The Recreation Council of Greater St. Louis’ 2019 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 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 2019 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! ☀️
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

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!

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This 2019 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

Searching 4 Summer FUN? Find it at: BluePrint4Summer. This is a free easy-to-use 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!
OVERNIGHT CAMPS

YMCA’s Camp Lakewood

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. So when asked, “Whose camp is this?” we are excited to hear them say “My Camp!” ADVENTURE AWAITS. Register today at camplakewood.org Learn more about Camp Lakewood and meet our staff at an upcoming Open House: March 24, April 7, April 28, or May 19, 2019, 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!

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. 2019 Camp dates:
Session I (2 weeks): June 10-June 23
Session IA (1 week): June 10-June 16
Session II (2 weeks): June 24-July 7
Session IIA (1 week) June 24-28
Session III (2 weeks): July 8-21
Session IIIA (1 week): July 8-14

Taste of Manitowa (1 week-50% off):
July 29-August 4

10th Graders Smoky Mountain Adventure Trip:
June 17-23 & July 15-21

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.

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 16-July 11, 2019
2nd Session—July 15-August 9, 2019
Main Camp (One Session): $4,470.
Both Sessions; $8,045.

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. Each week is typically capped off with a talent show and dance.

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 $675.00 per week.

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 the 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. $775 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.

2019 Camp Dates:
Teas Trail:  Adult Friends _______ June 2-June 7
Diagnoses Served: Intellectual/developmental disabilities and/or autism; Ages 18 and up; Siblings do not attend this week.

Teas Trail:  Heroes _______ June 9-June 14
Diagnoses Served: Developmental disabilities and/or autism Ages 18 and up; Siblings do not attend this week.

Teas Trail:  Young Friends _______ June 16-June 21
Diagnoses Served: Developmental disabilities and/or autism Ages 18-17; Siblings may attend.

Teas Trail:  Adventurers _______ June 23-June 28
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:  Pathfinders _______ June 30-July 5
Diagnoses Served: Intellectual/Developmental disabilities, autism, and physical disabilities; Ages 7-18; Siblings may attend.

Teas Trail:  Soaring Hawks _______ July 7-July 12
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 14-July 19
Diagnoses Served: Developmental disabilities, autism and/or physical disabilities; Ages 7-18; Siblings may attend.

Teas Trail:  Explorers _______ July 21-July 26
Diagnoses Served: Intellectual/Developmental disabilities, autism and physical disabilities; Ages 16 and up; Siblings do not attend this week.

Teas Trail:  Champions _______ July 28-August 2
Diagnoses Served: Developmental disabilities, autism and/or physical disabilities; Ages: 7-18; Siblings may attend.

* Camp Barnabas’Teas Trail Camp located in Purdy, Missouri.
Camp Wartburg
(618) 939-7715, ext. 10
www.CampWartburg.com
Contact: Lauren Kreienkamp
Email: Lauren_Thorburg@lcfs.org

Camp Wartburg is a Christian camp located within an hour of the St. Louis metropolitan area, nestled in the rolling hills of Southern Illinois, near Waterloo. With 124 acres of woods, fields, water, and trails, Camp Wartburg seems far away to campers, but comfortably close to parents. Our summer program offerings include camps for grades K-12. We offer abbreviated weeks for younger campers who are not quite ready to be away from home for a full week and trip camps for high school campers who cannot wait to get away! Our days are jam packed with on-site activities like archery, canoeing, disc golf, high ropes, swimming, and more. Off-site activities are program specific and range from paintball, laser tag, and go-karting to horseback riding and river canoeing. Evenings include a camp-wide night game, such as Capture the Flag, and campfire devotions. College-aged counselors are sure to make your camper’s experience exciting and unique. For more information or to register, visit our website at www.CampWartburg.com.

May 26—June 1, 2019 a special program, Shepherding Sheep, is offered at Camp Wartburg for children and adults with disabilities. Call for information on accommodations! A nurse will be on-site for this week. Other weeks of camp may be found at www.CampWartburg.com

American Camp Association Accredited

Meramec Learning Ranch Camp-
www.greatcircle.org
1203 Meramec Wilderness Ln, Steelville, MO 65565
This specialty camp is a break away from day-to-day living and the opportunity to spend a week in a supportive, exciting, safe adventure program that builds personal confidence and social connections. Your child can relax, enjoy adventures and the great outdoors, plus develop awareness, self-efficacy and social skills, plus knowledge about the outdoors. Skilled facilitators guide campers through opportunities and challenges, and support personnel provide compassionate assistance with sensory, communication, and/or behavioral issues as needed. Campers stay in the main lodge facility, which is fully equipped with beds, showers and dining facilities.

