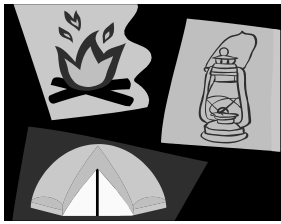




Advocating for Recreation  
Opportunities for People with  
disABILITIES !



## The Recreation Council of Greater St. Louis

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

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

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

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

## SUMMER 2012

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

## Are You Looking For Activities For This Summer?



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

include the participant in that program or activity.

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

### Have a Great Summer 2012 !



## Looking For Funding In Order To Attend A Residential (overnight) Camp Program?

### Call the Recreation Council NOW!

Through our voucher programs, a limited amount of funding is available to assist individuals with developmental disabilities access a Missouri residential camp of choice!

Certain eligibility requirements do apply! Funding is based on a first-come, first-serve basis. Don't miss out, CALL NOW !

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

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

[www.recreationcouncil.org](http://www.recreationcouncil.org)



# Residential (Overnight) Camps



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

At Camp Lakewood, located near Potosi, your child can attend our Traditional Summer Camp Program, participate in the Ranger Program, work on leadership skills in our Leadership Development Program, or focus on a special elective of our regular camp program.

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

For more information on 2012 Camp Lakewood, go to [www.camplakewood.org](http://www.camplakewood.org) or contact YMCA Trout Lodge & Camp Lakewood. **2012 Camp Dates:**

Traditional Main Camp Sessions (ages 8-12) Cost: \$575.  
Session I: June 3-9; Session II: June 10-16; Session III: June 17-23; Session IV: June 24-30; Session VI: July 8-14;  
Session VII: July 15-21; Session VIII: July 22-28; Session IX: July 29-August 4

Traditional East Camp (ages 13-16) Cost: \$575.  
Session I: June 3-9; Session II: June 10-16; Session III: June 17-23; Session IV: June 24-30; Session VI: July 8-14; Session VII: July 15-21; Session VIII: July 22-28; Session IX: July 29-August 4.

Mini-Camp (ages 6-8) Cost: \$285. Session V: July 1-4  
Pre-Teen Camp (ages 11-12) Cost: \$285. Four day session, Session V: July 1-4

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

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

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

*American Camp Association Accredited*

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

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

Greater St. Louis Area Council, Boy Scouts of America, offers summer outdoor camping experiences for boys, ages 11-18. Don't miss out on great programs! Call the Boy Scouts now to receive information about their 2012 Summer Programs.



*American Camp Association Accredited*

## **GIRL SCOUTS OF EASTERN MISSOURI**

*For More Information Call  
(314) 592-2363*



The Girl Scouts of Eastern Missouri provides a wide variety of fun, creative and exciting programs in the summer. Whether your daughter is interested in sampling outdoor activities, wanting to explore her first overnight experience at a Girl Scout camp, we have the program for her!

The Girl Scouts of Eastern Missouri offer day camps, residential camps, and family camps for girls ages 5 – 18 years old.

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

Resident camp begins June 10 and ends August 3. Session lengths vary from 3 day/2 night to 2 weeks in length. Day Camp begins June 4 and ends August 6. Sessions include day time hours (approximately 9 a.m.—2 p.m. and evening hours (approximately 5 p.m.—9 p.m. Fees vary depending on session.

Go to [www.girlscoutsem.org](http://www.girlscoutsem.org) for more information. The Camping Services Director is happy to discuss campers' special needs, call (314) 592-2363.

*American Camp Association Accredited*

## CAMP WARTBURG

(618) 939-7715

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

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

For information on 2012 camp dates and fees, visit [www.campwartburg.com](http://www.campwartburg.com) or call (618) 939-7715. Available to children and adults who are higher functioning and can address own personal care needs. 1:4 staff to camper ratio. As a ministry of Lutheran Child & Family Services of Illinois, camp constantly strives to improve the program, facilities, and spiritual life of campers.

*American Camp Association Accredited*

## Cub Creek Science Camp

[www.BearRiverRanch.com](http://www.BearRiverRanch.com)

(573) 458-2125

Contact Lori or Scott Martin

Cub Creek Science Camp takes place at Bear River Ranch, in Rolla, Missouri. Cub Creek Science Camp began operation in 1993. Each summer we have campers attend from nearly every state and many other countries. Ages 7-17.

Cub Creek Science Camp offers the only overnight animal camp in the country. We even have our own zoo (USDA licensed).

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

Call for information or visit the website at [www.bearriverranch.com](http://www.bearriverranch.com) for 2012 camp session dates and fees!

*American Camp Association (ACA) Accredited*



## CAMP BARNABAS

901 Teas Trail, Purdy, Missouri 65734

(417) 476-2565 [info@campbarnabas.org](mailto:info@campbarnabas.org)

[www.campbarnabas.org](http://www.campbarnabas.org)

Camp Barnabas exists to provide life-changing opportunities to people with special needs in a Christian camp setting. Each summer we offer acceptance and love to more than 1,500 campers in 13 weeks of camp at four different locations. Through adaptive activities, people with physical, mental, and/or medical challenges become participants, not observers, in the world around them. They leave Camp Barnabas knowing they are uniquely created to live lives of ability.

