of weekly camps for children ages 3-15, including traditional, sports, arts, gymnastics, STEM, pre-school, teen, leadership development and more. All of our activities help campers develop self-esteem, confidence, leadership and friendships.

The J Day Camps welcome diversity! Campers of all backgrounds are welcomed regardless of race, faith or national origin. We strive to instill a sense of community and connection to Jewish culture, values and history. Jewish values are integrated into our programs and activities in a manner which appeals to all people. The J invites and welcomes ALL persons, including those with disabilities, to participate in camp and other programs (including adaptive aquatics, personal training, exercise and movement programs, the Sunday Friendship program for adults, Theatre Unlimited and so much more! Contact Shamecka Nichols at 314-442-3295 in the Inclusion Department for more information about eligibility and registration.

GATEWAY REGION YMCA



YMCA of Greater St. Louis' DAY CAMPS

The YMCA Summer Day Camps are a great way for kids to learn new skills, practice old skills, gain confidence and build relationships. The YMCA's range of exciting themes allows kids to spend the summer engaging with the activities they enjoy the most, whether they prefer a sports camp, a music camp, an art-focused camp or a traditional outdoor activities camp among many other possibilities.

Best of all, our camps accommodate kids of all ability levels. Every child is different, and we make sure we can make a difference with every child.

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.gwymca.org

At Washington University's iD Tech camp, kids and teens of all skill levels discover coding, AI, machine learning, film, robotics, and game design, developing the in-demand skills needed to compete in the booming St. Louis startup scene. For more information go to:
<https://www.idtech.com/locations/missouri-summer-camps/washington-university>



Day Camps



LIMITLESS OPPORTUNITIES FOR SPECIAL PEOPLE

TREE House of Greater St. Louis

332 Stable Lane, Wentzville, MO 63385
(636) 332-4940 Contact: Amy Willard, PLPC
email: camp@thstl.org or www.thstl.org/programs/summer-camps

TreeHouse Summer Horse Camps for 2020

Weeks of June 1-5, June 8-12, June 15-19, July 6-10, July 20-24.



Camp occurs from 8:30am-1:30pm and cost is \$475.

TREE House of Greater St. Louis is proud to offer SUMMER CAMP for children of all abilities ages 5 through 15. Our expert camp staff includes licensed OT, PT, or Speech Therapists/Assistants as well as PATH, Intl. certified therapeutic riding instructors. Low staff to camper ratio, and fun camp activities for your child to enjoy! Beginner riding weeks are available for campers with more riding experience.

All camps are held at the TREE House of Greater St. Louis campus located at 332 Stable Lane, Wentzville, MO.

LifeBridge Partnership

1187 Corporate Lake Dr., #100, St. Louis, MO 63132
(314) 989-1188
Contact: Kelly Foster, Youth Services Coordinator
Email: KellyFoster@LifeBridgestl.org
www.lifebridgestl.org



LifeBridge Partnership will host 2 camps during the summer of 2020. Each 5-day camp will take place during the hours of 9am-3pm daily. Our experienced staff, including a registered nurse, will support campers in a 3:1 ratio. We work diligently to accommodate all campers regardless of one's challenges. Campers will have the opportunity to try new experiences, participate in interactive field trips, adaptive STEM activities and spend time with their friends. Our camps serve youth between the ages of 6-18 (19-21 if still enrolled in school) who have a documented physical and/or developmental disability. One camp serves the residents of St. Louis County and St. Louis City, while the second camp serves the residents of St. Charles County.

Accessible transportation is offered to most activities. The daily camp cost is \$50; however, scholarships are available upon request and EMAP funds are also accepted. Detailed enrollment information will be released in early April 2020 on www.LifeBridgestl.org

Starkloff Disability Institute

The DREAM BIG Program targets transition-age students with disabilities who plan to attend a 2 or 4-year college or trade/technical school. The goal of DREAM BIG is to help these students explore the range of career options that are available to them. To do this, we host three one-week long DREAM BIG Career Camps during the summer where students visit top employers in the St. Louis region to engage with disability welcoming workplaces. Each week has a different focus: the first week is STEM-focused, the second is Trade and Tech-focused, and the third is a miscellaneous mix for students who have no idea about a future field of interest. Students can attend one, two, or all of the camp weeks.

Contact: Blair Dammerman, Youth Programs Manager
Phone: 314-588-7090

TASK (Team Activities for Special Kids)

980 Horan Drive, Fenton, MO 63026
(636) 343-TASK (8275) Deb Freund
www.tasksports.org

IN ORDER TO PARTICIPATE IN A TASK SUMMER CAMP/PROGRAM- YOUR CHILD MUST HAVE PARTICIPATED IN A TASK ACTIVITY WITHIN THE LAST YEAR. Any program below CANNOT be your child's first experience with TASK. The reason for this is so that we are familiar with your child, his or her needs, and can prepare to meet their needs the best we can.