Who can attend: Youth ages 6 to 18 with an autism spectrum diagnosis

For more information about Meramec Adventure Learning Ranch Camp, dates, fees or any of its programs, call 573-775-5513

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. Campers establish new friendships, challenge themselves and learn new skills to encourage independence. Our recreational programs offer campers the opportunity to experience the outdoors through float trips, high adventure through our 50 ft. Alpine Tower, Climbing Wall and Zip Line across the lake. In addition to swimming at the pool and taking a paddle boat ride on the lake, campers can participate in float trips and other shared experiences. Our multipurpose building allows campers a large, indoor space to utilize during inclement weather. Whether they attend for a week or choose to come more often, campers will surely have the time of their life!

2019 Adult Programs (ages 18 and up)
Sunnyhill’s adult program provides a quality weeklong, themed camping experience to adults with developmental disabilities. Families may choose from a counselor-to-camper ratio of 1:1 or 1:5. All adult programs offer all of Sunnyhill’s camp activities plus dances, hayrides and cookouts. Session Fee: $750. for a 1:5 ratio; $925. for a 1:1 ratio
Note: Some sessions offer transportation!

Adult Camp 2019 Dates:
ISLA Adventure Camp June 2-7
Olympic Week June 9-14
Adult Arts Festival June 16-21
Adventure Camp (Transportation) June 23-28
Adult Every Day is a Holiday June 30-July 5
Adult Adventure Camp July 7-12
Olympic Week (Transportation) July 14-19
Adult Every Day is a Holiday July 21-26
Arts Festival (Transportation) July 28-August 2

Youth Adventure Camp (Ages 8-17) Our week-long camp is packed with excitement from the top of the Alpine Tower to the heart of an outdoor cave. All campers have the opportunity to explore the camp countryside, and to challenge their inner strength, taking away new-found skills and friendships.
We provide tradition camp activities such as archery, arts and crafts, swimming, nature study, hiking, sports, fishing, games, hayrides and evening programs.
We also include off-site activities such as river floats, caving, orienteering, and nature exploration. Sunnyhill can accommodate children of all abilities. We provide a 1:1 or 1:5 counselor-to-camper ratio. Session Fee: $750. for a 1:5 ratio; $925. for a 1:1 ratio.

Youth Camp 2019 Dates:
Olympic Week June 9-14
Adventure Camp (Transportation) June 23-28
Olympic Week (Transportation) July 14-19
Arts Festival (Transportation) July 28-August 2

American Camp Association Accredited
OVERNIGHT RESIDENTIAL CAMPS

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.

Adventures in Community (Adults with disabilities ages 18+)

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.

2019 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 9-14 (1 week session) or
Camp Olympia II: June 9-21 (2 week session).
For adults ages 21 and over with high care needs, low mobility or uses wheelchair.

Camp Traditions II: June 16-28 (2 week session),
Camp Traditions III: June 23-28 (1 week session)
Camp Traditions IV: July 7-12 (1 week session)
For adults, ages 21+ with physical, cognitive and developmental disabilities.

Camp Shawnee I: July 14-19
Camp Shawnee II: July 21-26
Camp Shawnee III: combined weeks (July 14-26)
For children ages 8-21 with physical, cognitive or developmental disabilities.

Dyna Camp: July 28-August 3  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
American Camping Association Accredited

Camp Encourage
4025 Central St., Kansas City, MO  64111 (816) 830-7171  www.campencourage.org
Our mission is to encourage 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.  Ages: 8-18 years old
2019 Camp Session Dates: June 20-23 & July 16-19
Camp Session Cost: $1,200. each session
Scholarships are available.
The cost includes quality planning, specialized materials and supports, meals, comfortable cabins, and tailored activities.