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

### 2012 Camper Dates

*\*\*Siblings are invited to all terms EXCEPT Adult Friends, Adventurers Week and Heros Week\*\**

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

**Adult Friends - June 1-7**

*Campers ages 18-45 with developmental disabilities/Autism.*

**Point 11**- located outside of Shell Knob, near Branson, Missouri

**June 4-9 Campers ages 7-35, with developmental disabilities/Autism**

**Teas Trail Challenge Week - June 9-15**

*Campers, ages 7-15, with physical disabilities.*

**Teas Trail Young Friends - June 17-23**

*Campers, ages 7-15, with autism/developmental disabilities..*

**Teas Trail Adventurers Week - June 25-July 1**

*Campers with physical disabilities, ages 16-35.*

**Teas Trail Heroes Week - July 7-13**

*Campers with autism/developmental disabilities, ages 16-25.*

**Teas Trail Soaring Hawks - July 15-21**

*Campers, ages 7-25. Chronic illnesses, burn patients, cancer, CF, diabetes, sickle cell, hemophilia, amputees, craniofacial syndromes and high functioning Asperger's Syndrome. (No PDD or ODD)*

*Campers who are blind/visually impaired (ages 7-35). Scholarships are possible for this week through the Lighthouse for the Blind for campers who are blind).*

**Memphis Term I** located on the grounds of The Grove at Red oak Lake in Cordova, Tennessee (a suburb of Memphis)

**July 15-20** *Campers with chronic diseases (AIDs, hemophilia, Sickle Cell, Crohn's cancer, diabetes, and other) blind, Aspergers' (no PDD or ODD), ages 7-18.*

**Memphis Term II July 22-27** *Campers with developmental disabilities/Autism, ages 7-25.*

**Teas Trail Builders - July 23-29**

*Campers, ages 7-15, with autism/developmental disabilities.*

**Deer Creek Term I** Located near Medina, Texas about one hour from San Antonio.

**August 1-6** *Campers with chronic diseases (see above), ages 7-18.*

**Teas Trail Champions Week - August 1-7**

*Campers, ages 7-15, who have physical/developmental disabilities.*

**Deer Creek Term II August 8-13**

*Campers, ages 7-25, with developmental disabilities/Autism.*

***Sessions Fill Quickly!!!!*** Please contact Camp Barnabas today to find the best week of camp for your camper. Cost is \$700. per session plus \$55. registration fee. Limited scholarships are available for more information at (417) 476-2565 or visit their website at [www.campbarnabas.org](http://www.campbarnabas.org)

*Christian Camp & Conference Association*



## SUNNYHILL ADVENTURES 2012

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

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

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

### Adult 2012 Dates and Sessions:

#### **Camp Dates Program**

June 17-22 Adventure Camp  
June 24-29 Adventure Camp  
July 1-6 Every Day is a Holiday  
July 8-13 Adventure Camp  
July 15-20 Adventure Camp  
July 22-27 Every Day is a Holiday  
July 29-Aug 3 Adventure  
August 5-10 Arts Festival

**Sunnyhill Adventures'** summer programs for youth, ages 8-17. Prepare yourself for a week of excitement! Each participant has the opportunity to explore the beautiful countryside of the camp, establish new friendships, and challenge their inner strength. This camp offers traditional camp activities. Sunnyhill personnel are able to accommodate children of all abilities and provide individualized attention to participants by providing staffing ratios of 1:1 and 1:5 to meet their individualized needs. \$625. for 1:5 ratio; \$915. for a 1:1 ratio, per session. **Youth 2012 Dates and Sessions:**

June 17-22 Adventure  
June 24-29 Adventure  
July 1-6 Adventure  
July 8-13 Adventure  
July 15-20 Adventure  
July 22-27 Adventure  
July 29-Aug 3 Adventure  
August 5-10 Adventure

*American Camp Association Accredited*

**Camp Encourage** offers a quality overnight camp opportunity in Linwood, Kansas, involving relationship development, recreation, and relaxation and is specifically designed to meet the needs of children and adults with autism spectrum disorders. Call 816-830-7171 or go to [www.campencourage.org](http://www.campencourage.org)

**Camp Courage**, of Leawood, KS, offers a 4-day summer camp for adults (21 years and older) with developmental disabilities and is held in northern Missouri between St. Joseph and Cameron. Camp dates: July 11-14, 2012. Visit their website at <http://campcouragemo.com>

### **Camp Roehr for Children with Epilepsy**

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

## WONDERLAND CAMP

18591 Miller Circle  
Rocky Mount, Missouri 65072  
(573) 392-1000 or [www.wonderlandcamp.org](http://www.wonderlandcamp.org)

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

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

**Week 1:** May 27 - June 1 (open to all ages) *Wonderland Corral*; **Week 2:** June 3 - June 8 (open to all ages) *Jungle Safari*; **Week 3:** June 10 - June 15 (open to all ages) *Trains, Planes & Automobiles*; **Week 4:** June 17 - June 22 (Prader-Willi Syndrome Only) *Mardi Gras*; **Week 5:** June 24 - June 29 (open to all ages) *You're a Star*; **Week 6:** July 1 - July 6 (open to all ages) *Festival of Holidays*; **Week 7:** July 8 - July 13 (open to all ages) *Under the Sea*; **Week 8:** July 15 - July 20 (all ages / including Prader-Willi) *Fiesta*; **Week 9:** July 22 - July 27 (open to all ages) *It's Your Birthday*; **Week 10:** July 29 - August 3 (open to all ages) *Pirates of the Sea*; **Week 11:** August 5 - August 10 (open to all ages—limited space) *Wonderland All Stars*; **Week 12:** August 12-17 (Brain Injury Week).

Application deadline is May 1, 2012. \$560. per week. For further information go to our website: [www.wonderlandcamp.org](http://www.wonderlandcamp.org) or feel free to call the office at (573)392-1000.

