

Summertime Fun

Summer Activities for Kids



Utah Parent Center 2016

Programs for Individuals with Disabilities in Utah

CACHE COUNTY

- ☀ **Common Ground Outdoor Adventures:** provides adaptive equipment and support which enable people with disabilities to participate in outdoor recreation alongside their peers.
Website: www.cgadventures.org
Phone: (435) 713-0288 **Location:** Logan
Cost and Duration: Vary based on program
Age: All ages
- ☀ **Developments Skills Laboratory:** provides day training for individuals, including functional academic, social, daily living and other skills.
Website: www.ctdusu.org
Phone: (435) 797-1981
Location: Logan
- ☀ **Logan Adaptive Aquatics:** is offered every Saturday from 9:00-11:30 a.m. People with disabilities are welcome to come utilize the Logan Aquatic Center. Families are encouraged to come and swim with their loved ones. There is no charge for this program for participants and families. Lifeguard is on duty. Noodles and lifejackets are available. The leisure pool is wheelchair accessible.

Location: Logan Aquatics Center, 451 South 500 West, Logan.

Dates: Saturdays, June 4-August 15th, 9:00-11:30 a.m.

More info: Call Logan Parks and Recreation Department at (435) 716-9250

- ☀ **OPTIONS for Independence:** is a nonresidential Independent Living Center where people with disabilities can gain more control and independence over their lives. They also offer weekly activities throughout the year.

Website: www.optionsind.org/

Phone: (435) 753-5353 **Location:** Logan

Cost and Duration: Vary based on program

Age: All ages

- ☀ **RISE Services Inc.:** offers afterschool and summer programs as well as day programs. Summer programs provide children with enjoyable recreational activities that include skill development. The programs have a high staff-to-child ratio and offer a much needed break for parents while their child is out of school for the summer.

Office Location: Logan

Website: www.riseservicesinc.org/

Phone: (801) 752-2405- or utfsplacements@riseservicesinc.org

- ☀ **TOP Sports Activities:** addresses the recreational and leisure activities needs of children and youth with disabilities living in the Cache Valley area. Activities include: t-ball, soccer, bowling, and swimming, cycling, canoeing, rock climbing and nature projects.

Website: www.cpdusu.org/projects/lr/

Phone: (435) 797-7461

Age: Swimming is all ages, other activities start at age 2 ½

DAVIS AND WEBER COUNTIES

- ☀ **Center Point Legacy Theatre:** The class is at the Centerpoint Legacy Theater in Centerville on Fridays from 4:15 to 5. There is no limit to the disability either. She has had kids in wheelchairs that teachers or other kids help move the wheelchair to the beat of the music and they love it.

Location: Centerville, UT

Number: 801-425-9546

Ages: 3-15

Cost: free

- ☀ **Hoofbeats to Healing:** Hoofbeats to Healing is dedicated to providing therapeutic horseback riding, using an effective natural approach to horseback riding therapy. They work with a variety of different disabilities. For more information check out their website (www.hoofbeats.us).

Cost: Call for fee information

Contact: (801) 836-4325 – Main office

Location: Universal Equestrian Center - 1450 West 400 North Bountiful, UT

- ☀ **Freedom Riders** Riders is a non-profit organization, and an equestrian program specifically designed for physically disabled children. Freedom Riders uses well trained horses and specialized equipment to provide balance, coordination, endurance, and improve ambulatory skills to children with cerebral palsy and other physical challenges. These children, with the help of many dedicated volunteers, meet each week during the summer months to learn horsemanship skills as well as stretching exercises and games on horseback.
Phone: 801-985-7074
Website: <http://freedomridersutah.com/>
Location: Ogden
- ☀ **LIL Flippers** tumble bug is for children to experience a wide variety of activities using equipment made specifically for this age group. Children experience a wide variety of activities using equipment made specifically for this age group. We have a group specifically for special needs. Call the office for details.
Phone: 801-593-8484
Cost: First class free
Age: Preschool
Location: Kaysville
- ☀ **South Davis Recreation Center Adaptive Swimming:** This special needs program provides individual and personalized instruction based on experience and ability in the water. When possible, students are placed into regular classes and appropriate swim levels. This is a unique opportunity for those with special needs to learn how to swim.
Phone: (801) 298-6220
Website: www.southdavisrecreation.com/aquatic/adaptive-aquatics/
- ☀ **Summer Constraint Induced Therapy Camp:** Constraint Movement Therapy (CMT) is a type of therapy where a child's less affected/dominant arm is placed in a constraint and restrained over a period of time. While their dominate side is restrained, kids are encouraged engaged in tasks to retrain their affected upper extremity. Many studies have shown significant positive changes in the amount of functional use, improved quality of life and new motor movements of participants affected arm using this intervention. Camp is for kids ages 9-14 with one-sided hemiplegia of their upper extremity.
Location: Primary Children's Rehab Bountiful
Number: 801-292-8665
Cost: TBD
- ☀ **Superior Adaptive Swim School:** S.A.S.S. teaches swimming lessons based around safety, survival, technique and fun. S.A.S.S. instructors each have their own way of teaching children and focus individually on what their swimming needs are. Morning and evening private, semi-private and group classes are available. With classes for infants to adults, S.A.S.S. offers Beginning/Introductory Classes, Technique Coaching, Swim Team Preparation, Water Survival and Adaptive Needs Programs; every level is covered.
Phone: (801) 637-7140
Website: www.swimsass.com
- ☀ **TURN Community Services, Inc.:** offers various activities through their summer day camps. Also offer Saturday Day Camp and activities throughout the year. TURN will accept private pay and DSPD clients.
Website: <http://turncommunityservices.org>
Phone: (801) 359-8876 or (866) 359-8876

MILLARD, SEVIER, BEAVER, IRON, GARFIELD, KANE AND WASHINGTON COUNTIES

- ☀ **TURN Community Services, Inc.:** offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. TURN will accept private pay and DSPD clients.

Website: <http://turncommunityservices.org>

Phone: (435) 586-1128 or (435) 673-5251

SALT LAKE CITY AREA

- ☀ **Ability Camp:** The Scariff School of Irish Dance is excited to announce "Ability Camp 2016" starting on May 7th in our Sandy Studio at 10 a.m. We invite Special Needs Kids age 5 - 18 to join us for this 6 week camp on Saturday mornings for an hour. The cost to participate is \$75 each and can be paid on the first day. We would encourage parents of the participants to watch the class each week. The dance camp participants will learn basic Irish dance steps to fun Irish music. We will have championship dancers on hand each week to help teach the kids, along with our instructor Alan Scariff.

Website: www.irishdanceinutah.com/ability-dance-camp/

Phone: (801)280-1801

Location: 9854 S 700 East

Cost: \$75.00 for 6 weeks

- ☀ **Angel Hands:** AHF provides social outings for our families of children with rare disorders monthly. Many of our children do not go out in public due to their conditions or physical limitations. AHF has taken families to professional hockey, basketball and baseball games. We have had private swimming parties, pizza parties, Christmas parties, fishing parties, picnics, taken kids snow skiing, and we also have gone to movies and the circus. Many of these events are luxuries that our families cannot afford due to the financial hardships brought on by the diseases.

Website: <http://angelshands.org/>

Phone: (801)280-1801

Location: Salt Lake

- ☀ **APEX ADVENTURE CLUB:** Learn, practice, achieve the skills to make and keep friends. They are now enrolling children and teens in Salt Lake, Davis and Weber Counties. Current classes are scheduled outside of school hours. A summer camp program is also available. Perfect for children on the autism spectrum or for kids with related behavioral disorders.