Camp Courage Missouri
9201 N. Campbell Ct., Kansas City, MO  64155 (816) 294-3929  www.campcouragemo.org
Contact Ashley Fields
Camp Courage is a 4-day/3-night, all-inclusive summer camping program for adults, ages 21 and over, with special needs, including Down Syndrome, birth defects, cognitive delays and high functioning Autism. This program is held each June, in Stewartsville, Missouri.

Campers enjoy typical camping activities such as fishing, hay wagon rides, crafts and music; as well as Bingo, dance parties and an evening of carnival game fun! This program is ideal for individuals who enjoy outdoor activities and are comfortable being away from their home environment.

Each summer, approximately 50 campers attend this program. Campers must be ambulatory and able to tolerate outdoor activities. Wheelchairs, walkers and/or canes are not approved, as we stay on a semi-primitive campground area, with minimal sidewalks and smooth surfaces. Campers share their space and should enjoy being with other people throughout the day. Moreover, they should be cooperative, free from aggression and in good health. Campers should be able to understand they are going to camp and look forward to participating. In addition to the campers, we host a team of over 40 volunteers who come to assist with campers and activities. A staff of nurses is on the campgrounds at all times.

2019 Camping Session:  June 20 - 23  This year’s theme is Game Show Mania!
Camping fee:  $200.

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: Jamie Mitchell (317) 752-5668
www.champcamp.org

CHAMP Camp
Dates for CHAMP Camp 2019 are June 16th-20th at Bradford Woods in Martinsville, IN. The theme for this year is “Out of This World”. 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 2019 camp dates.

American Camp Association Accredited

Joni and Friends Missouri Family Retreat
Come receive encouragement are care in a safe and fun family setting with other families who understand the demands of disability. Short Term Missionaries (STMs) volunteer and serve families with Christ’s love, genuine support, and friendship. Limited to 20 families. Registration begins after January 21, 2019. Family Retreat dates: July 26-29, 2019 at the YMCA Trout Lodge in Potosi, Missouri. To register your family, contact Judy Redlich at (314) 773-5664.

BRAIN INJURY ASSOCIATION
Donald Danforth Jr. Wilderness Camp
Contact: Alyssa Grese
(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.

The need for such a camp was determined several years ago through discussions with families coping with changes in their lives following a brain injury of a loved one. For survivors, this camp can help rebuild their self-confidence, learn how to overcome new obstacles and create new friendships for themselves. For caregivers, this camp offers a week of respite from daily responsibilities and care for their loved one.

The BIA-MO Donald Danforth Jr. Wilderness Camp is dedicated to assisting survivors. Activities such as swimming, boating, fishing, arts & crafts, sports, games, zip-lining, rock climbing and paddle boating are adapted to survivors’ abilities. Participation in camp offers individuals with brain injuries opportunities for fun, time with others with brain injury and relaxation.

Please join us for the Donald Danforth, Jr. Wilderness Camp from May 26—May 30, 2019 Fee: $550.00 Ages: 18+. Scholarships available, if needed. For more information, please 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 Dates for Camp Roehr are June 9—15, 2019. Camp is held at Trout Lodge at the YMCA of the Ozarks. Cost: $500., with a $50 deposit, and scholarships are available.

For More Information Contact Gary Miller at (618) 236-6443, extension 114 or go to www.efgreatersil.org
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 road 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 2019 On the Road Adventures:
- May 3-5 Indianapolis
- May 17-19 Lake of the Ozarks
- June 7-9 Branson
- June 14-16 Chicago
- July 5-7 Louisville
- July 12-14 Kansas City
- July 26-28 Lake of the Ozarks
- August 9-11 Memphis
- August 16-18 Chicago
- August 23-25 Lake of the Ozarks

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 ear to give participants the opportunity to travel and explore various locations throughout the Midwest.

During the summer, an Arc Escape is planned for August 23-25, 2019 to YMCA Trout Lodge. The cost is $650 and is all inclusive! 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) 913-2841

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.
**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. The older students spend mornings An array of sites offering 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.

All group activities are designed and led by the Giant Steps’ teachers and therapists. Summer camp is in session 9am-3pm, Monday-Friday, late June through July.

**Jewish Community Center’s J Day Camps**

Jewish Community Center has a lot to offer everyone! There are day camps for every kid, and every kid is welcome at the J.

**2019 Camp Dates:** June 3-August 9.

The J has provided Day Camp experiences that promote happiness, growth and friendships for four generations of campers. We offer a variety of week-long 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, or Becca Bohrer, 314-442-3294, in the Inclusion Department for more information about eligibility and registration.