*American Camp Association Accredited*

## BRAIN INJURY ASSOCIATION

1-(800) 444-6443

The *Donald Danforth, Jr. Wilderness Camp*, held Aug. 12-17, 2012 at Camp Wonderland in Rocky Mount, Missouri, is an organized outdoor experience for persons with brain injury and their families. It is a week filled with activities like boating, swimming, basketball and talking with old and new friends. The nights are filled with dances, bonfires, trivia and more great conversations with other campers.

For more 2012 information visit the Brain Injury Association of Missouri website at [www.biamo.org](http://www.biamo.org)

## Rising Abilities

(417) 650-8352 or [www.risingabilities.org](http://www.risingabilities.org)

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

This camp is open to campers, ages 5 years through adulthood, with developmental disabilities. Serves campers from all of Missouri. \$600. per session; \$55. registration fee. Provides 1:2 or 1:1 staff to camper ratios. **Sessions:** **May 19-27**, ages 5-13, girls with autism; **June 2-10**, campers ages 5-13, with disabilities; **June 23-July 1**, boys ages 5-13, with autism; **July 21-29**, campers ages 13+, with disabilities; **Aug. 11-19**, boys, ages 5-13, with disabilities; **Aug. 26-Sept. 2**, girls, ages 5-13, with autism; and **Sept. 15-23**, campers, ages 14+, with autism. *Working with ACA to become Accredited*

## Camp Little Giant—SIU-Carbondale

Touch of Nature Environmental Center

Southern Illinois University

1206 Touch of Nature Road, Makanda, Illinois 62958

(618) 453-1122 or visit [www.ton.siu.edu](http://www.ton.siu.edu)



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

We accept applications starting in January for the upcoming summer. Scholarships and registrations are first-come, first-serve. Write or call for a 2012 brochure, application, and schedules and fees. Call (618) 453-1122 or visit their website at [www.ton.siu.edu](http://www.ton.siu.edu)

*American Camp Association Accredited*

## MORE OVERNIGHT CAMPS.....



## CHAMP Camp, Inc.

(317) 679-1860 or [www.champcamp.org](http://www.champcamp.org)

CHAMP Camp provides extraordinary opportunities for recreation, socialization, education and public awareness for children and adolescents, ages 6—19, with tracheostomies and those requiring technological respiratory assistance. Our week long camp provides outdoor activities and enrichment experiences that help to encourage, challenge and foster tremendous self-esteem and independence for campers ages 6 to the summer after high school graduation. June 24-28, 2012. CHAMP Camp is not only summer camp, but it's a community. A community where young people bond and develop life-long relationships and memories that may not otherwise be attainable in everyday life. And it's a community where healthcare professionals become camp counselors allowing kids to be kids by making medical arrangements that do not compromise the adventure and enjoyment of camp. It is a community rich with personal expression, individual differences, and opportunities to grow and succeed physically, intellectually, emotionally and socially and discover one's place in the sun. CHAMP Camp is located at Bradford Woods, just South of Indianapolis. **Call NOW, or visit the above website, for 2012 information!**

*American Camp Association Accredited*

## Timber Pointe Outdoor Center

(309) 365-8021

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

Campers, ages 7 and up, participate in traditional camp activities such as swimming, fishing, boating, arts & crafts, target sports, music, and horseback riding. There are six weeklong sessions this summer, including camps for adults with physical disabilities, adults with developmental disabilities and youth with developmental and/or physical disabilities. Call for more 2012 information. *American Camp Association Accredited*



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

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

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

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

*What are the counselors' ages?*

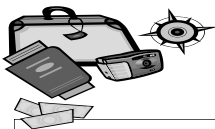
*What training do the counselors possess?*

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

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

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

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



## TRAVEL & ADVENTURE PRGRAMS

### SUNNYHILL ADVENTURES 2012

**On the Road Adventures** provides weekend adventure trips to a variety of locations for adults with developmental disabilities. Travel to Memphis, Indianapolis, Kansas City, and more! Enjoy the sites and the companionship of other travelers. Staff to participant ratio is 1:1 (on first come, first serve basis) and 1:5. The cost per trip is \$750. Call **Sunnyhill Adventures** at 636-274-9044 for a 2012-2013 brochure!

### Making Wilderness Accessible at the Sierra Club

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

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

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

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

## Unique Day Camps . . .

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

The **LITTLE GYM** in St. Peters, Missouri, offers summer camps for kids, ages 3-12. These themed 2-3 day inclusive camps have morning and afternoon sessions to focus on movement to music and gymnastics. Call **(636) 970-1220** for more information!

Did you know that your local Community Colleges offer summer programs for kids?

In St. Charles County, the St. Charles Community College offers "**College for all Kids**" which offers a variety of exciting, age-appropriate, educational opportunities for youth. All of our academies and camps are taught by qualified, experienced instructors. On-line registration begins April 5th. Visit [www.stchas.edu/learnforlife](http://www.stchas.edu/learnforlife) For more info call (636) 922-8233.

In St. Louis City and County, contact the St. Louis Community College for information on "**Kids on Campus**" (held at the Florissant Valley campus) for all kids, and the "**College for Kids**" (held at the Meramec campus) for kids diagnosed as gifted. For more information call Ann Marie Schreiber at (314) 984-7704 or visit their website at [www.stlcc.edu](http://www.stlcc.edu)

### Abra-Kid-Abra

[www.abrakid.com](http://www.abrakid.com) or **(314) 961-6912**



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

### TRAVEL PROGRAMS . . .

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

**New Directions** A travel program for individuals with disabilities. Call (805) 964-7344

**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 disabilities. (888) 222-9575

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

### CAMP GIANT STEPS

A Camp for Children with Autism Spectrum Disorders  
**(314) 932-1051 or [www.giantsteps-st.louis.org](http://www.giantsteps-st.louis.org)**

Camp Giant Steps is a six-week summer day program specially designed so that children and teens with autism spectrum disorders can have fun and stay engaged with their peers during the school break.