Website: www.apexbehavior.com

Phone: (801) 674-5352

- ☀ **Art Access/VSA Utah:** Provides a variety of programs year round for youth with and without disabilities

Website: www.accessart.org/programs

Phone: (801) 328-0703

Location: Salt Lake City

Age: 3-22

- ☀ **Bike Collective:** They offer a free summer earn a bike program. EAB is a rigorous six-week introductory bike mechanics course offered free to anyone ages 6-18. Each class is 1.5 hours long, twice a week, totalling 18 solid hours of instructional time. Upon graduation, students earn their own bicycle to keep and ride with pride. Walk into an EAB class and you will meet students that reflect the diversity of Salt Lake City: recently immigrated youth, institutionalized youth, homeless youth from all over the Mountain West, and youth from the Avenues - all in the same class, learning together, sharing experiences and skills. Achievements in the classroom translate into a Salt Lake City that is not only cleaner, healthier and safer through riding bicycles, but also empowering marginalized communities with skills, information, and experiences that improve the trajectory of their lives for the betterment of the entire community.

Website: www.bicyclecollective.org/

Phone: (801) FAT-BIKE (328-2453)

Ages: 6 through adulthood

Location: Salt Lake, Provo, Ogden

- ☀ **Bear-O-Care:** Offers year round respite care services for children and adults with significant disabilities. They may also be running some specialty summer programs. We have over 3000 sq. ft. in 3 large rooms and a sensory room, and children will have a variety of activities to choose from. Every session has a Manager, Respite leaders, and volunteers from local high schools and universities. Depending on need, an RN or LPN can be onsite to administer medications, deliver g-tube feedings, or assist with other needs (please specify your needs in the registration form).

Website: www.bearocare.org/

Phone: (801) 419-4731

Ages: 6 through adulthood

Location: Riverton

- ☀ **Boys and Girls Club of Murray:** offers programs specifically for children with disabilities.

Website: www.bgcsv.org

Phone: (801) 322-4411 **Location:** Murray

Age: Grades K-12

Cost: Varies with sliding scale fee

- ☀ **Camp Hobé:** A special summer camp designed for children with cancer and their siblings, who are often forgotten in the cancer experience. Camp Hobé gives kids the opportunity to participate in camp activities just like healthy children whose families not affected by cancer. The camp program provides medical and psychosocial supervision to ensure children are safe both mentally and physically during camp.

Website: www.camphobekids.org **Location:** Salt Lake City

Phone: (801) 631-2742

Cost and Duration: Vary based on program

Dates: Kids Camp (campers ages 6 to 12 yrs): June 8 – 12, 2015

Teen Camp (campers ages 12 to 19 yrs): June 16 – 20, 2015

Day Camp (campers ages 4 to 7 yrs): June 13 –14, 2015

- ☀ **Camp Kostopulos:** is in Emigration Canyon and is now enrolling children, teens and adults with physical, developmental, and intellectual disabilities for Summer Camp and all its intrinsic therapeutic recreation programs. Each week of summer camp is targeted to a different age group and primary disability, with more than 11 weeks to choose from! Campers get to stay overnight for a week in our heated, bunk-style cabins; dine in the lodge, swim in the heated pool, ride horses, climb, paddle a canoe, traverse a high ropes course, fish, canoe, play games, perform, and make friends and memories to last a lifetime.

Website: www.campk.org

Phone: (801) 582-0700

Location: Salt Lake City

Cost and Duration: Vary based on program

Age: All ages

- ☀ **Camp Takoda:** is back for its third year in Utah due to its tremendous success. This camp implements the Pelham Summer Treatment Program to serve children ages 8 - 12 with ADHD, learning disabilities, compliance issues, executive function disorders, low self-esteem, and/or high-functioning autism.

Phone: (801) 808-8947

Location: Salt Lake City

Age: 8-12

Cost: \$3,600 for 8 weeks

- ☀ **Children's Center:** offers programs for children with social communication disorders, including autism spectrum disorders. Groups are designed for children ages 4 – 10. Groups meet one time per week for 90 minutes. Groups are small in size, typically 6 children with 2 therapists with parent observation and parent-to-parent interaction.

Website: www.tccslc.org

Location: Salt Lake City and Kearns

Phone: (801) 582-5534

Age: 4-10

Cost and Duration: Vary based on program

- ☀ **Copperview Community Center:** See Salt Lake County Adaptive Recreation

- ☀ **Galaxy Gymnastics:** This is an adaptive gymnastics program for kids 4-10 with intellectual disabilities. They also provide a class for children with visual/hearing impairments and physical disabilities. Programs are provided out of Copperview Recreation Center.

Cost: \$65 for a 7-week session

Location: Midvale

Contact Information: Rennley Williams (801) 870-5511

- ☀ **Granite Peaks Lifelong Learning:** offers fun community education classes during the summer for children and young adults with disabilities.

Website: www.granitepeaks.org (click on "Courses" on the left-hand side of the screen)

Phone: (385) 646-4666

Location: Salt Lake City

Age: All ages

- ☀ **Handwriting Camps:** Offered during the summer in Salt Lake City, Utah. Camps utilize the Handwriting Without Tears curriculum designed to make writing fun using multi-sensory approaches, games and crafts. There are sessions for both pre-kindergarten and beginning writers that teach and reinforce basic handwriting skills.

Website:

http://esgw-nrm.easterseals.com/site/PageServer?pagename=NRMM_Enrichment_Classes

Phone: (801) 946-1860

- ☀ **Harmony Music Therapy:** All ability music groups. Individual and group music therapy. Individual adapted music lessons. There are also adaptive musical instrument lessons.
Website: <http://harmonymusictherapy.com/about-harmony-mt/for-parents/>
Phone: (801) 718-7637 **Location:** Sandy
Ages: All ages
- ☀ **Hydrotherapy With Liz Egan:** With plenty of options to fit a busy schedule, Liz Egan provides hydrotherapy each day of the week from 3-9pm and also on weekends. Liz has a wealth of experience helping children with disabilities move, stretch, and relax using water therapy techniques.
Location: Cottonwood Heights Recreation Center
Cost: \$20 per half hour session
Contact Information: Liz Egan (801) 209-1521
- ☀ **Jewish Community Center Summer Camps:** Enrolls children and teens with special needs into their summer camps program depending on the needs.
Website: <http://slcicc.org/youth-a-teen/summer-camps>
Phone: (801) 581-0098
Age: K-10 grade
- ☀ **Lifelong Learning Center:** provides all participants ages 18+ to realize their individual and unique potential. Through supervised daily experiences, each person will benefit from the programs while giving back to their community.
Website: www.lifelonglearningut.com
Phone: (801) 746-7251
Age: 18 and older
- ☀ **Mommy and Me Playgroup:** Offers a free mommy and child playgroup for children ages 0-4. All abilities welcome! Includes activities and a treat for the children.
Location: GSD Community Center 2500 S State Street (In the relocatable by state street)
Cost: FREE
Contact Information: 385-646-4603
Time: Tuesdays and Thursdays 10:30-12:00
- ☀ **Miracle League Adaptive Baseball:** Miracle League Adaptive Youth Baseball. A new rubber softball field has been built. Meet new friends and learn new skills. There is a maximum of 12 players on each team. Each player is safe on base. Every player bats each inning. Volunteers and parents serve as “buddies” for players. Each team and player wins every game.
Website: www.recreation.slco.org/genefullmer/youthsports/Miracleleague.html
Phone: (385) 468-1951 **Location:** West Jordan
Cost: \$35.00 for both Spring and Fall **Age:** 5-21
- ☀ **Murray Greenhouse Foundation:** offers a solution for individuals with disabilities age 22 and older. Conceived as a safe and nurturing learning place whose cornerstone is their greenhouse, the Foundation provides the teaching of individualized independent living skills and employment skills for people with disabilities. People can learn the skills necessary to be successful at work and in their personal lives to help build a better life for themselves and their families. Space is limited call early!
Website: www.murraygreenhouse.org/
Phone: (801) 266-0669 **Age:** 22 and older