TASK Camp: Ages 5-18 years

The original TASK Camp experience returns! Campers ages 5-18 are buddied with volunteers as they move through stations including cooking, arts and crafts, sports, rec games and drama. Campers get to swim daily at Riverchase Recreation Center. On Friday, guests are invited to watch the production the campers have been working on all week during the drama station. You must provide lunch for your child.

TASK / CBC CAMP: All Ages

Through a great relationship with CBC, we are excited to bring to you TASK-CBC Camp. Campers, ages 5 and up, are paired with high school volunteers and experience a week of fun and creativity. Throughout the week, campers work on dance moves and drama lines which culminates in a show on Friday that all are invited to attend.

In addition, campers make arts & crafts projects, learn about science and get their exercise playing games in the gym. Lunch will be provided. If your child has specific eating needs, please pack their lunch.

For the above programs, you must have paid for the camp and have the Summer Camp Application/Registration completed to have your spot held.

Camp Circle Star

(314) 402-4032 Contact: Renee Eickmeier
www.campcirclestar.com

Camp Circle Star is planning for their 8th summer of camps for children with disabilities. We limit our camps to no more than 14 campers per week so camp is not overwhelming to campers; provide 1:1 support for all campers with disabilities; our activity schedule is flexible and unstructured, so our campers can experience the fun at their own pace. There are always activities going on and the campers decide if they'd like to participate and for how long. Camp activities include swimming, fishing, hiking, and fun on the playground and music garden. Inside we have themed rooms, including the Art Room, Wildlife Observation Room, Sensory Room, pretend Pet Clinic, Nature Room, Game Room, and our Music Room. Camp staff engage our campers in cooking activities, sensory play, group games and outdoor activities.

2020 Camp Dates: June 15-19 (Bring Your Own Assistant Week); June 22-26; July 6-10; July 13-17; July 20-24; July 27-31; August 3-7 (Bring Your Own Assistant Week).

Each camp week will be offered at the cost of \$350, with a \$50 transportation fee if you choose to use transportation. The BYOA weeks of 6/15 and 8/3 will be offered at \$200 for the week, with an additional \$50 charge for transportation, if needed. Registration begins January 14, 2020.

Day Camps

The Carol and Paul Hatfield Cerebral Palsy Sports & Rehabilitation Center

St. Louis Children's Hospital
Contact Mary Eckhard at
(314) 454-2642



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 CP active for life and help them embrace the concept that health and physical fitness are POSSIBLE and NECESSARY in order to maximize independence.

Summer Camp Independence 2020 will be held on June 8-12, June 15-19, June 22-26, July 6-10, July 13-17 and July 20-24 at the Webster Groves Rec. Center, from 9:00 am to 4:00 pm. The annual summer sports camp includes baseball, basketball, martial arts, 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.

Mark Your Calendar: Tri My Best Triathlon 2020— will be held this year on Sunday, September 13, 2020.

St. Louis Variety 2020 Camps

(314) 720-7717 Contact: Robin Diehl
www.varietystl.org



Variety St. Louis' Adventure Camp is free and is open to children ages 4 – 20 with medically diagnosed physical and developmental disabilities. Campers participate in activities they may not be able to do anywhere else alongside new friends and experienced staff. Camp runs from 9 a.m. to 3 p.m., Monday through Friday. Locations vary day-to-day, but stay within the St. Louis area. Families will be given a schedule of these locations prior to each week.

Activities may include rock climbing, swimming, ice skating, sports, various games (indoor and outdoor), arts and crafts, music and so much more. We also take field trips to various St. Louis-area attractions. Campers are paired with a trained staff member "buddy" for the entire week, and are split into age groups so that each activity can be better tailored to each child and his or her needs.

Adventure Camp 2020 (ages 4 –6)
June 1-5, June 8-12, July 6-10, & July 13-27

Teen Camp 2020 (ages 14 –20)
June 15 – 19 and July 20 – 24

NOTE: This camp is full. The camp opens registration the first week of January so mark your calendars for 2021 to enroll in this camp that fills quickly each year!



UCP Heartland Summer Day Camp

UCP Heartland's Summer Day Camp is located in Kirkwood, for residents of St. Louis County aged 10-20 (if still enrolled in school). Campers enjoy fun activities including sports, arts & crafts, social and life skills activities, cooking and games. Meet and socialize with new friends. Experience exciting new things. Explore the community.

Staff trained to work with individuals with disabilities will provide personal care assistance, assistance with feeding including G tubes and medication administration with a doctor's order. Individuals should be able to participate in small group settings. Support and assistance will be provided throughout the day. Staffing is provided on a 1:3 ratio on site and 1:2 in the community. Camp will run June 1st – July 24th, Monday to Friday from 8:00am to 5:30pm. Fees: \$200 co-pay per week, \$125 per week if attending summer school, (June ESY attendance – afternoons Mon-Thurs and all-day Friday). EMAP funding may be used to cover the cost of summer camp.