All activities are structured to develop language and social skills.

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

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

Camp Giant Steps will be in session from June 25– August 3, 2012.



# Day Camps & More



## ST. LOUIS SOCIETY

### Sports Camp for Youth with Physical Disabilities

**Sports Camp** is a fun-filled four days of activities including golf, t-ball, tennis, floor hockey, martial arts, arts and crafts, photography, dance, magic, and much more. Camp dates are **May 29-June 1, 2012**. Fee: \$60. Scholarships are available. Application deadline is April 30, 2012. Transportation is provided—five drop-off/pick-up locations, and offer door-to-door to individuals needing accessible transportation.

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

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

## YMCA OF GREATER ST. LOUIS DAY CAMPS

Each summer, seventeen branches of the YMCA of Greater St. Louis offer 8-12 weeks of inclusive day camp. Each branch has programming that is based on the interests and needs of the community it serves. A typical day at a traditional camp may include: songs, arts & crafts, science and nature projects, team building activities, swimming, sports and field trips. Some branches offer additional specialized programs that may include, but are certainly not limited to, sports, drama, golf, cheerleading, instrumental music, double dutch jump rope, rollerblading, skateboarding and there is more and more! Before and after child care is available for most camp programs. Apply early as camps fill quickly! Fees, dates, ages served and programs vary by Branch. Contact your local YMCA or log on to [www.ymcastlouis.org](http://www.ymcastlouis.org) for specific branch information. Our YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body FOR ALL! If you would like to discuss how supports can be provided for children with disabilities, call the YMCA Inclusion Services Department at (314) 678-0162 or go to [www.ymcastlouis.org](http://www.ymcastlouis.org)



## Jewish Community Center (314)442-3295

### Ask for Molly Hoffman at Inclusion Services

The Community is the theme for the Jewish Community Center's summer day camp. The camp brings all participants, from early childhood to 8th grade, together as a unified group. This is the core of what the JCC strives for in its inclusion programs. All campers, regardless of their gender, race, religion, or physical and developmental abilities, should feel connected to the JCC's summer camp. Through environmental adaptations and one-on-one counselors, campers are able to take part in the full camp experience including arts and crafts, sports, swimming, nature, games, and drama. Inclusion counselors receive extensive training, regarding how to appropriately work with and support campers. All other counselors have inclusion training as part of their orientation. The JCC is dedicated to offering each individual the best possible camping experience to enhance personal growth. The JCC is committed to working on goals set forth by the individual's IEP, and is in regular contact with the parent or guardian. A highlight of camp is seeing the smiles on the camper's faces and experiencing the connections that campers with disabilities make with the other campers and staff. There is no question that all lives are enriched by these interactions. Camps: June—August!

## Miriam Learning Center (314) 961-1500

MLC, in Webster Groves, offers summer therapy day camp, Monday through Friday, 9 a.m.—2 p.m., for children, ages 4-14, with above average cognitive skills who have challenges from ADHD, Asperger's Syndrome, high functioning autism, learning disabilities, speech/language disorders, sensory integration disorder, and difficulties with fine and gross motor skills. Camp includes daily occupational, speech/language and social skills training therapies in a fun day camp environment. We also offer summer tutoring with special education certified teachers and private occupational, speech/language music therapy for children ages 4-18. Summer diagnostic services (psycho-educational and psychological assessments) are also available. Serving St. Louis City, County and St. Charles County. Please call (314)961-1500 or visit our website at [www.miriamlearningcenter.org](http://www.miriamlearningcenter.org) for more information.

## The Carol and Paul Hatfield Cerebral Palsy Sports & Rehab Center

Contact: Barb Moore or Mary Eckhard  
at (314) 454-2642

Summer Camp Independence 2012 will be held on June 11-15, June 18-22, June 25-29, July 9-13, July 16-20 and July 23-27. The annual summer sports camp includes baseball, basketball, martial arts, ice-skating, dance, tennis, swimming, soccer, volleyball and adaptive cycling. Participants receive specialized attention from pediatric therapists in sports programs designed to challenge campers' activity levels, aerobic fitness, strength and balance in a safe, fun and rewarding atmosphere.

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

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

### Imagination Station

is designed for campers, ages 5-12. This day camp runs Monday-Friday, June 4-July 27, 2012, 9 a.m.—3 p.m. Join us for this eight week adventure at Maplewood Richmond Heights Elementary School, 1800 Princeton Place, Richmond heights, MO 63117.

For more information contact Kate Whaley at 314-655-3663 or at [kwhaley@richmondheights.org](mailto:kwhaley@richmondheights.org) for more information.



### Like a Good Book?

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

### Music Therapy or Piano Lessons Anyone?

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

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

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

## THE ARTS

### STAGES Performing Arts Academy ~ Access the Arts Day Camps ~ 2012

(636) 530-5959 [www.stagesstlouis.org](http://www.stagesstlouis.org)



These unique STAGES programs are designed to make the beauty of the musical theatre arts accessible to all young people and have been specially created for students with physical, cognitive or developmental delays.

#### Jungle Jives! Ages 6-10 \$295. 2-week/half-day July 23-August 3 (Monday-Friday) 9 a.m.-Noon

Based on the STAGES family show for summer 2012, Jungle Jives will have students singing and dancing to material from their favorite jungle-themed musicals—Lion King, Tarzan, and our featured show for 2012—The Jungle Book! Our two weeks of musical theatre fun will be filled learning songs, choreography and creating our own jungle movement with props and costumes. Students will have a swingin' good time while also building gross motor and language development skills with our fun and supportive teaching staff.