**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 2019 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 henavk@ucpheartland.org for information and an application.

**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

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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

LifeBridge Partnership
1187 Corporate Lake Dr., Ste.100, St. Louis, MO 63132
(314) 989-1188 Contact: Jessica Woodson
www.lifebridgestl.org

Join LifeBridge for our one week day camp filled with fun, new friends, field trips, sports, art and music, and much more. Ages 6-21.

Camp Dates:
May 28-May 31, 2019
(St. Louis City and St. Louis County Residents)

July 29-August 2, 2019
(St. Charles County Residents)

Application Deadline: Application Deadline: Registration opens April 1 and closes April 26

TREE House of Greater St. Louis
322 Stable Lane, Wentzville, MO 63385
(636) 332-4940 Contact: Amy Willard, PLPC
awillard@thstl.org  www.thstl.org

2019 SUMMER HORSE CAMPS
TREE House of Greater St. Louis is happy to offer various summer camp opportunities for children of all abilities ages 5 through 17. Since our most popular camp, Camp Champ has licensed Occupational Therapists as part of the staff; we are able to accommodate all abilities in our camps. This means that all of our camps are open to children with and without disabilities. Spaces are limited as we provide a low staff to camper ratio so hurry and reserve your spot today! We are always looking for fun new ways to engage your children, not only with the horses, but also by utilizing our full 88 acres! There is a deposit required for all camps. The deposit for the full day Camp Champ and the Beginner Camp, is $100, and the half-day Camp Champ is $50. The deposit is applied to the overall cost of the camp. For more information, call 636-332-4940.

Camp Champ, All abilities. Full and half day weeks available. The typical staff to camper ratio is 1:2-3, however, if your child requires more 1:1 attention please give us a call. Incorporates traditional camp activities of hiking and exploring, crafts, with horsemanship skills. Approximately 50% of the campers’ time will be with the horses learning how to groom, lead, tack, and ride the horses. The campers will receive up to 5 riding lessons in the full day camp, and at least 3 in the half-day camp! No prior horse experience or exposure is required for this camp.

Camp Skippy, Ages 8-15. The typical staff to camper ratio is 1:4. This camp is for those who have prior horse experience and are able to be on the horse and steer their horse independently at the walk. There will be up to 7 horseback riding lessons throughout their week of camp, but they will also learn more horsemanship skills including leading, grooming, tacking, and even some basic first aid for their horses.

TASK (Team Activities for Special Kids)
980 Horan Drive, Fenton, MO 63026
(636) 343-TASK (8275)  Deb Fruend
www.tasksports.org

TASK Summer Adventure Program I
When: June 3-7, 2019; M-F; Hours: 9am-3pm;
Cost: $125 Ages: 17+
Location: TASK, 980 Horan Dr.
Fenton, MO 63026
Participants will participate in a variety activities each day including sports, (basketball, ice skating, volleyball) cooking, arts & crafts and fitness activities.

TASK Summer Adventure II
When: June 24-28, 2019, M-F; Hours: 9am-3pm;
Cost: $125 Ages: 5-16
Location: TASK, 980 Horan Dr.
Fenton, MO 63026
Participants will participate in variety activities each day including drama, cooking, sports, arts and crafts and swimming.

TASK After Hours Camp
When: July 22-26, 2019; Hours: 3:30-6:30 pm;
Cost: $75; Ages: 19+
Location: TASK, 980 Horan Dr.
Fenton, MO 63026
Campers will participate in socialization and a variety activities each day including cooking, recreational and fitness activities.

TASK CBC Camp
When: July 8-12, 2019; Hours: 9am-2pm;
Ages: Cost: $150.
Location: CBC High School,
1850 De La Salle Dr., St. Louis 63141
Campers will participate in a variety of activities each day including drama, dance, science, sports and art.

TASK Camp
When: July 15-19, 2019; Hours: 8:30am-2pm;
Ages: 5-18; Cost: $150.
Location: TASK, 980 Horan Dr.,
Fenton, MO 63026
Campers will participate in a variety of activities including drama, cooking, sports, arts and crafts, and swimming.