Please contact Fiona Plunk plunkf@ucpheartland.org or 314-624-0562 or Emma Seyffert seyfferte@ucpheartland.org or call 314-624-0596 more information.



RESPITE!

Play Differently—Rest. Regulate.Renew!

Our Sensory and motor rooms provide parents a respite as their children play in a safe, therapeutic environment. Multiple locations.

REGISTRATION IS REQUIRED AT
<http://www.gateway61.org/special-needs-ministry.php>

Sunday Mornings 9:45—11:45 a.m.
Children ages 4-17

2nd Saturday 4 Hours, 10 a.m.—2 p.m. Bring Lunch
Children ages 4-12

17550 Wild Horse Creek Rd., Chesterfield, MO 63005
Enter via basement at the back of church house.

For more information contact Terri at (314) 409-6534

Parks & Recreation Programs



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
St. Charles Co. Parks & Recreation	(636) 949-7535

INCLUSION IN PARKS & RECREATION in St. Charles County

Through funding from the Developmental Disabilities Resource Board of St. Charles County, three Municipal Parks & Recreation Departments (St. Charles, St. Peters 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 call the departments (above) or find details through their individual websites: www.ofallon.mo.us, www.stpetersmo.net www.stcharlesparks.com

For questions regarding the participation and personalized modifications for a participant with a disability contact: Brita Weight at (314) 359-9970. Funding is available for personal care for children with developmental disabilities who need support for toileting, dressing, and feeding while attending day camps. Partial funding for this program by Developmental Disabilities Resource Board of St. Charles County.

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)!

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. Call NOW for 2020 information!

INCLUSION IN PARKS & RECREATION in St. Louis County

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 attending.

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

Call the Inclusion Facilitator at (314) 839-5575

Bellefontaine (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

(314) 290-8507 Contact: Malory Smysor

Richmond Heights (314) 645-1476

Maryland Heights (314) 738-2599

Clayton (314) 290-8500

Webster Groves (314) 963-5600

University City (314) 505-8626

Mid County Inclusion Partnership provides services at local parks and recreation departments. Inclusion helps to enhance the quality of life for individuals with and without disabilities through recreational opportunities that include everyone regardless of their limitations. Inclusion programs help to foster friendships and create a sense of community.

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



ShowMe Aquatics & Fitness



2085 Bluestone Drive, #202, St. Charles, MO 63303
(636) 896-0999 www.showmeaquatics.org
SHOWME AQUATICS & FITNESS offers aquatic occupational therapy, water exercises, 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 ten weeks.

Super Swimmers Academy



Super Swimmers Academy

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

Little Fishes Swim School

Two Locations:
155 Hanley Industrial Ct., Brentwood, MO 63144 &
17359 Edison Ave, Chesterfield, MO 63005
(314) 647-7946 Coach Ruthie
www.littlefishesswimschool.com
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.

Jamestown New Horizons

15350 Old Jamestown Rd.,
Florissant, MO 63034
(314) 741-5816 or jnhgoneriding@charter.net



The Jamestown New Horizons 2020 Horsemanship camps are all about allowing children to move! Experienced therapeutic riding instructors and well-trained volunteers help to ensure their safety. Each rider has a horse leader and a side-walker.

JNH Horsemanship Camps are June 1-5; June 8-12; June 15-19; and June 22-26. Camps are from 8 a.m.—Noon.

Riding Sessions II:

Tuesday Classes: June 2, 9, 16, 23, 30, July 7, 14, 21, 28, August 4, 11 and 18

Wednesday Classes: June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, and 19

Thursday Classes: June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, and 20

St. Louis Arc

Golf

“Perfect your swing, practice your putting, or test your driving distance from the tee! All skill levels welcome. Professional golf instructors will assist you in learning proper techniques and learn to love the game of golf.”

Contact Person: Dan Correll, 314-817-2227

Ages: 18 and older

Dates: Tuesdays, May 2020 – August 2020

Time: 6:30pm – 8:30pm

Location: Paradise Valley Golf Club in High Ridge, MO 63049

Program Fee: \$55.00 per session + \$7.00 weekly ball fee

Geographic Area Served: St. Louis City & County, Jefferson and St. Charles County residents

Softball

“Get your ball and glove ready to join the fun as you play in the St. Louis Arc softball league! No experience necessary.”

Contact Person: Dan Correll, 314-817-2227

Ages: 18 and older

Dates: Wednesdays, April 2020 – July 2020;

Time: 6:30pm – 8:30pm

Location: Various North, Mid-, and South County fields.

Program Fee: \$55.00 per session

Geographic Area Served: St. Louis City & County, Jefferson and St. Charles County residents

Arc United Softball

“If you’re interested in playing in community leagues, having fun, meeting new friends, and improving your softball skills, then this is just the team for you! Arc United consists of athletes of all abilities.”