#### Lovin' Summer! Ages 11+ \$410. 3-week/half-day June 11-29 (Monday-Friday) 1 p.m.– 4 p.m.

Come celebrate summer with STAGES in this three week musical theatre workshop that will feature surf, sand and sun (at least in song!). We'll learn and perform fun, favorite beach and summer-themed music from the classics to contemporary pop hits. Half-days full of choreography, music and acting will build motor and language skills while continuing socialization goals for students over the summer. So come sing and dance on the "beach" at STAGES Academy!

In addition to these Access the Arts programs, STAGES offers inclusive musical theatre camps and evening classes for students ages 3 through adult. Visit our website at [www.stagesstlouis.org](http://www.stagesstlouis.org) or call (636)530-5959 for more information on all programs!

### Turner Center for the Arts

3109 Sutton Blvd., Maplewood, Missouri 63143

(314) 781-4440 [www.turnercenterforthearts.org](http://www.turnercenterforthearts.org)



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



### Black Cat Theatre

2810 Sutton Ave., Maplewood, MO 63143

Check out the PIWACKET Summer Camps for 2012 at [www.blackcattheatre.org](http://www.blackcattheatre.org) or call (314)781-8300

## Summer Opportunities

St. Louis Zoo  
One Government Drive  
St. Louis, Missouri 63110



### UCP Heartland

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

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

· **Summer Day Camp in St. Louis County**  
The 2012 UCP Heartland Summer Day Camp for St. Louis County teens and tweens with developmental disabilities operates from June 1 through August 10, 2012. Call for more information, space is limited!

For more information, contact Belinda Summers at 314-962-0015 or [summersb@ucpheartland.org](mailto:summersb@ucpheartland.org)

### **Saint Louis Science Center** **(314)289-4439** [www.slsc.org](http://www.slsc.org)

The Saint Louis Science Center offers the cure for the “common camp” with its Summer Science Blast Program. Summer line-up includes a variety of stimulating science sessions for everyone from preschoolers to teenagers, sure to keep kids excited about learning all summer long! Half-day and full-day camps available, as well as before and after care. Go to The Saint Louis Science Center’s website for more information on their 2012 camps. **Register early!!**



### **TEAM CENTRAL GYMNASTIC ACADEMY** "CARDINAL POWER KIDS MODIFIED MOVEMENT/ GYMNASTIC PROGRAM"

314-291-0101 or [teamcentral.org](http://teamcentral.org)



Team Central offers a “modified” gymnastics and movement program endorsed by medical professionals and physical therapists called “Cardinal Power Kids” for children who are developmentally delayed or physically challenged. We also offer one-hour group Cardinal Power Kids field trips for organizations and schools. Physical therapists have assisted with the selection of modified equipment to enhance the physical and emotional progress of each child. Our staff create a fun, safe and educational environment. Our program develops flexibility, coordination, strength, and self-confidence. Financial need scholarships are available. Cardinal Power Kids Program offers special discounted weekly class tuition rates, and 50% off yearly registration fee. Classes are available for children ages 3 and up (parent participation). Call for more information or to receive a FREE first trial class visit.

The St. Louis Zoo offers a variety of year-round programs and activities for individuals of all ages and ability levels. Learn through experience, involvement and discovery! Animals are the central focus of our programs, of course! That’s because we understand the strong connections to the living world that are cultivated through seeing and touching a living animal.

For information on 2012 Summer Programs, call (314) 781-0900 or go to [www.stlzoo.org](http://www.stlzoo.org)

### **St. Louis Variety–The Children’s Charity** **2012 Adventure Camp**

Limits and boundaries are thrown out the window. Adventure Camp is all about making the impossible, possible. Swimming, rock climbing, bike riding and more!

This free day camp is open to children, ages 4-16, with physical and mental disabilities., Variety Adventure Camp includes a two-day session in the winter and three week-long sessions in the summer. 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.

Variety 2012 camp dates are June 4-8; June 18-22; and July 9-13.

For additional information call Barb Kramer at (314)720-7709.

### **City of Chesterfield’s “Catch 22 Miracle Field”**

Catch 22 Miracle Field is a baseball field specifically geared to participants who use walkers, wheelchairs, etc., but suitable for all users. Available March through November. Cost is \$17./hour, however, any group that works with individuals with special needs can have their fees waived. For more information contact Chris Zink at (636) 812-9500.

### **TASK “Team Activities for Special Kids”** **(314) 845-3641 or [www.tasksports.org](http://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 year TASK and CBC High School pair together to provide a week long camp of recreation, athletics, dance, science/technology and arts and crafts opportunities to our athletes. CBC High School students are paired with TASK campers for this week full of fun. All ages welcome.

Place: CBC High School, 1850 De laSalle Drive, St. Louis, MO 63141. Fee: \$25.

Dates: July 16-20, 2012 Times: 9 a.m.—2 p.m. Deadline for Registration: July 1, 2012

TASK Camp is a fun-filled day camp which focuses on functional and recreational skills including swimming lessons, cooking, sports, arts and crafts, water fun and much more! In order to attend

TASK Camp, we ask that each individual participate in a previous TASK activity. All ages welcome.

Place: St. Elizabeth of Hungary, 1420 South Sappington Road, St. Louis, MO 63126 Fee: \$125.-

Gold Level Membership; \$150. - Silver Level Membership; \$175. - Bronze Level Membership.