- ☀ **National Ability Center:** offers a variety of recreational activities all year long. During the summer they offer several summer camps for children with disability
Website: www.discovernac.org/contact.htm
Phone: (435) 649-3991 **Age:** All ages
- ☀ **Neighborhood House:** Neighborhood House provides a safe, home-like environment for non-aggressive individuals 18 years and older who need supervised care during the day. Since 1978, we've been a pioneer in adult day care services—not just in Utah, but in the nation. Our ability to provide a responsive and caring environment for both clients and caregivers sets us apart from other adult day care providers. Our programs ensure our clients receive the physical, mental and social services they need. We also have summer camps for children ages 6-14. Children with disabilities are welcome to apply!
Website: <http://nhutah.org/> **Cost:** \$420.00 for 10 weeks
Phone: (801) 363-4589
- ☀ **Otters Swim Club:** Otters provides swimming instruction for youth with autism or intellectual disabilities. Programs are provided in 8-week sessions with an option of year-round participation. Otters is available at multiple locations throughout the SL Valley.
Cost: \$20 a session (8 weeks)
Contact Information: Call Ivy at (385) 468-1681
Email: ihausknecht@slco.org
Website: <http://slco.org/recreation/adaptive/aquatics/pdf/ottersSwimClubSLCounty.pdf>
Location: Varies in SL County
- ☀ **Resolution Horse Company:** Resolution Horse Company uses rehabilitated horses to provide a free, customized riding program for those with disabilities. Currently, programs are run at the upper end of Rose Canyon. Designed for all riders four years of age or older, with opportunity for siblings to join riding sessions when space is available.
Website: www.resolutionhorse.org **Location:** Herriman, UT
Cost: Free
Contact Information: (385) 232-6273 or wrangler@resolutionhorse.org
- ☀ **Special Needs Bike Camp:** Cycle Ability offers a Special needs bike camp where kids with disabilities learn to ride a bike.
Email: steven@unitedangels.org
Phone: 801-834-7503
Age- 8 and older
Dates: June 20-24th
Website: www.cycleability.org/
- ☀ **Rock On:** Rock On! is an 8 week mentor-based indoor rock climbing program specifically designed for youth with disabilities and their siblings. Rock On! was initially designed for children with autism spectrum disorders, and is now open to any child with a disability and their siblings. This program features one-on-one attention and encouragement that allows each child to climb at their own pace.
Location: Momentum Climbing Gym (alternates between Sandy and Mill Creek locations).
Times: Once a week for eight weeks, 5:30-6:30pm or 7-8pm sessions.
Cost: \$160 – per child for all eight weeks. Includes equipment, gym rental and instruction.
Who: Any youth (ages 5-17) and their siblings.

- ☀ **Salt Lake County Adaptive Recreation:** offers a variety of programs and activities for individuals with disabilities including: wheelchair rugby, dances, aquatics, ice programs, bowling, archery, swimming , camps, clinics, basketball, track and field, softball, soccer, bocce, fitness, and more. There are programs for both adults and youth. They also offer sport programs for individuals with disabilities over the age of 5. Sports and socialization programs and activities are also available for adults. There are also two full day summer camps for those with more significant disabilities located at the Redwood recreation Center and Copperview Community Center.

Website: www.recreation.slco.org/adaptive/ **Registration:** <http://activityreg.com>

Phone: (385) 468-1515

Cost and Duration: Vary based on program **Age:** All ages
- ☀ **SLCC Summer 2014 Reading Skills Program:** offers a 5 week long summer program for struggling reader's grades k-12. They provide individualized attention, group instruction and engaging materials.

Website: www.slcccontinuinged.com/youthread

Phone: (800) 964-8888

Location: Sandy, Taylorsville, West Jordan, and Bountiful

Cost: \$199.00-\$269.00 **Age:** Grades K-12
- ☀ **SLCO Adapted Aquatics:** Salt Lake County Parks and Recreation offers adapted swim lessons with National Certified Adapted Instructors. They offer programs at many different locations (including: Salt Lake City, South Jordan, Herriman, West Jordan, Holladay, and Sandy). **Blind Swim Team meets in Salt Lake at Sorenson Multicultural Center**

Cost: \$20 a session (8 weeks) or \$6 for drop-ins

Location: Salt Lake County

Contact Information: Call at (385) 468-1681

Website: <http://slco.org/recreation/adaptive/aquatics/idsAquatics.html>
- ☀ **Special Olympics:** offer summer games where individuals with disabilities can compete in a variety of sports including things like cycling, field and track, soccer and softball.

Website: www.sout.org/events

Phone: (801) 363-1111 ex 223

Age: 8-Adulthood
- ☀ **Spectrum Scouts:** Scout troop for boys ages 11-17 who are on the spectrum or who have close ties to a boy in the troop (family member, etc.). Every Scout has at least one parent registered as a leader or as an active member of the troop committee. Troop meets only on the 2nd and 4th Thursday of the month. Scout can also continue to participate in a traditional Scout troop if desired.

Location: LDS church building at 5422 S Sarah Jane Dr (5240 W)

When: the first and third Thursday of the month 7:00-8:30 PM

Age: 11-17 Boys **Email:** for more information E-mail Dave at dlyon98@hotmail.com

Phone: 801-440-5070
- ☀ **SPLORE:** provides outdoor adventures for people with disabilities. The magic of SPLORE is found through the life-enhancing experiences that occur only through their outdoor programs.

Website: www.splore.org

Phone: (801) 484-4128

Cost and Duration: Vary based on program **Location:** Salt Lake City

Age: All ages

- ☀ **Stable Place:** is dedicated to improving the lives of people and horses. They work to create an environment where horses and people can help heal each other, regardless of physical, mental or emotional challenges. By connecting people and horses, they provide opportunities to build trust, find hope, and improve the quality of life for people and horses alike. Summer camp schedule and cost is posted on their website.
Website: www.thestableplaceslc.com
Phone: (801) 860-3906
Location: West Valley City
- ☀ **Summer Social Skills Group:** The Children's Center and the University of Utah Speech and Language Clinic are hosting a summer social skills group for children ages 4-9. The group is geared towards children on the autism spectrum or who have social communication issues. Groups are held 1 day a week for 7 weeks. Small groups and lots of fun is provided! A play screening is required for children not already attending the Children's Center.
Cost: \$300 for 7 weeks
Phone: (801) 582-5534
Location: SLC
- ☀ **Superior Adaptive Swim School:** S.A.S.S. teaches swimming lessons based around safety, survival, technique and fun. S.A.S.S. instructors each have their own way of teaching children and focus individually on what their swimming needs are. Morning and evening private, semi-private and group classes are available. With classes for infants to adults, S.A.S.S. offers Beginning/Introductory Classes, Technique Coaching, Swim Team Preparation, Water Survival and Adaptive Needs Programs; every level is covered.
Location: 1044 E. Sargarmont Dr. SLC, UT
Phone: (801) 637-7140
Website: www.swimsass.com
- ☀ **SwimKids:** Where Fun & Safety Meet. With over 30 years' - worth of experience teaching children 4 months and up, SwimKids can tailor lessons specifically to your child's needs and abilities. Our well-trained, enthusiastic and caring instructors are eager to teach your child to swim.
Website: <http://swimkids.biz/>
Email: swimkiscottawalker3@gmail.com
Phone: (801) 944-8811
- ☀ **TRAILS (Therapeutic Recreation and Independent Lifestyles):** TRAILS is an outreach program designed specifically for persons with spinal cord injuries. They facilitate recreational activities to help individuals return to the community. The services they provide are available year-round, including skiing, hand cycling, kayaking, canoeing, swimming, wheelchair tennis, and more.
Cost: Call for fee information
Location: University of Utah Health Care
Contact Information: Tanja Kari (801) 581-2526
Website: <http://healthcare.utah.edu/rehab/support-services/trails.php>
- ☀ **TURN Community Services, Inc.:** offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. Turn accepts private pay and DSPD clients.
Website: <http://turncommunityservices.org>
Phone: (801) 486-3778

- ☀ **TOPSoccer: A Program of Utah Youth Soccer Association:** is designed to bring the opportunity of learning and playing soccer to any boy or girls, ages 4-99 that has a mental or physical disability, to provide meaningful learning, development and physical participation opportunities through the game of soccer.