Contact Person: Dan Correll, 314-817-2227

Ages: 18 and older

Program Fee: \$55.00 per session

Dates: April 2020 – August 2020; Dates vary by league

Time: 6:00pm – 10:00pm; Game times vary weekly by league

Location: Varies by league

Geographic Area Served: St. Louis City & County, Jefferson and St. Charles County residents

Summer Bowling

“Grab your bowling ball and shoes and let’s hit the lanes for some bowling.”

Contact Person: Kara Huffman, 314-817-2249

Type of Program: Summer Sports program

Ages: 18 and older

Dates: Saturdays, May 2020 – August 2020

Time: 10:00am

Location: Olivette Lanes, 9520 Olive Blvd, Olivette, MO 63132

Program Fee: \$35.00 plus \$10.00 pay-at-door fee each time attending or Pre-Pay option: \$90.00

Geographic Area Served: St. Louis City & County, Jefferson and St. Charles County residents

Walking Club

“Get walking and join us for walks at local parks. Walking is a great way to exercise, stay healthy, socialize, and support your community. We will accommodate the novice, as well as the fast paced walker. Family members and friends are encouraged to register as well!”

Contact Person: Dan Correll, 314-817-2227

Type of Program: Summer Sports program

Ages: 18 and older

Program Fee: \$55.00 per session

Dates: Thursdays, May 2020 – July 2020

Time: 5:30pm – 7:00pm Call for locations!





St. Louis Challenger Baseball

(314) 822-2518 or buck@challengerbaseball.org

Contact Buck Smith

Challenger Baseball has teams for players with developmental disabilities from 5 years to 12 years, 13 years to 17 years, and 18 years and up (our oldest players are in their 70s). 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.

Any person, regardless of their disability, can play. We will begin play on Saturday, April 25th at Tilles Park on McKnight Road. We will play every Saturday morning at Tilles Park through the end of June and players will get to play Tuesday evenings at the Mike Matheny/Catch 22 field in Chesterfield. The annual picnic will be held on Sunday, July 19th, 12:00 noon at Tilles Park. At the picnic we have lots of games, food, music, a petting zoo, clowns, and all players get a trophy.

The main goal of St. Louis Challenger Baseball is to make friends. Our players make friends with other players who have disabilities, and they also make friends with their "buddies." (Buddies are kids and young adults who don't have a disability and are between the ages of 10 and 25 years old. These buddies are paired up with a player and hang out and assist our players on the field. We always need buddies, so if you know of a child or young adult, boys and girls, young women and men, between the ages of 10 and 25 who would like to help, please have them go to www.challengerbaseball.org or just come out!)

We're always looking for more players! Go to www.challengerbaseball.org and register any time. If you have any questions the best way to contact us is to email buck@challengerbaseball.org.
have any questions the best way to contact us is to email buck@challengerbaseball.org

Camp WeCanDu

DASA (Disabled Athlete Sports Association)

1236 Jungermann Rd., Ste. A, St. Peters, MO 63376

www.campers@dasasports.org (636) 477-0716

Contact: Meghan Morgan

Camp WeCanDu provides an opportunity for local youth with physical disabilities to fully participate in a week-long, traditional summer camp experience. Children living with cerebral palsy, spinal cord injuries, visual impairments, and many other forms of physical disabilities will come together to create a fun and engaging social support system that encourages campers to discover their natural abilities through athletic and sensory activities while instilling family values and promoting independence and self-confidence that will later resonate through all aspects of life.

Camp WeCanDu brings children ages 6-16 with physical disabilities together for an eventful week of activities. Campers experience new athletic and sensory opportunities each day through overnight or day camp opportunities.

Dates: June 21-26, 2020. Registration begins in February!

Spirit League (Florissant Area Athletic Assoc.)

Contact: Mike Hagan (314) 853-3293

The Florissant Area Athletic Association's Spirit League offers baseball and soccer programs for children whose physical and/or cognitive limitations prevent them from participating in standard league play. The program is open to children and young adults ages 6-21. A buddy system is employed for those children that require assistance when playing. For more information, please contact Mike Hagan, commissioner of this program.

Missouri Special Olympics

St. Louis Metro Area www.somo.org

(314) 961-7755

At Special Olympics Missouri, our mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes, and the community. Ages 3 and Older (Individuals under 8 years old are eligible for Young Athletes Program)

KEEN (Kids Enjoy Exercise Now)

(314) 259-5980 www.keenstlouis.org

Contact: Kelly Steinkamp

ksteinkamp@keenstlouis.org



KEEN offers opportunities for children and youth with disabilities to participate in fun sports, music, and swim activities at no cost to families and caregivers. At KEEN Sports, participants choose from a variety of activities in an open gym with trampolines, basketball, scooters, a large multi-colored parachute, and more. At KEEN Music and Singing, youth play musical instruments and learn simple songs as part of a large group. KEEN Swim sessions offers youth fun recreational swim activities, such as diving for swim rings, hitting inflatable balls, or just relaxing in the water. All programs are free for participants and we currently accept ages 5-21. www.keenstlouis.org

TASK

Team for Special Team Activities for Special Kids)

980 Horan Drive, Fenton, MO 63026

(636) 343-TASK (8275) www.tasksports.org

TASK is a nonprofit 501(c)3, year-round instructional sports program that provides athletic and social opportunities to kids with special needs.