Dates: July 23-27, 2012 Times: 8:30 a.m.—2p.m. Deadline for Registration: July 1, 2012

**Visit TASK’s website for 2012 information on camp and other TASK 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! Those with an \* provide day camps!

St. Charles Parks & Recreation\* (636) 949-3372  
 St. Peters Rec-Plex\* (636) 939-2386  
 St. Peters Community & Arts (636) 397-6903  
 O'Fallon Renaud Spirit Center\* (636) 474-2732  
 Lake St. Louis Parks & Recreation\* (636) 561-4620  
 Wentzville Parks & Recreation\* (636) 327-7665  
 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:

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

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

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

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

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

Maryland Heights (314) 738-2599  
 Clayton (314) 290-8500  
 Webster Groves (314) 963-5600  
 University City (314) 505-8626  
 The departments listed above have Coordinators of Inclusive Recreation available to assist in making programs and services accessible to all.

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

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

Summer and day camp programs, and learn to swim programs will be offered at various sites throughout St. Louis City. A parent or legal guardian must register children for summer programs. **Call NOW for 2012 information!**

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

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

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



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

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

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

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

**Bissell House (314) 615-8328**  
**Faust Park (314) 615-8328**  
**Butterfly House (636) 530-0076**  
**Carousel House (314) 615-7373**  
**Jefferson Barracks Park (314) 615-8822**  
**Laumeier Sculpture Park (314) 615-5278**  
**Museum of Transportation (314) 965-6885**  
**Volunteering in the Parks (314) 615-4FUN**

For the St. Louis County Department of Parks & Recreation's 2012 GONE FISHIN' visit [www.stlouisco.com](http://www.stlouisco.com)

**INCLUSION IN PARKS & RECREATION  
 in St. Charles County**

Through funding from the Developmental Disabilities Resource Board of St. Charles County, four Municipal Parks & Recreation Departments (St. Charles, St. Peters, Wentzville, and O'Fallon) hired an Inclusion Coordinator, to assist their staff in providing full access to individuals with developmental disabilities in their existing programs. These parks & recreation departments offer a variety of year-round activities for individuals of all abilities and ages. For details about Day Camps or other Summer Programs call the above departments or find details through their individual websites: [www.wentzvillemo.org](http://www.wentzvillemo.org), [www.ofallon.mo.us](http://www.ofallon.mo.us), [www.stpetersmo.net](http://www.stpetersmo.net), [www.stcharles.com](http://www.stcharles.com)  
 For questions regarding the participation and needs of a specific child contact: Brita Weight - Inclusion at (314) 359-9970

## Other Programs of Interest . . . .

### SWIMMING LESSONS WITH SUPER SWIMMERS ACADEMY

Super Swimmers Academy is a year round learn-to-swim program, established in 1980 by Sarah J. Marx. We work with children and adults with disabilities and will make modifications and adaptations to their skills as needed. Children who have a variety of special needs have benefitted in taking lessons with Super Swimmers Academy. These have included, but are not limited to, children on the Autism Spectrum, Down Syndrome, Cerebral Palsy, Fragile X, children with sensory issues, speech and language disorders. Celebrating 31 years!

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

[www.superswimmersacademy.com](http://www.superswimmersacademy.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.

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

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



**ShowMe Aquatics & Fitness**  
**636-896-0999**  
[www.showmeaquatics.org](http://www.showmeaquatics.org)

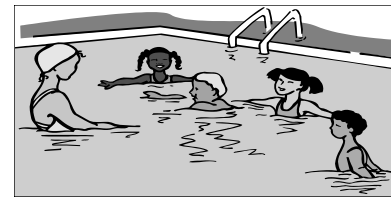
### **SHOWME AQUATICS & FITNESS – THE AQUA ABILITY PROGRAM**

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

**Special Olympics Missouri**  
**(314) 961-7755**  
**St. Louis Metro Area**



**1516 S. Brentwood, St. Louis, MO 63144**  
Provides year round sports. Special Olympics Missouri improves the physical fitness and health of individuals with intellectual disabilities. It allows opportunities for every individual to be accepted and respected. We serve over 15,000 athletes in Missouri and over 7,000 in the St. Louis Metro area alone. We are always accepting new athletes, coaches and volunteers. For upcoming events or to get involved with Special Olympics Missouri, contact Alyssa Feulner at [Feulner@somo.org](mailto:Feulner@somo.org) or visit our website at [www.somo.org](http://www.somo.org) Programs are free!



### **KEEN Kids Enjoy Exercise Now**

KEEN is a national, nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and youth with developmental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.

Contact the KEEN St. Louis Program Director, at (314) 259-5980 or by email at [info@keenstlouis.org](mailto:info@keenstlouis.org) for a schedule of summer sessions. More information also can be obtained at [www.keenstlouis.org](http://www.keenstlouis.org). KEEN has expanded to St. Charles!!!

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

Check out **TEAM CENTRAL GYMNASTIC ACADEMY's** "CARDINAL POWER KIDS MODIFIED MOVEMENT/ GYMNASTIC PROGRAM" Call 314-291-0101 or visit their website at [www.teamcentral.org](http://www.teamcentral.org) More information on page 9!