To register go to tasksportsshop.org Registration begins March 1st. All participants MUST have a current 2019 TASK application on file and participated in an activity prior to joining us for a one week camp, no exceptions! Check our website for updated locations, dates, time, cost and activities.
The Carol and Paul Hatfield Cerebral Palsy Sports & Rehabilitation Center
St. Louis Children’s Hospital
(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 2019** will be held on June 10-14, June 17-22, June 24-28, July 8-12, July 15-19, and July 22-26 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 calendars NOW for Tri My Best Triathlon 2019** – will be held this year on Sunday, September 8, 2019.

Contact Mary Eckhard for more information at (314) 454-2642.

**St. Louis Variety 2019 Camps**
(314) 720-7717  Contact: Robin Diehl
www.varietystl.org

Variety Adventure Camp—ACT FAST!
Specially trained counselors and medical professionals are on-site each day, as Variety places great emphasis on safety, proper equipment fit, and expert instruction, all adjusted for each camper’s ability level.

**2019 Adventure Camp**
Week 1: June 3-7 (ages 4-16)
Week 2: June 10-14 (ages 4-16)
Week 3: July 8-12 (ages 4-16)
Week 4: July 15-19 (ages 4-16)

**Teen Camp**
Week 1: June 17-21  Week 2: July 22-26
Campers ages 14-20 will enjoy socializing with their peer counselors at this camp. The goal of the new Teen Camp is for older teens to foster appropriate peer relationships while having a blast!

**UCP Heartland Summer Day Camp**

When: Eight Week Summer Camp Program

Where: Community of Christ Church
830 N. Kirkwood Road,
Kirkwood, MO 63122

What: Combination of on-site activities and trips into the community.

This program is partially funded through Productive Living Board, Open to St. Louis County residents up until age 21.

For more information on 2019 dates, costs, and to register, contact:

Fiona Plunk
plunkf@ucpheartland.org
314-994-1600 Ext. 3303

**Play Differently**—Come Play with a Purpose!
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 then click on Special Needs Ministry

Sunday Mornings 10:00—11:45 a.m.
Children ages 4-17

1st and 3rd Fridays of Each Month, 6:00-8:00 p.m.
Children ages 4-12

2nd Saturday of Each Month, 10:00—Noon
Children ages 4-12

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

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

St. Louis County Inclusion Programs

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)!

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 2019 information!

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. Louis County.

St. Louis County Inclusion Programs

St. Louis County Inclusion Programs 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
(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 2019 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. They are taught to work as partners with their mounts and are instructed in all aspects of horsemanship to help them understand the nature of the horse. Through this understanding and caring, the students gain a sense of responsibility and develop self-confidence and courage. They get plenty of exercise as they go on their daily walkabouts surrounded by nature. They learn to work together with their classmates as they participate in horse and nature-related crafts and games. 2019 Session II Dates:
Tuesday Classes - June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20
Wednesday Classes - June 5, 12, 19, 26, July 3, 10, 17, 24, 31, August 7, 14, 21
Thursday Classes - June 6, 13, 20, 27, July 5 (Friday), 11, 18, 25, August 1, 8, 15, 22

Team Central Gymnastic Academy
Cardinal Power Kids Gymnastics
2675 Metro Blvd., Maryland Heights, MO 63043
(314) 291-0101
Cardinal Power Kids, boys and girls 4 years old—teens with developmental delays and physical challenges.

This is a unique modified movement and gymnastics program. Our trained staff create a fun, safe and educational environment. Our program develops flexibility, coordination, strength and self-confidence. Please call the gym at 314-291-0101 or go to www.teamcentral.org for more information and questions you might have.

Little Gym of St. Charles
7347 Mexico Rd, St. Peters, MO 63376,
(636) 970-1220 or www.littlegym/stcharlesmo.com
Our age-appropriate activities for kids in St. Peters are designed to facilitate maximum fun and ongoing skill development through movement, music, learning and laughter. Your child progresses at their own pace, having fun and building confidence as they develop new skills. Explore the range of classes we offer at The Little Gym of St. Charles. Ages 3-12
Grade School Gymnastics: Your big kid will flip at the chance to tackle new challenges at their own skill level in a super fun environment. Ages 6-12

Community Living
1040 St. Peters Howell Road, St. Peters, MO 63376
The Adult Recreation program offers over 50+ activities per month, to match a variety of interest and skill levels. Our members are enriched by learning new skills, making life-long friends, and, quite simply, having tons of fun enjoying life!
Each month, members can choose from an array of activities, including, but not limited to: sports, classes, health and wellness, leisure and more.
To become a member or to learn more about this program, please contact Alyssa Renaud at (636) 614-1326 or at Arenaud@communitylivingmo.org

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!!!
St. Louis Challenger Baseball
(314) 822-2518  or  buck@challengerbaseball.org  
Contact Buck Smith

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 20 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 between the ages of 10 and 20 who would like to help, please have them go to www.challengerbaseball.org or just come out!