Website: www.utahyouthsoccer.net/programs/topsoccer.aspx

Phone: (801) 307-5150

Age: All ages
- ☀ **UAID (Utah Association for Intellectual Disabilities):** They hold activities throughout the summer including arts and crafts. Please contact Kathy Scott for information about their summer programs.

Website: www.uaid.org

Phone: (302) 990-UAID

Age: All ages
- ☀ **U Can Learn Center:** A non-profit learning/tutoring center specializing in evaluating and treating the 'blockages' to learning, in particular, central auditory processing, visual processing, language delays, ADD and ADHD, and Dyslexia, located in a cottage in the Murray area with a second location in South Jordan. Karla Jay has a Master's in Speech pathology and has 23 years of experience in a private practice setting. Her emphasis is learning disabilities, central auditory processing disorders, and speech and language delays.

Location: 6308 South 900 East Murray, UT 84106

Phone: (801) 553-6480

Website: <http://ucanlearn.net>
- ☀ **UFIT:** The U-FIT Special Physical Activity at University of Utah for children with special needs requiring one-on-one support provides fun, noncompetitive physical activities that will help children and youth with disabilities reach individual goals.

Website: www.health.utah.edu/ess/ufit/index.html

Phone: (801) 581-7964

Ages: 3-18
- ☀ **U of U Reading Clinic:** Offers Reading Assessment and Intervention, Professional Development, Mobile Reading Clinics, and Consultation Services. The clinic helps students become successful readers and is a resource for parents, teachers, and struggling readers-especially those students in grades one through three. Children who qualify for services are placed on a waiting list and enrolled on a "first come, first served basis" when space is available. Programs are available in the summer.

Location: Murray, Utah

Phone: (801) 265-3951 **Website:** www.uurc.utah.edu
- ☀ **Utah Independent Living Center:** is dedicated to assisting persons with disabilities to achieve greater independence by providing services and activities with enhance independent living skills and promote the public's understanding, accommodation and acceptance of their rights, needs and abilities. Summer program includes: classes (outings, assertiveness and sexuality, living independently, and nutrition, cooking and shopping), peer tutors, Nitty Gritty, Education Enhancement Summer Program, and more!

Website: www.uilc.org **Location:** Salt Lake City

Phone: (801) 265-3951 **Age:** 14-22

Cost and Duration: Vary based on program

- ☀ **Virginia Tanner Creative Dance Program:** is a pioneer in the world of children's dance. They take a holistic approach to teaching and learning, respecting each dancer's individual development level and needs. They offer dance classes for children with disabilities all year long, including during the summer.

Website: www.tannerdance.utah.edu
Phone: (801) 581-7374 **Location:** Salt Lake City
Age: 18 months – Adulthood
- ☀ **Wasatch/Snowbird Adaptive Sports:** Has many different programs including nature hikes, fishing, adaptive biking, Snowbird activities (Tram rides, bungee jumping, alpine slide and Zip Rider rides), mine and water tunnel tours, GPS/orienteering classes, boundless playground and hippotherapy.

Website: <http://wasatchadaptivesports.org/summer-programs/>
Phone: (801) 933-2188 **Location:** Snowbird
Cost and Duration: Vary based on program but Scholarships are available
Age: All Ages
- ☀ **Wasatch Speech and Language:** is a full-service clinic for the evaluation and treatment of childhood communication disorders. The intensive summer stuttering therapy program allows children and parents to learn more about their stuttering and learn management techniques all in the spirit of fun social activities and outings.

Website: wasatchspeechandlanguage.com
E-Mail: tgurrister@aol.com
Phone: (801) 308-0400
- ☀ **West Valley Family Fitness Center:** Offers summer camp programs that include field trips. Kids yoga and kids Zumba, rock climbing, silly games, swimming, yummy lunch, snacks and more.

Location: West Valley
Phone: (801) 955-4000
Website: www.wvc-ut.gov/fitnesscenter
- ☀ **Wheelchair Tennis Camp:** Offers Friday night wheelchair play. There is also a 2 day summer camp.

Website: www.utahtennis.com/wheelchair_tennis/
Phone: (801) 944-8782 x 12 **Ages:** Teens and adults
- ☀ **Wiggly Worm Sensory Processing Classes:** For parents and children to understand each sensory area and how it functions, increases parents' ability to recognize sensory processing issues in their child and offers a personalized set of easy and effective strategies parents can use at home to make their child's world a more sensory-friendly and peaceful place.

Website:
www.easterseals.com/esgw/our-programs/childrens-services/wiggly-worm-sensory-1.html
Phone: (801) 946-1860 **Location:** Salt Lake, Provo & St. George
Cost: \$60 **Ages:** Preschool – Age 6
- ☀ **YMCA Camp Roger and Day Camps:** Camp Rodger provides a residential summer camp with counselors trained in the needs of campers with disabilities. Other day camps and holiday camps are available including a family camp.

Website: <http://ymcautah.org/> **Location:** Heber, Sandy, Taylorsville & Ogden
Phone: 1-(800)-690-9622 **Ages:** 4-18

- ☀ **YoungLife Salt Lake Capernaum:** is a nonprofit Christian Ministry dedicated to serving the needs of youth with physical and developmental disabilities. Programs include clubs and camps.

Website: <http://younglifesaltlakevalley.younglife.org/Pages/aboutyl.aspx>

Phone: (801) 949-8143

Location: Sugarhouse to Draper

Cost and Duration: Vary based on program

Age: 5-22

- ☀ **Zoo for You:** Hogle Zoo offers hands on animal classes for children with a variety of special needs. There are classes for children with autism, students that are deaf/blind and children with general special needs. Most classes are \$10.00. Visit the website for details and times.

Website:

<https://store.hoglezoo.org/WebStore/shop/ViewItems.aspx?Merchant=HogleZoo&CategoryGroupExternalID=ZOOJUSTFORYOU&CategoryExternalID=JUSTFORYOU>

Phone: (801) 584-1700

Location: Hogle Zoo

Cost and Duration: \$10.00

Age: 6-18

SUMMIT COUNTY

- ☀ **National Ability Center (NAC):** The NAC is committed to the development of lifetime skills for people of all ages and abilities by providing affordable outdoor sports and recreational experiences in a nurturing environment. Some of the programs available are day camps, swimming, horseback riding, and many more. Please visit their website for a complete listing of what is available.