## Ranken Jordan Community Program

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

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

**Day Camp:** Program designed to combine various recreational activities along with music therapy, yoga and dietary education. This yoga classes within camp are designed to use stretching and relaxation techniques to improve physical strength and flexibility. The dietary component of this camp will educate participants regarding healthy eating and activity and to provide participants training on using the food pyramid, measuring intake and food preparation. *Ages 3-12 years old.*

**DATES:** June 18-22 (8:00 am – 12:00 pm)  
July 16-20 (8:00 am – 12:00 pm)

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

For more information please contact:

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

### MISSOURI BOTANICAL GARDEN

Get to know the Missouri Botanical Garden and its attractions with engaging summer camps and classes. Children of all ages can spend time outdoors, meet new friends and have fun as they explore the natural world. Visit [www.mobot.org](http://www.mobot.org) for more information on 2012 programs, dates and fees.

### Sizzlin' Summer Day Camp 2012 Behavior Intervention Services (314)395-9375 ext. 130

Behavior Intervention Services will be providing three separate week-long camps for children, adolescents, and adults during the 2012 summer. It is a great opportunity to learn a wide variety of life skills through interacting with peers and camp support staff, as well as through community integration while exploring St. Louis. There will be a 3:1 camper to staff ratio. In addition to this, professional staff, such as a Master of Social Work and Behavior Therapists, will be providing guidance to campers and their support staff. A 1:1 camper to staff ratio is available through BIS with an additional fee, or the family can provide 1:1 staffing privately (adult sibling, babysitter, nanny, etc.).

Throughout the week campers will work in same-aged groups as well as participate in large group games and outings. Campers will be engaged in an array of recreational, arts & crafts, and social interaction activities that encourage friendship, community, sportsmanship, teamwork, and exploration. Campers will enjoy daily field trips to St. Louis attractions, too.

Please contact Beck Swendig with questions including dates, times, and cost of camp. (314)395-9375, ext. 130

## Miscellaneous Program Info

### UCP Heartland

[www.ucpheartland.org](http://www.ucpheartland.org)

Wendy Sherman (636)779-2280 or Belinda Summers at (314)962-0015

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



### Jefferson National Expansion Memorial Gateway Arch & Old Courthouse

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

#### 2012 Session Dates:

- May 29- *Westward Ho!* at the Museum of Westward Expansion (Arch)
- May 31- *Old Courthouse Adventure* at the Old Courthouse
- June 5 - *Games of Long Ago* at the Arch grounds
- June 7 - *Park Quest* at the Arch grounds
- June 12 - *Arch Reflections* at the Arch grounds
- June 14 - *Westward Ho!* at the Museum of Westward Exp. (Arch)
- June 19 - *Old Courthouse Adventure* at the Old Courthouse
- June 21 - *Games of Long Ago* at the Arch grounds
- June 26 - *Park Quest* at the Arch grounds
- June 28 - *Arch Reflections* at the Arch grounds
- July 3 - *Westward Ho!* at the Museum of Westward Exp. (Arch)
- July 5 - *Old Courthouse Adventure* at the Old Courthouse
- July 10 - *Games of Long Ago* at the Arch grounds
- July 12 - *Park Quest* at the Arch grounds
- July 17- *Arch Reflections* at the Arch grounds
- July 19 - *Westward Ho!* at the Museum of Westward Exp. (Arch)
- July 24 - *Old Courthouse Adventure* at the Old Courthouse
- July 26 - *Games of Long Ago* at the Arch grounds

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

# Sports & Horseback Riding Programs



## FAAA SPIRIT LEAGUE

(314) 838-4463



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

## Jensen-Schmidt Tennis Academy

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

## JAMESTOWN NEW HORIZONS HORSEBACK RIDING

(314) 741-5816 or [www.jnh-goneriding.org](http://www.jnh-goneriding.org)

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

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

Children, 3 years to teenagers, who must weigh less than 140 pounds, ride once a week for 12 weeks. For information about the 12-week Summer Session (June 5—Aug. 23, 2012, which costs \$340.00, please visit the JNH website at: [www.jnh-goneriding.org](http://www.jnh-goneriding.org) or call the program director at 314-741-5816, or send e-mail to: [jnhgoneriding@charter.net](mailto:jnhgoneriding@charter.net) Register Now!



## ST. LOUIS CHALLENGER BASEBALL

Do you know a boy or girl that wants to play baseball? St. Louis Challenger Baseball is a nineteen-year old baseball league for people 5 years old and up with developmental disabilities. Challenger Baseball has teams for players from 5 years to 10 years, 11 years to 17 years, and 18 years and up (our oldest players this year will be 68 years old!). Teams play other teams with similar skill levels. We don't count outs and we don't count runs. Our teams wear full uniforms including pants, socks, jerseys and hats. All players bat each inning and play the full game in the field.

We have kids and young adults without disabilities, called "buddies", ages 10 to 20, who assist Challenger players at bat and in the field. If a Challenger player needs help running the bases or getting a ball that gets by him or her, a "buddy" will help. We always need buddies, so if you know of a child or young adult between the ages of 10 and 20 who doesn't have a disability and would like to help, please have them go to [www.challengerbaseball.org](http://www.challengerbaseball.org) or just come out!

Any child, regardless of their disability, can play. We will begin play on Saturday, April 28th (at 9:00 a.m. for our 18 and over teams and 10:30 for our 5 to 10 year teams and our 11 to 17 year teams) at Tilles Park on McKnight Road. We will play games on Saturday mornings through the end of June and players will get to play Tuesday evenings at the Mike Matheny field in Chesterfield. We will also play one game on the same field as the minor league River City Rascals in the annual St. Louis Challenger Baseball Tournament. And we'll play our annual All-Star Game (every player is an All-Star) on Saturday night, July 7th, 6:30 pm at Berra Park on The Hill. The annual picnic will be held on Sunday, July 29th, 12:00 noon at Tilles Park.