Summer Fun: Ages 17+ years

This all day program is for ages 17 years and older and runs from 9:00 am-2:00 pm Monday through Fridays for the first week in June. Participants will move through a variety of activities including fine motor, gross motor, social skills, access to the game room and fitness area and much more. Each morning we will have a mini camp focus on a special skill including volleyball, soccer, cooking, ice skating etc.

Summer Fun: Ages 5-16+

This all day program is for ages 5-16 years and runs from 9:00 am-2:00 pm Monday through Fridays. Participants will move through a variety of activities including fine motor, gross motor, social skills, access to the game room and fitness area and much more. Each morning we will have a mini camp focus on a special skill including volleyball, soccer, cooking, ice skating etc.

Participants in both programs must bring their own lunch and space is limited to 20 participants. You must have paid for the camp and have the Summer Camp Application/Registration completed to have your spot held.

SPENSA

Special Needs Soccer Association is a St. Louis-based soccer program for young people with disabilities. This program is open to any boy or girl, teen or young adult, ages 5-21. It is designed to bring the excitement and fun of soccer to players who traditionally have not a place to play in the youth soccer system. For more information go to www.spensa.org or call (314) 894-1339 Spring 2020 begins in March!



Teen & Young Adults

St. Louis Arc

1177 N. Warson Rd., St. Louis, MO 63132

Phone: (314) 569-2211



TEEN PROGRAMS

Ukulele Club

“Do you enjoy music? Do you have the desire to learn how to play an instrument? Join us for Ukulele Club! The ukulele is a popular instrument and provides a great leisure opportunity while promoting social and fine motor skills. The club, led by a board certified music therapist is intended for expressing yourself and learning to play the ukulele.” This class is for people with and without disabilities.

Contact Person: Kara Huffman, 314-817-2249

Type of Program: Summer Arts program

Ages: 16 and older

Dates: Mondays, June 2020 – August 2020

Time: 5:30pm – 6:15pm

Location: St. Louis Arc, 1177 N. Warson Rd, St. Louis, MO 63132

Program Fee: \$100.00 per session

Geographic Area Served: St. Louis City & County, Jefferson and St. Charles County residents

Financial Assistance Offered? : Financial Assistance is available upon request and based on need. Call Rhonda Hembree at 314-817-2245 for financial assistance.

Transportation Offered? : No

Accessible Facilities? Yes

Teens in Motion

“The **Teens in Motion Project** is a summer program that serves St. Louis County residents who have intellectual/developmental disabilities. This eight week program supports young adults as they volunteer to gain employment skills, build friendships, and explore opportunities in the community. Teens in Motion is primarily designed for younger teens, ages 13-15. Participants acquire skills such as job responsibility, positive communication, and formation of relationships. Teens in Motion will assist individuals in developing meaningful, lifelong interests.”

Contact Person: Briana Reyes, 314-817-2250

Type of Program: Teen/Young Adult program

Ages: 13 – 15 years

Population Served: Young adults ages 13-15 with intellectual/developmental disabilities living in their natural home. Must be returning to school in the fall.

Dates: June 8, 2020 – July 31, 2020

Application Deadline: April 3, 2020

Fee: \$1,400 (\$200 application fee; \$1,200 program fee)

Geographic Area Served: St. Louis County

Financial Assistance Available? Financial Assistance is available upon request and based on need. Call Rhonda Hembree at 314-817-2245 for financial assistance.

Accessible Facilities? : Yes

Transportation Offered? : Yes; there are pick up and drop off locations throughout St. Louis County. Staff will drive participants to and from the various volunteer/recreation sites throughout the day.

Neighborhood Experiences

“The St. Louis Arc **Neighborhood Experiences Project** is a community based employment skills training service for young adults with intellectual/developmental disabilities. This career-oriented project teaches employment training 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.”

Contact Person: Clinton Hall, 314-817-2293

Type of Program: Teen/Young Adult program

Ages: 16 - 21 years

Population Served: Young adults ages 16 - 21 with intellectual/developmental disabilities living in their natural home. Must be returning to school in the fall.

Dates: June 8, 2020 – July 31, 2020

Application Deadline: April 3, 2020

Fee: \$1,400 (\$200 application fee; \$1,200 program fee)

Geographic Area Served: St. Louis County

Financial Assistance Available? Financial Assistance is available upon request and based on need. Call Rhonda Hembree at 314-817-2245 for financial assistance.