Website: <http://discovernac.org/>

Phone: (435) 649-3991

Location: Park City

UTAH COUNTY

- ☀ **Adaptable Art:** Come and read stories and do art projects with us! Students will get to make something to take home each day. This class is designed for special needs students. Art projects will be adapted so that each student will be successful. Let's make art special together! Parents are invited to stay in this class. Ages 3-6. If there is enough interest they will open a class for older children.

Time: June 6-17

Class Time: 11a-12noon

Class Cost: \$30.00

Material Fee: \$9.00

Location: Spanish Fork High School Room: 2

Website: http://spanishfork.org/dept/parkrec/arts/pdf/YAF_Courses.pdf

Phone: 801-804-4600

- ☀ **Adapted Swim Classes with Sheila Morrison:** Sheila has been providing swimming lessons for 42 years and recently opened her own facility. She is presently teaching three classes for individuals with disabilities instructing swimming skills and enjoyment of the water environment. Each participant gets a personal volunteer to assist through the lesson. Sheila has had multiple newspaper articles written on her work in the area of aquatics instruction and service to our community. Classes will be offered once a week.

Location: Pleasant Grove

Ages: 5-16

Cost: Free

Email: sheila@theswimminhole.com

- ☀ **Adaptive Zumba:** Zumba is a fun Latin-based dance fitness class. It has become one of the most popular forms of exercise for people of all abilities and ages. Lehi Legacy Center has started an Adaptive Zumba class on Wednesday nights at 6:00pm.

Cost: \$3.00 for non-members

Contact Information: Lehi Legacy Center (801) 768-7124

Location: Lehi Legacy Center

Website: www.lehi-ut.gov/wp-content/uploads/2011/06/2012-Adaptive-Zumba1.pdf
- ☀ **American Fork Recreation Adaptive Summer Program:** Adaptive activities for children ages 5-12 with cognitive and/or physical disabilities and/or moderate behavior disorders. Classes are held June 13-16 9:30-11:00, 11:00-12:00, June 27-30 9:30-11:00, 11:00-12:00 and July 18-21 9:30-11:00, 11:00-12:00 . 9:30-11:00 Theme Activity Sessions: include arts and crafts, socialization, games, functional skills and fun! 11:00-12:00 Sports Sessions: include an introduction to sports, rules, basic skills, socialization and fun outside!

Cost: \$30-\$45

Contact: Rebecca at 801-763-3080 ext. 406
- ☀ **Athletic Connection:** This program connects BYU Student Athletes with individuals with Down Syndrome to learn skills through fun games and activities. The program usually meets at the UPC (University Parkway Center).

Location: BYU Campus

Cost: Please call for fee information

Contact Information: Brian at (208) 971-7191 .

Email: athleticconnection@byu.edu

Website: <https://yserve.byu.edu/programs/athletic-connection>
- ☀ **Beyond Limits:** The Company located in Eagle Mountain and provides aquatic therapy with licensed PT at the Lehi Legacy Pool Tuesday and Thursday mornings. Beyond Limits will set up an individualized program to meet your health and fitness goals/needs.

Cost: Call for fee information

Contact Information: Beyond Limits Eagle Mountain (801) 251-6976

Location: Eagle Mountain/Lehi Legacy Center

Website: <http://beyondlimitspt.com/aquatic-therapy>
- ☀ **Bike Collective:** They offer a free summer earn a bike program. EAB is a rigorous six-week introductory bike mechanics course offered free to anyone ages 6-18. Each class is 1.5 hours long, twice a week, totalling 18 solid hours of instructional time. Upon graduation, students earn their own bicycle to keep and ride with pride. Walk into an EAB class and you will meet students that reflect the diversity of Salt Lake City: recently immigrated youth, institutionalized youth, homeless youth from all over the Mountain West, and youth from the Avenues - all in the same class, learning together, sharing experiences and skills. Achievements in the classroom translate into a Salt Lake City that is not only cleaner, healthier and safer through riding bicycles, but also empowering marginalized communities with skills, information, and experiences that improve the trajectory of their lives for the betterment of the entire community.

Website: <http://www.bicyclecollective.org/>

Phone: 801-FAT-BIKE

Ages: 6 through adulthood

Location: Salt Lake, Provo, Ogden

- ☀ **BYU Adapted Aquatics:** Swimming programs that focus on cognitive development, along with motor and social skills through aquatics. Participants are matched one-on-one with volunteers. BYU Aquatics is provided: Thursday and Friday 11:00-11:45 a.m.

Cost: Call for updated fee information

Contact Information: Jeffery Mella (801) 787-2689

Location: BYU Campus – Richards Building

Website: <https://yserve.byu.edu/programs/adaptive-aquatics>
- ☀ **Courage Reins Therapeutic Riding Center:** Horseback riding lessons to people of all ages and abilities.

Website: www.couragereins.org **Blog site for volunteers:** www.couragereins.org/program.php

Phone: (801) 756-8900 **Location:** Highland

Cost: \$35/30 minute private session

Age: All ages
- ☀ **The Dance Club:** The Dance Club offers a free weekly dance class to those with both physical and cognitive disabilities. The classes help your little dancer to improve movement and rhythm. There is an open enrollment held Saturdays 10:00-11:00 am.

Cost: Free **Location:** Orem, UT

Contact Information: (801) 224-4400

Website: www.thedanceclub.com/special-needs.html
- ☀ **Eaton Alliance:** provides around the clock living solutions to people with Autism and other developmental disabilities in all aspects of life in a variety of programs. Programs include: residential, day programs, supported living, host homes and professional parenting.

Website: www.eatonalliance.com

Phone: (801) 766-8541
- ☀ **Hoofbeats to Healing:** Hoofbeats to Healing is dedicated to providing therapeutic horseback **riding, using an effective natural approach to horseback riding therapy. They work with a** variety of different disabilities. For more information, check out their website (www.hoofbeats.us).

Cost: Call for fee information

Contact: (801) 836-4325

Location: Saratoga Springs, UT
- ☀ **Lehi Adaptive Sports Program:** This program provides basketball, volleyball, and bowling for athletes 8 and older. Activities in the program are designed and modified for each athlete and allow opportunities to participate in live games and competitions. These programs offer skill development along with social development, teamwork, and building friendships.

Cost: \$15

Contact Information: Michelle Holbrook (801) 768-8851

Location: Lehi Legacy Center

Website: www.lehi-ut.gov/legacy-center/adaptive-programs/
- ☀ **Lehi Judo Club:** This club offers judo classes Tuesday and Thursday night at 6:45. Adult classes run on the same night right after at 7:45. These classes are open for those with disabilities. The instructor is certified to teach visually impaired athletes.

Website: www.lehijudo.com **Cost:** 1-2 classes/week is \$60/month

Contact Information: Danny Huntsman (801) 592-7318

Location: Lehi, UT

- ☀ **Mapleton Parks and Recreation:** Mapleton Parks and Rec offers different adaptive sports programs including T-ball, basketball, and soccer for those with physical and cognitive disabilities. Programs are designed for children from kindergarten to high school.

Location: Mapleton, UT

Cost: \$15, includes shirt

Contact Information: (801) 806-9114
- ☀ **North Eastern Services:** supports opportunities for people to achieve independence, enhance self-esteem, and sustain a full quality of life. Programs include: residential, day services, behavior supports, afterschool and summer programs, finance support and supported living.

Website: www.northeasternservicesutah.com

Phone: (801) 426-4961
- ☀ **Provo Recreation Adaptive Activities:** offers a summer camp for special needs students. Camps include swimming, activities and a weekly field trip. They are also offering adaptive tennis this summer for children 8-17 with physical or cognitive disabilities. They have new sports wheelchairs that are available for use if they need it. They also offer adaptive swimming groups, yoga , soccer, special Olympics and more!