Challenger Baseball has teams for players from 5 years to 10 years, 11 years to 17 years, and 18 years and up. 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 child, regardless of their disability, can play! 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

Spirit League (Florissant Area Athletic Assoc.)
Contact: Mike Hagan  (314) 853-3293
The Florissant Area Athletic Association's Spirit League is in its 25th season offering baseball and soccer programs for Special 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.

Camp WeCanDu
DASA (Disabled Athlete Sports Association)
1236 Jungermann Rd., Ste. A, St. Peters, MO 63376
www.campers@dassports.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.

Dates: June 16-21, 2019.
Overnight-Early Bird: $350; After 4/26/2019: $400
Day Camp-$60/day Registration begins in February!

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 multiple locations, 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. During KEEN Basketball, participants learn basketball skills and practice drills in a group setting. 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 Activities for Special Kids)
980 Horan Drive, Fenton, MO 63026
(636) 343-TASK (8275)  www.tasksports.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 athlete receives a team t-shirt and trophy upon completion of the sport.

TASK began in the summer of 1996 with a tee ball program involving 26 athletes with special physical and/or mental needs. Since then we’ve evolved into a year-round sports program and currently offer a variety of sports to over 1,918 participants yearly.

We offer activities in team sports, individual sports, social clubs and like skills.

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 2019 begins in March!
LifeBridge Partnership
1187 Corporate Lake Dr., #100
St. Louis, MO 63132
(314) 989-1188
www.lifebridgestl.org

Out and About is a social program to assist participants with physical and intellectual disabilities to plan and participate in recreation and leisure programs. Support of skills provided includes engaging in community events, building new friendships, and social networking.

St. Louis City and St. Louis County residents who have an intellectual/physical disability that originated before age twenty-two (22) may participate.

St. Louis Arc
1177 N. Warson Rd., St. Louis, MO 63132
Contact: Meghan Murphy
Phone: (314) 817-2250

The St. Louis Arc Neighborhood Experiences Project is a community based pre-employment service for young adults with developmental disabilities. 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.

2019 Dates: June 10—August 2
Ages: Young adults ages 16-20 with intellectual/developmental disabilities living in their natural home. Must be returning to school in the fall.

Cost: $1,350 ($250 application fee; $1,100 program fee)

Application Deadline: April 5, 2019

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

Community Living
1040 St Peters Howell Rd, St Peters, MO 63376
(636) 970-2800

Teen Recreation ~ This well-balanced, age appropriate recreation program includes social interaction, creative expression, spectator appreciation, intellectual stimulation, relaxation, and physical exercise for youth ages 12-21. We offer school break camps and summer camps.

Teen Club ~ This after-school program specializes in serving teens, ages 12-21, with developmental disabilities who are either entering middle school and have not yet graduated from high school. Choose from several school locations in St. Charles.

Easterseals Midwest

Drop-Off Respite  Call (314) 567-8190
We have Drop-Off Respite two Saturdays each month from 9 a.m.- 1 p.m. for children with autism ages 12 and under. Our staff offer a wide selection of activities. Small staff-to-program-participant ratios are important to us. To ensure a fun, safe experience, we always maintain a ratio of at least 1:3. If requested, we can also provide one-on-one support.