Accessible Facilities? Yes

Transportation Offered? Yes; there are pick up and drop off locations throughout St. Louis County. Staff will drive participants to and from the various volunteer/recreation sites throughout the day.





Community Living, Inc.

107 Sheriff Dierker Ct., O'Fallon, MO 63366
(636) 614-1320 Haley Eberle
www.communitylivingmo.org

Community Living SOAR, weekly June 8-Aug 7, 2020. Our nine-week specialized day camp program provides a full day of preplanned summer activities and field trips in a supportive environment. Summer Camp allows children ages 12-20 to build friendships, increase independence and stay active. We work with parents and school districts to make accommodations for children who are also enrolled in summer school. Camp hours are 7:00 am – 6:00 pm Monday through Friday at four locations within St. Charles County. Cost: \$6/hour plus the cost of field trips. Sliding-scale scholarships may be available to those who qualify.



Paraquad's Youth Summer Transition Blast Program

Contact: Diane Wieland at
(314) 289-4200 or dwieland@paraquad.org

In June, seeking youth ages 16 to 21 years old who would like to explore their future. Each week, the youth discover something new about themselves, experience new things, and dream about what they want their future to look like such as where to work or where to live, types of transportation they might use and if college is right for them. In July, the youth ages 16 to 21 years old will be challenged to develop some independent living skills while giving back to their community in a fun environment. The youth will explore their community such as visiting the Kirkwood Farmers Market, volunteering at local food pantry, or working on an advocacy community project. By participating, youth will build new friendships and pride in their abilities as they interact with professionals and have a blast with peers. Cost \$50.00
Week 1: June 1 - 5; Week 2: June 8 - 12; Week 3: June 15 - 19; Week 4: June 22 - 26; Days: Thursdays July 9, 2020 July 16, 2020, July 23, 2020, July 30, 2020.

Easterseals Midwest

(314) 432-6200
www.eastersealsmidwest.org



TGIF (ages 11 and up): Our TGIF program takes place on Friday evenings and is designed to offer a supportive, but relaxed environment in which to improve social skills. Individuals with Autism Spectrum Disorder who have a desire to be social but who are still developing the skills necessary to gain and maintain friendships are encouraged to participate.

We offer three TGIF events each month:

- TGIF First Friday (all ages): This is a facility-based social event that is open to all abilities. We typically provide food and beverages, activities may include games, movies, crafts, etc. We are able to provide 1:1 support for those who may need it. All new TGIF participants must attend a First Friday event before signing up for a community event (see below).
- TGIF Tween (Middle School), TGIF Teen (High School +19) Groups & TGIF Young Adult (20+) Groups: These events are split by age group and are community-based activities. Our team plans activities in the community, such as rock climbing at Upper Limits, bowling, hayrides in Forest Park, St. Louis Symphony concerts, and shows at the Omnimax at the Science Center. We provide staffing for each activity, but individuals must be able to participate in 1:3 ratio, we are not able to provide 1:1 support at this time for these groups.



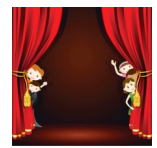
Neighborhood Outreach Center Adaptive Sports & Entertainment Academy

Provided by Allusion Entertainment Productions

Participants will participate in a variety of sports and entertainment activities each week. Each activity is specially structured to promote participant interactivity at his/her ability, pace, and confidence. Some of the specific activities include recreation sports, physical fitness, theatre, dance, and arts and crafts. Sessions commence from 6:00PM- 9:00PM Monday, Wednesday, and Friday each week. Program cost is \$500 per participant, per month. Each paid enrollment includes a Monthly event showcase featuring local and mainstream personalities. Dinner and Snack will be served. Caregivers and family members are welcome to observe and volunteer with most activities and outings. Caregiver or guardian's admission for select outings is included. Additional qualifying family members and companions may receive discounted rates on select outings.

Feel free to contact us at: Neighborhood Outreach Center
5170 Dr. Martin Luther King Drive St. Louis, MO 63113
314-361-9200 | email: nocdirector5325@gmail.com





STAGES Performing Arts Academy

(636) 449-3941 Contact: Katie Hayes www.stagesstlouis.org

Unique within the St. Louis region, STAGES' *Access the Arts* programs consist of classes, workshops and performance opportunities that enable area youth with physical, cognitive or developmental delays to fully participate in the musical theatre arts. Dedicated to developing participants' skills in acting, singing, dance (and thereby the related areas of communication skills, speech and gross motor development) *Access the Arts* programs feature traditional musical theatre courses adapted to meet the needs of all participants.

Taught by professionally trained teaching artists and special educators, *Access the Arts* includes year-round once-a-week classes, multi-week summer workshops as well as the performing ensemble *Troupe Broadway*. In addition to these specialized programs, STAGES also welcomes all students to participate in any Academy class or workshop in an inclusive environment. For more information on specialized and inclusive class opportunities, call (314)449-3941.