Ages: 6-12 for summer camps

Phone: (801) 852-6600

Website: www.provo.org/departments/recreation/adaptive-programming

Facebook: [Facebook.com/provorecreation](https://www.facebook.com/provorecreation)
- ☀ **Recreation and Rehabilitation Services (RAH):** RAH helps individuals with disabilities rise to new heights of personal achievement and development. All activities and programs are designed to meet the needs and enhance the lives of participants. There is also has Day-Timers groups, bowling, dinners, swimming, social skills and special needs scouts.

Website: www.rahservices.org **Office Hours:** Tuesday -Friday

Phone: (801) 374-8074 **Location:** Provo

Age: 16-Adulthood
- ☀ **Rise Services:** Community based summer programs. Summer programs provide children with enjoyable and fun recreational activities that include skill development. The programs have a high staff-to-child ratio and offer a much-needed break for parents while their child is out of school for the summer. Our summer programs are supervised and directed by a highly skilled and credentialed team including our Licensed Clinical Social Worker. Structured programs focus on positive behavioral supports and behavior plans which are developed and directed by our Master's level behavioral team.

Time: June-August, M-F 9:00-3:00

Email: utfsplacements@riseservicesinc.org

Phone: (801) 676-8940

Website: <http://riseservicesinc.org/utah-cat/family-services/summer-programs/>
- ☀ **Special Needs Bike Camp:** Cycle Ability offers a Special needs bike camp where kids with disabilities learn to ride a bike.

Email: steven@unitedangels.org

Phone: 801-834-7503 **Age-** 8 and older

Dates: June 20-24th

Website: www.cycleability.org/

- ☀ **Special Olympic Swimming:** This program focuses on swim competition for ages 8 & over. Athletes will have an opportunity to practice swim strokes and compete at the area and state Special Olympics games. Practices start around the beginning of August and run through mid- **Cost:** \$26 for roughly 20 sessions

Contact Information: Michelle Holbrook (801) 768-8851

Location: Lehi Legacy Center

Email: michelle.holbrook@msn.com

- ☀ **Turn Summer Camps:** Beginning the first week of June, 30-40 Utah County students with disabilities will begin a 2-month adventure that is often remembered, and anticipated, throughout the other ten months! Summer Camp is an 8-10 week, full day program that offers ongoing learning opportunities, outdoor discovery, and community experiences for young people age 6-22. Summer Camp sessions often blend creative academics and crafts in the mornings, with community outings and field trips in the afternoons.

Phone: (801) 343-3900 ext 122

Email: hollysumsion@turndreams.org

Age: 6-22

Website: <http://turncommunityservices.org/>

- ☀ **Utah County Parks and Recreation Adapted Aquatics:** Programs are provided year round with swimming instruction for children with cognitive and physical disabilities.

Cost: Call for updated fee information

Contact Information:

Chad Barth (801) 229-7159 in Orem or Joey Byington (801) 763-3084 in American Fork

Location: Orem and American Fork Recreation Center

- ☀ **VIP Adaptive Baseball and Soccer:** Available in Mapleton for children ages 5-22 with disabilities.

Website: <http://mapletoncity.sportsites.com/Player/HomePlayer.aspx>

Phone: (801) 806-9114

Location: Mapleton

Email: parksandrec@mapleton.org

- ☀ **Yoga Heals Us:** LeAnne integrates persons with disabilities into her general yoga classes. She is a great resource in the county for yoga and how to modify and adapt yoga for all people. She also provides private lessons.

Cost: Contact LeAnne for class times and fee

Contact Information: LeAnne Tolley sraddhayoga@comcast.net

Location: Lehi, UT

STATEWIDE

- ☀ **Accessible Wildlife for People with Disabilities:** The Utah Department of Natural Resources (DNR) encourages people with disabilities to take advantage of our natural resources. DNR's Divisions and other public and private agencies have developed parks, campgrounds, trail systems, fishing piers, and other programs to enable access to our natural resources throughout the state.

Website: <http://wildlife.utah.gov/disabled/>

Age: All Ages

Location: State Wide

- ☀ **Adaptive Adventures:** Based out of Boulder and Chicago, Adaptive Adventures has multiple Lake Powell adaptive water “sport weeks” where participants can enjoy fishing, kayaking, water skiing, boating, etc. Programs are for all ages and abilities.
Cost: Prices vary but price will include food, lodging, and equipment.
Contact Information:
Dave or Chris via email: Dave@adaptiveadventures.org or Chris@adaptiveadventures.org
Location: Lake Powell
Website: <https://adaptiveadventures.org/>
- ☀ **Autism on the Seas:** Autism on the Seas has been in collaboration with Royal Caribbean International since 2007 in developing cruise vacation services to accommodate adults and families living with children with special needs, including but not limited to autism, Asperger syndrome, Down syndrome, Tourette syndrome, cerebral palsy, and all cognitive, intellectual and developmental disabilities. We provide cruises with our staff that assist adults and families in accommodating the typical cruise services, as well as providing specialized respite and private activities/sessions that allow our guests the use of the ships entertainment venues in an accommodated and assisted manner.
Cost: Check out the website.
Contact Information: Website: www.autismontheseas.com Phone: 1-800-516-5247
- ☀ **AYSO VIP Soccer – Where Everyone Plays®:** provides a quality soccer experience for children and adults with physical or mental disabilities that make it difficult to successfully participate on mainstream teams. VIP Buddies ensure that every player has a great AYSO experience.
Website: www.ayso.org/For_Families/AYSO_Soccer_Programs/VIP.htm#.U2Ks1WHnbyA
Online Registration: www.eayso.com
Email to find your local league at: vip@ayso.org
Location: Statewide
- ☀ **Best Buddies:** is dedicated to enhancing the lives of people with intellectual disabilities by providing opportunities for one-on-one friendships and integrated employment.
Website: www.bestbuddiesutah.org
Phone: (801) 468-1200
Location: Statewide
- ☀ **Camp Roger:** Provides a residential summer camp with counselors trained in the needs of campers with disabilities. Other day and holiday camps are available.
Website: www.ymcautah.org/camps
Phone: 1 (877) 690-9622
Age: 4-18
- ☀ **Care About Childcare:** offers summer childcare guides for counties throughout the state. The website offers a handy comparison chart of different programs as well as general summer tips. The website also helps match parents with childcare providers.
Website: <http://careaboutchildcare.utah.gov/resources/default.aspx?list=7>

- ☀ **CAST- Catch a Special Thrill:** is designed to join volunteers who love to fish with disabled and disadvantaged children for a day of fishing in the outdoors. The CAST for kids event was designed to create an environment whereby both children and adults could benefit. Children and adults can leave their problems on the shore and share a day of fun on the water.

Website: www.castforkids.org **Date:** August 9th

Phone: (425)251-3214

Location: Strawberry Reservoir

- ☀ **Common Ground Outdoor Adventure:** Common Ground's mission is to provide life-enhancing outdoor recreational opportunities for youth and adults with disabilities. Activities include canoeing, cycling, snowshoeing, skiing, hiking, climbing, and fishing with all necessary equipment provided.

Cost: Please contact for current fee

Contact Information: (435) 713-0288

Location: Logan, UT

Website: <http://cgadventures.org/>

- ☀ **Easter Seals Goodwill Northern Rocky Mountains:** offers a variety of programs including summer and Saturday Camps.

Website: www.easterseals.com/site/PageServer?pagename=ntl_camping_and_recreation

Phone: 1-800-221-6827

Age: All ages

- ☀ **Hiking Utah Mountains:** Enjoy the great outdoors as a family on wheelchair accessible trails. TrailLink has a list of accessible, paved hiking trails in Utah. Each trail will be short in length, surfaced for accessibility, and provide descriptions of the hike. You can look at the website or they all can be downloaded from the Apple App Store (look for TrailLink).