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

## Disabled Athlete Sports Association (DASA)

DASA provides overnight Adventure Camp for children, ages 6-16, with physical or visual disabilities who are cognitively age appropriate. All activities from swimming to zip-lining to scuba diving. Camp Wecandu puts a strong emphasis on independent living skills. For ages 6-18 who live in St. Louis City, St. Louis County and St. Charles County. Dates: June 17-21, 2012. Application Deadline: May 28, 2012. Fee: \$300. For more information call DASA at (636) 477-0716 or go to [www.dasasports.org](http://www.dasasports.org)

## Therapeutic Horsemanship, Inc.

Therapeutic Horsemanship (TH), located in Wentzville, provides equine assisted therapy for individuals with disabilities. Our summer camps run all summer long. It Campers learn basic riding skills and horsemanship, take trail rides, play games on horseback, make crafts, watch videos, etc., all while having fun and making new friends. Call for exact dates!

Call (636)332-4940 or visit our website for registration and program information, both year-round and summer. Visit their website at [www.thstl.org](http://www.thstl.org)





# Summer Programs for Teens/Young Adults!



The St. Louis Arc's **Teens in Motion Project** provides younger teens who have developmental disabilities an initial preparation and awareness of likes and dislikes for future employment and meaningful lifetime leisure interests. They will experience multiple volunteer opportunities within the community; discover and explore meaningful and challenging leisure activities; attend on site educational presentations; and develop their creative self. During all of these activities they will be meeting new friends while having fun.

Program runs June—July, 2012, Monday-Friday, 9 a.m. 4 p.m.

St. Louis County, St. Charles County and Jefferson County Residents, ages 13-15 years old (will accept up to 21 depending on support needs) - must be returning to school in the Fall, 2012. Cost: \$960.

For More Information Call Jessica Naslund at 314-817-2250



## St. Louis Arc—NEIGHBORHOOD EXPERENCES—2012

Contact: Bre Ward at (314) 817-2226

The St. Louis Arc Neighborhood Experiences Project is a community based pre-employment for young adults with developmental disabilities. This career-oriented project teaches vocational 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. Young adults with developmental disabilities living in Saint Louis County, St. Charles and Jefferson Counties. Must be returning to school in Fall of 2012. Cost \$960. Registration Deadline is March 2, 2012.

## Willows Way, Project HEART

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



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

## Jewish Community Center ~TEEN TRANSITIONS PROGRAM

The goal of the Teen Transitions Program is to provide a program that allows St. Louis County teens, ages 16-20, with developmental disabilities to interact outside of the school setting to gain social, work-related, and life skills that will lead to increased independence and confidence as they transition from the teenage years to adulthood. This program has two aspects, a community service component and a social component. This program runs from June-August, 2012. For more information call Molly Hoffman at the Jewish Community Center's Inclusion Services at (314) 442-3295 or visit [www.jccstl.com](http://www.jccstl.com)



## TouchPoint Autism Services ~ TGIF

The Teen Recreation Group is designed for individuals 13-18 years of age with an Autism Spectrum Disorder who have conversational language skills with limited interfering behaviors. The member of the group must have a desire to be social but may still be working on the skills necessary to gain and maintain friendships. The TouchPoint Autism Services staff will provide activities for the group while helping support individuals in developing social skills. Activities are scheduled on a monthly basis. Locations will vary. Call (314) 432-6200 for more information and to register!

## Community Living, Inc.

1040 St. Peters Howell Rd., St. Peters, MO  
(636) 970-2800

Community Living's Summer Break Camp 2012 This summer day camp for youth and teens age 12-21 with developmental disabilities provides families weekday care options from June 4 through August 3, 2012. Camp is an exciting, fun and safe environment where campers are encouraged to enhance their independence, as well as communication and socialization skills. CLI staff emphasize building the individual's self-confidence and growing friendships. Activities include adventure trips, swimming, outdoor recreation, games, and much more! Cost is \$5. per hour with a \$25. minimum and \$40. maximum per day. Hours: 7 a.m.—6 p.m. For more information, contact CLI at 636-970-2800 or visit [www.cliservices.org](http://www.cliservices.org)

**Community Living, Inc.** in St. Charles County offers recreation services to enhance quality of life through year-round recreational opportunities for individuals, ages 18+, with developmental disabilities. There are a wide range of recreational and leisure activities to meet a variety of interests and skill levels. The program's pre-planned recreational opportunities are supervised by Recreation Services staff and community volunteers. Activities include exercise classes, drama club, sporting events, shows, dances, team sports, crafts and much more! Available to St. Charles County residents, ages 18+. Call Bev at CLI, (636) 970-2800.

# 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



## **Zachary’s Playground—A Unlimited Play, Inc. Playground**

is located in Lake Saint Louis at Hawk’s Ridge Park.

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
- 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

*\*Check out other Unlimited Play playgrounds at Shaw Park in Clayton and in O’Fallon!*



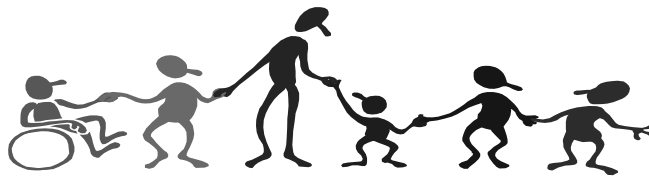
***Play is important to the social and physical development of all children. When children with and without disabilities play together, they learn to appreciate each others abilities and similarities.***

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. Visit our website at [www.recreationcouncil.org](http://www.recreationcouncil.org)



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

## **Summer Guide 2012**



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

**Visit Our Website**

**[www.recreationcouncil.org](http://www.recreationcouncil.org)**

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

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