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. 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. Call for fee information. 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. For more information, please call Nicole Schmitt, MT-BC at (314) 791-4224.

Music Therapy for A Better Life

Learn Through Music One on one music therapy sessions address the physical, emotional, cognitive, social and communication needs of individuals. Treatment includes use of songs, rhythms, movement and percussion instruments. Sessions are provided by a board certified music therapist and are tailored to fit each individual from preschool through adult. Sessions are 30 minutes in length once or twice a week. Prices start at \$40./per session.

Adapted Piano Lessons Board certified music therapist provides private piano lessons adapted for children, teens and adults with developmental disabilities including autism spectrum disorder. Prices start at \$35./30 minutes.

Music Therapy and Lessons are taught in my home studio in Ballwin. Call Kathy Wessel, Board Certified Music Therapist, for more information (636) 236-1733.

ARTISTS FIRST

Artists First

7190 Manchester Rd, Maplewood, MO 63143 (314) 781-4440 or www.artistsfirststl.org Cost: \$ 7.00 per hour WE ARE ARTISTS, FIRST, Pop into Artists First to discover and create your own brand of art in a friendly, accessible comfortable studio stocked with quality art supplies, plenty of space, gentle guidance, and strong encouragement from professional staff. Artists First welcomes artists of all ages, of all abilities, and from all walks of life. We revel in the uniqueness and self expression of each individual, whether they paint, draw, knit, sew, sculpt, bead, collage, write, or create some other form of art. Our Open Studio provides artists with a comfortable space in which to explore a variety of mediums both individually and collaboratively. Artists can dabble, and/or build careers, in art. Through community programs, art exhibitions, and other events, Artists First artists are provided opportunities to grow and to show the world they are to be taken seriously as artists, first. Our studio serves participants of all ages, offering a daily Open Studio, 10 a.m. to 3 p.m., and a weekly Youth Open Studio, Thursday, 3 p.m. to 6 p.m. Youth participants create artistic pieces while exchanging cultural values and ideas. They make art, socialize, and work with others while learning about diversity and other issues. The Youth Open Studio promotes the concept of art as an avocation open to everyone as well as a vehicle for understanding and respect. Evening Adult Open Studio is 3 p.m. –7 p.m. on Wednesdays.

Living Arts

2814 Sutton Rd., Maplewood, MO 63143 (314) 720-1819 <http://www.livingartsstudio.org>

Living Arts is located in Maplewood, MO. It is a bustling studio filled with workshops, classes and provides open studio time. We've created an inclusive studio space that embraces creativity on all levels. Through Living Arts, individuals have access to one-on-one instruction, support from local artists and writers. In addition to offering a wide variety of classes and workshops, Living Arts also provides scholarships and assistance for those with disabilities so that art is accessible to everyone. We are a strong community that offers classes for people living with and without disabilities in a creative, safe space. We offer classes and camps that foster individuality, self regulation and creative expression.



MJ Performing Arts Academy

15 South Old Orchard, St. Louis, MO 63119 (314) 968-3903 <https://mjperformingartsacademy.com/enroll>

MJ Performing Arts Academy is pleased to offer Special Needs Music and Movement classes. The classes are an artistic outlet for dancers of varying abilities. We seek to establish a mind-body-spirit connection through dance and movement while providing a safe place to engage in social skills and overcome obstacles inherent of specific disabilities. Our classes not only help with gross motor development and social skills but assist in listening and following direction skills.

Call or go to www.mjperformingartsacademy.com for 2020 information!



Other Items of Interest

We Rock the Spectrum Kid's Gym, in Fenton and in St. Ann, is an indoor sensory play area for ALL kids of ALL abilities. We offer morning and afternoon camp sessions for maximum flexibility. Ages 2 and up. Campers will enjoy supervised open play, games, art & sensory activities and a healthy snack. In Fenton call (636) 529-8282, and in St. Ann call (314) 733-9787. www.werockthespectrumfentonmo.com (in Fenton) or <https://www.werockthespectrumnorthcountystl.com/we-rock-the-spectrum-is-for-all-parents/> (in St. Ann)

Check out the programs offered by
St. Louis Science Center (314) 289-4400 or www.slsc.org
Saint Louis Zoo (314) 781-0900 or www.stlzoo.org
Missouri Botanical Gardens (314) 577-5100 or www.missouribotanicalgardens.org
Gateway Arch (*kids programs*) (314) 655-1600 or www.nps.gov/jeff/index.htm
Magic House (*summer camps*) (314) 822-8900 or www.magichouse.org
Saint Louis Art Museum (*Learn & Do programs*) (314) 721-0072 or www.slam.org
City-County Library St. Charles County (636) 441-2300 www.youranswerplace.org
St. Charles Visitors Center www.historicstcharles.com

Check Out What Your Local Library Has To Offer This Summer! Programs and classes for all ages! Story time, Book Bingo, Yoga & Meditation, Movies and Much More!!!