Cost: Free

Contact Information: www.traillink.com/stateactivity/ut-wheelchair-accessible-trails.aspx

- ☀ **Mexaplex :** Offer a sensory friendly summer movie series for children. Just \$10.00 for 10 weeks!

Website: www.megaplextheatres.com/KidsMovies

Phone: call your local theater for details

Age: All ages

Location: Varies throughout the state

- ☀ **National Ability Center:** National Ability Center is definitely worth the drive up to Park City. They offer just about every kind of outdoor recreational activity a person could do (including: rock climbing, swimming, archery, sledge hockey, cycling, water-skiing, kayaking, wakeboarding, paddle board, snowboard, snowshoeing, and Nordic skiing, (to name some activities). It empowers individuals of all abilities by building self-esteem, confidence, and lifetime skills through sport, recreation, and educational programs. Forms and a complete list of programs can be found on their website.

Cost: Please call for current fees (scholarships are available)

Contact Information: www.discovernac.org

Location: Park City, UT

Number: 435.649.3991 x625

- ☀ **National Ability Center Summer Coach Program:** The National Ability Center's COACH program is a pilot program designed to create a structured and successful continuum of growth and learning for young adults with disabilities that enables them to transition from school to work. This program is based on our belief that sports are an excellent catalyst for teaching vital life skills. Internship is available to those ages 16-22 with a disability. The intern must be independent or provide a personal care attendant and transportation to the National Ability. Housing is not available.
Website: www.discovernac.org/get-involved/internships/
Phone: 435.649.3991 x625
Ages: 6-22
- ☀ **National Parks and Federal Recreation Lands:** Free Access Pass is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults, not to exceed 4 adults, at per person fee areas (children under 16 are admitted free). The pass can only be obtained in person at the park.
Website: www.nps.gov/findapark/passes.htm
Ages: All ages
- ☀ **UFB Summer Camps:** Variety of camps are available between the first week of June through the first week of August. Students may attend as many camps as are appropriate for them.
Cost: Camp fees are collected after placement into specific camps has been determined.
Contact Information: Check website (www.ufbvi.org/camps.html)
Location: Lehi Legacy Center
- ☀ **UFB Sports Programs:** Variety of sports for visually impaired including goalball, beep ball, track and field, soccer, and more. Locations of programs vary, please check the website calendar for up-to-date information and times of practices and tournaments (www.ufbvi.org/calendar.html).
Cost: Please call or check website (www.ufbvi.org)
Contact Information: Email Jalayne at laynie123@aol.com
Location: Location varies
- ☀ **Utah's National Parks:** Utah's National Parks do not have specific programs for those with disabilities. They still offer junior ranger programs that can be tailored to the needs of your child. Stop by the visitor center as soon as you get to the park to talk with a ranger about such accommodations. Some parks offer "kits" or ranger-led programs that allow children of all abilities to experience Utah's great natural resources. Check park websites or visitor centers for wheelchair accessible trails and paths.
Cost: Park entrance fee
Contact Information: www.nps.gov/Utah
- ☀ **Utah Lakes and Rivers:** Utah Division of Wildlife Resources have free licenses for Utah residents with physical and cognitive disabilities. Individuals must apply for the license at <http://wildlife.utah.gov/home-disabled.html>. The DWR website has a complete list of over 50 accessible fishing docks. They will also have many different accommodations for hunting as well.
Cost: Free
Contact Information: Utah Division of Wildlife Resources via email DWRcomment@utah.gov or
Phone: (801) 538-4700

- ☀ **Utah State Parks:** Many Utah State Parks, like the National Parks, have trails that are accessible by everyone. State parks in Utah with such trails are Dead Horse Point, East Canyon, Fremont Indian, Jordanelle, Snow Canyon, and the Historic Union Pacific Rail trails. Many others have accessible fishing docks, including Bear Lake, Deer Creek, Huntington, Millsite, Quail Creek, Red Fleet, Rockport, Sand Hollow, Starvation, Utah Lake, Willard Bay, and more.

Cost: Free day use in all Utah State Parks for people with disabilities.

Contact Information: www.stateparks.utah.gov

CLASSES/CAMPS (NON DISABILITY SPECIFIC)

- ☀ **4-H Summer Camps:** The structure of these camps is unique and helpful for both the kids attending and parents looking for summer activities.

Website: <http://utah4-h.org/>

Phone: (801) 451-3400

- ☀ **The Leonardo - Camp Cranium:** Offers a variety of different science themed summer camps throughout the summer.

Website: www.theleonardo.org/exhibits-programs/camp-cranium/

Phone: (801) 531-9800

Ages: 5-18

- ☀ **Camp Snowbird:** There is a new adventure each day in beautiful Little Cottonwood Canyon for all campers ages 4-12. Campers will explore the canyon through nature hikes, science experiments, arts and crafts and supervised swims.

Website: www.snowbird.com

E-mail: dedgar@snowbird.com

Phone: (801) 933-2256

- ☀ **Christa McAuliffe Space Education Center:** has summer day and overnight camps involving simulated space missions.

Website: www.spacecamputah.org

Location: Alpine

Phone: (801) 785-8713

Ages: 7-17

- ☀ **Granite Unplugged:** Play Unplugged is all about encouraging kids to put down their electronics and get out and play. This is done by creating a symbiotic relationship between kids, parents and local businesses. This relationship creates an incentive for all to participate as one motivates the other. Kids earn a Brag Badge for every activity they complete. The badges are specifically designed to be fun, colorful and highly collectable. Some examples of Brag Badge activities include: fishing, hunting for bugs, hiking and more! There will be a Kick Off Party on Mon May 23rd at Woodrow Wilson Elementary.

Website: www.weplayunplugged.com/

Phone: 385-646-4529

- ☀ **Higher Ground Learning:** is a creative learning center for all ages, providing students with educational alternatives that stimulate the intellect and imagination. From one-on-one instruction to our workshops and classes, we specialize in innovative and experiential curricula, giving each student a chance to explore his or her interests, develop life skills, and experience the passion of learning.

Website: www.highergroundlearning.com/

Phone: (801) 524-0817

Location: Salt Lake City

Age: All ages

- ☀ **Hogle Zoo:** Offers educational programs including zoo classes, zoo camps, and volunteer activities.
Website: http://hoglezoo.org/education_programs/zoo_classes
Phone: (801) 584-1700
Age: Grades K-12 **Location:** Salt Lake City
- ☀ **iD Tech Camps:** Inspired by hip, tech-savvy instructors, ages 7-17 code apps, design video games, mod with mindcraft, engineer robots, build websites, produce movies, and meet with friends that share their interests.
Website: www.iDTech.com
Phone: 1-888-709-8324 **Location:** University of Utah
- ☀ **Imagination Place:** We are a Music and Movement Center. We specialize in experiential music training for children ages birth-5 years old and Anti Gravity Yoga for Adults. We offer classes, workshops and summer camps.
Website: imaginationplace.com E-mail: imaginationplace@me.com
Phone: (801) 463-9067
- ☀ **The Leonardo:** The Leonardo is a contemporary museum that explores the unexpected ways that science, technology, art and creativity connect. The Leo is your place to see one-of-a-kind, interactive exhibits and participate in ever-changing programs, workshops and summer classes.
Website: www.theleonardo.org/none/kids/fall/
E-mail: bmcnaughton@theleonardo.org
Phone: (801) 531-9800
- ☀ **Little Gym:** offers summer camps for children with a variety of themes.
Website: www.thelittlegym.com/Parties-Camps#camp-anchor
Phone: (801) 581-9866
Location: Salt Lake City, Draper, Orem, Sandy
Age: 3-8
- ☀ **Mad Science Summer Camps:** offers weeklong hands on science summer camps.
Website: www.madscience.org/
Phone: (801) 292-8646
Age: Grades K-5th
Location: Salt Lake City
- ☀ **Mathnasium:** Our goal is to significantly increase your child's math skills, understanding of math concepts, and overall school performance, while building confidence and forging a positive attitude toward the subject.
Website: www.mathnasium.com
E-mail: cottonwoodheights@mathnasium.com
Phone: (877) 601-6284
- ☀ **McKee Language School:** Children learn Spanish through immersion in an atmosphere of play from native Spanish speakers trained in the McKee Language System. Summer sessions begin in June.
Website: www.mckeeschool.com
Phone: (801) 374-8854 **Location:** Salt Lake City