Current schedule for Drop-Off Respite:
- Second Saturday of each month, 9 a.m. - 1 p.m., at 1143 Olivette Executive Parkway, St. Louis, 63132
- Third Saturday of each month, 9 a.m. - 1 p.m., at 1143 Olivette Executive Parkway, St. Louis, 63132
- The Sunday following the 4th Saturday of each month, 10 am - 2 pm at 10176 Corporate Square Drive, Suite 150, St. Louis, 63132

Pre-registration is required. We begin taking reservations on the first of the month, and openings fill up quickly. A completed application is required, and paperwork will be updated yearly.
Community Living, Inc.
107 Sheriff Dierker Ct., O’Fallon, MO 63366
(636) 614-1320  Kristen Paez
www.communitylivingmo.org

SOAR Summer Camp, for youth ages 12-21 with developmental disabilities, provides 9 weeks of summer recreation in a safe and supportive environment. Campers are encouraged to enhance their independence, communication, and socialization skills. Community Living, Inc. staff emphasize building self-confidence and friendships through community outings, swimming, outdoor recreation, crafts, science experiments, theme weeks, talent show, games and more. We also offer Extreme Teen which is another component of our Summer Camp program. This particular program component was designed to meet the specific needs of independent teens. Extreme Teen focuses on fun, employment, team work, independent living and problem solving skills. The community outings this group of individuals attend are more extreme in nature and in the past have included zip lining, disc golf, fishing, rock climbing, painting, archery and escape rooms (to name a few).

2019 Camp Dates:
Monday-Friday, June 3-August 2, 7 a.m – 6 p.m.
Contact: Haley Eberle, SOAR Assistant, (636) 614-1307 or HEberle@communitylivingmo.org

Paraquad’s Summer Programs
Contact: Diane Wieland at (314) 289-4200 or dwieland@paraquad.org
Explore your interests while exploring your community. Dream about your future. Make friends and have a BLAST! Participate in this four-week summer program. Learn while you have fun learning what people do for jobs, what it is like to go to college and how to keep your mind growing. There will be shopping, and many other exciting activities throughout the summer. Even you are unable to attend all sessions, we encourage you to register.

Ages: 16-21
St. Louis City and County residents with disabilities.

2019 Dates:
Week 1: June 3 – 8
Week 2: June 10 -14
Week 3: June 17 -21
Week 4: June 24 -28

Fee: $50, per week
Registration deadline: May 15, 2019

St. Louis Arc
Contact: Clinton Hall at (314) 817-2293

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 gain pre-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.

(Includes Application fee & program cost). Application Deadline is April 5, 2019

St. Louis Arc Teen Meet Up
Enjoy the company of teens while engaging in social and recreational activities. Activities may include crafts, karaoke, board games, and Wii. Come and join the fun! Pizza will be provided, along with a few snacks and drinks. 2nd to last Friday, Monthly through August. For more information, contact Clinton Hall at chall@slarc.org or (314) 817-2293.

EasterSeals Midwest
Teen/Young Adult Group Interactive Fridays
These social groups provide supportive environments for teens and young adults with autism to develop social skills and build friendships. We host a social group for teens, ages 11-17 (or grades 7-12), and a group for young adults, ages 18 -25.

Current schedule for Interactive Fridays:
• First Friday of each month: Both age groups
• Third Friday of each month: Ages 18-25
• Fourth Friday of each month: Ages 11-17

Location will vary based on activities.

*Although we do our best to schedule events on Friday nights, the day may change depending upon the activity. If events do not fill up, they may be opened up to the other age group.

In order to participate, individuals must have conversational language skills with limited interfering behaviors. Participants should have a desire to build friendships, even if they are still developing social skills. We encourage individuals who need 1:1 or 1:2 support to attend our first Friday events.

We schedule activities on a monthly basis. These activities may include:
• Rock Climbing
• Attending plays and musicals
• Sports events
• Holiday parties
• Arcades
• Swimming
• Hayrides

Social Groups
In our various regions, we provide members of our community with additional social groups besides Teen/Young Adult Interactive Fridays and Drop-Off Respite. To learn more about the social opportunities in your region, please contact us at 1-800-200-2119 or info@esmw.org.

St. Louis
Arc
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) 236-4224.

Artists First
7190 Manchester Rd, Maplewood, MO 63143  (314) 781-4440 or www.artistsfirststl.org
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, 4 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. Let the adventure begin!

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 2019 information!
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.slbsa.org or call 314-361-0600.

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

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 Wirless 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

Learn to Water Ski Clinic for Individuals with Disabilities!
offered by the Midwest Disabled Water Ski Association.
For more information on 2019 dates go to www.MDWSA.org

Enjoy Summer!!!
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, Inc. Playgrounds

These accessible playgrounds feature, 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!

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.

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.