Scouting USA is now open to all youth, male and female, ages 5-20. Scouting is a premier organization that teaches outdoor skills, personal responsibility, leadership skills, and community service. Summer fun includes day camps for Cub Scouts, and overnight camps for all levels. Connect today to a Cub Scout Pack for ages 5-11, Scouting USA Troop for ages 11-18, or Venturing Crew for ages 14-20 so you can attend year-round activities and be included in summer camp fun. Youth with disabilities should contact the Special Needs Committee to discuss the best alternatives to be successful in Scouting. Learn more at www.stlbsa.org or call 314-361-0600.

UCP Heartland

13975 Manchester Rd., Manchester, MO 63011
(636) 779-2262 Vicki Henak www.ucpheartland.org

Summer Voucher Program: provides partial financial assistance to St. Louis County families who have school aged children with developmental disabilities. We can help pay for summer recreation activities such as camps or in-home supports!

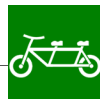
UCP Heartland's Saturday Respite Club runs year-round and is offered each Saturday of the month. The program is available for individuals aged 6-21 and is open to residents of both St Louis County and St. Louis City. The program includes physical activities and games, art & craft projects, social/life skills and peer interaction. Staffing ratio is 1:3 and we provide personal care assistance, G-tube feedings and administer medications with a doctor's order.

The cost for Respite Club is covered by the Productive Living Board & DDR. The hours spent at Respite Club will be deducted from your respite allocation. Individuals should be able to participate in small group settings. Support and assistance will be provided throughout the day.

Please contact Fiona Plunk plunkf@ucpheartland.org 314-624-0562 or Emma Seyffert seyfferte@ucpheartland.org 314-624-0596 for more information.

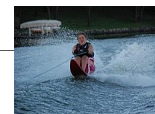
Delta Gamma Center for Children with Visual Impairments

(314)776-1300 www.dgckids.org
Tandem Adventurers: This group meets weekly from April to September. Tandem Adventurers, is a very popular cycling group. Group members stay in shape during the winter by participating in a community spinning class and ride regularly with volunteer captains during the spring and summer.



Learn to Water Ski Clinic for Individuals with Disabilities!

offered by the *Midwest Disabled Water Ski Association*.
July 24—25, 2020 For more info go to: www.MDWSA.org



There are so many things to do in the St. Louis Area during the Summertime! Some Examples . .

Bowling Hall of Fame (314) 231-6340
Contemporary Art Museum (314) 535-4660
Dog Museum (314) 821-3647
Gateway Riverboat Cruises (314) 982-1410
The Magic House (314) 822-8900
Opera Theatre of St. Louis (314) 961-0644
Verizon Wireless Amph. (314) 298-9944
Six Flags-St. Louis (636) 938-5300
St. Louis Cardinals (314) 345-9600
St. Louis Union Station (314) 421-6655

Cahokia Mounds (618) 346-5160
Craft Alliance (314) 725-1177
Fox Theatre (314) 534-1678
Grant's Farm (314) 843-1700
MO Botanical Gardens (314) 577-9400
Purina Farms (314) 982-3232
Scott Trade Center (314) 622-5400
St. Louis Art Museum (314) 721-0072
St. Louis Science Center (800) 456-SLSC
St. Louis Zoo (314) 781-0900

City Museum (314) 231-2489
Dance St. Louis (314) 534-6622
Gateway Arch (314) 982-1410
Laumeier Sculpture Park (314) 615-5278
MO Historical Society (314) 746-4599
The Repertory Theatre (314) 968-4925
Sheldon Concert Hall (314) 533-9900
St. Louis Black Rep (314) 534-3810
St. Louis Symphony (314) 534-1700
Shaw Nature Reserve (636) 451-3512

Check out your local community centers, parks and recreation departments, your library, museums, etc. Go fly a kite, go for a hike, listen to a concert in the park, take a swim, go cycling, visit a friend, volunteer, read a book, go bird watching . . . *Enjoy Summer!!!*

ST. LOUIS & ST. CHARLES COUNTY AREA DESTINATION ACCESSIBLE PLAYGROUNDS



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



Play is important to the social and physical development of all children. When children with and without disabilities play together, they learn to appreciate each others abilities and similarities.

Unlimited Play, Inc. Playgrounds

These accessible playgrounds features, but not limited to:

- A variety of accessible play components, including multi-sensory play components
- A rubberized pour-in-place surfacing for safety and mobility access
- Two types of slides (plastic and metal)
- Ample parking with designated accessible parking spaces near playground and accessible playground approaches
- Picnic tables and shaded areas on playground
- Restrooms & water play areas soon to be built

Go to www.unlimitedplay.org for UP playgrounds in our area including Willmore and O'Fallon Parks in St. Louis City, Clayton, St. Charles, Wentzville, Lake Saint Louis and more locations!

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.