- ☀ **Momentum Indoor Climbing:** offers summer camps where kids can learn all about rock climbing while they build confidence. Runs June 5-August 19.
Website: www.momentumclimbing.com/
Phone: (801) 990-6890
Age: 7-19
Location: Sandy
- ☀ **Movkids:** Kids Camps provide your child with the opportunity to enjoy activities in an appropriate and safe peer group setting. They are also engaged in the kind of learning and cognitive stimulation that will help their brains develop better connections for learning. With themes like Super Heroes, Pirates & Princesses and Under the Sea, they will have a great experience boosting their brains as they participate in Art, Music, Swimming, Games, etc.
Location: Holladay
Phone: (801) 944-8811
Website: <http://muvkids.com/>
- ☀ **Murray City Parks and Rec:** Kids take center stage as they learn the FUNdamentals parts of being onstage through acting, and singing. At the end of the session, there will be a presentation by the actors for family and friends.
Website: www.murray.utah.gov
Phone: (801) 264-2614 **Location:** Murray
- ☀ **Real Salt Lake Youth Camps:** Real Salt Lake Youth Camps are offered for children 3-18 years old. These soccer camps are held throughout Utah and surrounding states and will run June-August.
Website: www.realsaltlake.com/youth/rsl-youth-camps
Phone: (801) 727-2714
Age: 3-18
- ☀ **Red Butte Garden:** offers nature inspired day camps that combine art, science gardening and exploration, for k-6th grade.
Website: www.redbuttegarden.org/summer_camp
Phone: (801) 585-0556
Age: Grades K-6th **Location:** Salt Lake
- ☀ **Rowland Hall Summer Works:** Sports camps and mini classes for teens and children taught by Rowland Hall Faculty and Coaches. Everything from science and pottery to creative writing and high ropes course adventure to acting and social skills are offered. Open to students from across the region! Most classes are offered in a.m. or p.m. slots and are 3 to 5 days in length.
Website: www.rowlandhallsummer.org
Phone: 801-924-2971
Age: 4-14 **Location:** Salt Lake City
- ☀ **Scales & Tails Utah:** We offer entertaining, educational and interactive reptile and bird shows to cities all over Utah. We will travel to your location and perform our show for your child's birthday, scout group, classroom, school assembly and pretty much any kind of event that you would have us come to. This will be the second year we are offering a summer camp for kids to be held in our animal shop!
Website: www.scalesandtailsutah.com
Phone: (801) 577-7182

- ☀ **Summer Fit:** Research shows it takes roughly 3-6 weeks to form a habit. Summer Fit promotes a Whole Child approach to learning and helps build healthy habits during the summer for a successful school year. The Summer Fit Activity Book series reviews and previews basic skills in reading, writing, math and language arts, along with weekly core values and a daily fitness routine to keep children busy, active and learning.

Website: www.summerfitlearning.com
E-mail: george@summerfitlearning.com
Phone: (801) 466-4272
- ☀ **University of Utah Youth Education:** offers a variety of different camps and clubs including computers, science, filmmaking, arts and crafts and high school credit.

Website: <http://continue.utah.edu/youth>
Phone: (801) 581-6461
Location: Salt Lake City
Cost: Varies, but scholarships are available
Age: grades K-12
- ☀ **Utah Museum of Natural History Camps:** UMNH Summer Camp offers children a chance to explore subjects ranging from rocks to space, from water to sound, from the ecosystems in their own backyards! UMNH Camps are taught by experienced UMNH Science Educators. Kids are learning while having fun!

Website: <https://online.nhmu.utah.edu/summer-camp-2015/sc15-camp-landing-page>
Phone: (801) 585-3948
Age: K-9th
- ☀ **Utah Olympic Oval:** Family Fitness and recreation. Children participate in FUNDamental classes where they learn the fundamental of sport such as throwing, balance and more and have FUN doing it.

Website: www.utaholympiclegacy.com
E-Mail: tina@utaholympiclegacy.com
Phone: (801) 968-6825
- ☀ **Wasatch Community Gardens:** Our Youth Programs serve more than 1,600 urban youth, ages 3-18, each year. City Roots Youth Gardening classes, City Sprouts summer camps, Growing Greens field trips, and the Junior Farmers program all take place at the fair-park garden and the Grateful Tomato garden.

Website: www.wasatchgardens.org **E-Mail:** bill@wasatchgardens.org
Phone: (801) 359-2658
- ☀ **Wasatch Kids Camp:** offers a summer camp experience for kids of all backgrounds.

Website: www.wasatchkidscamps.com/
Phone: (801) 263-2267 **Age:** 5-13
Location: Murray
- ☀ **Wheeler Historic Farm:** Boys and girls, ages 6-10 years old enjoy turn of the century farm life and outdoor adventure. Activities include: milking cows, farm chores, horseback riding, feeding animals, gardening, historic house tours, hiking, art, wagon rides and more-- Half and full day.

Website: recreation.slco.org
E-Mail: kbailey@slco.org
Phone: (385) 468-1800

- ☀ **Zaniac:** Zaniac Summer Camps are the perfect combination of learning and fun, featuring our many engaging programs that nurture your K-8 child's love of math and technology! Space is limited, so enroll today!
Location: Sugarhouse and Park City
Website: www.zaniaclearning.com/sugarhouse/blog/2016/02/17/zaniac-summer-camps-now-enrolling
Phone: (801) 997-8580

COMMUNITY EDUCATION

- ☀ **Davis Community Education**
Website: www.davis.k12.ut.us/site/Default.aspx?PageID=695
Phone: (801) 402-5261
- ☀ **Granite Peaks Community Education**
Website: www.granitepeaks.org/
Phone: (385) 646-5439
- ☀ **Murray Community Education**
Website: www.murrayschools.org/parents-and-student/community-education/
Phone: 801-264-7414
*****Many other districts in Utah also offer Community Education classes.
Call your local school district to find out what they offer!*****

FREE ACTIVITY IDEAS

- ☀ **Find a Museum:** Find a local Museum
Website: www.utah.com/museums/
- ☀ **Letterboxing** is like getting a treasure map and looking for a hidden treasure. There are letterboxes all over the United States. The website has all the instructions of how to get started and on your way. There are a wide variety of adventures to suit all ages. This is a good alternative for geo caching for those who don't have GSP receivers.
Website: www.letterboxing.org/GettingStarted.php
- ☀ **Now playing Utah:** A website that offers information on upcoming activities including free events.
Website: www.nowplayingutah.com/#
- ☀ **Park District:** offers information about where to find public Parks in Salt Lake City
Website: <http://parks.slco.org/>
- ☀ **Salt Lake County Library:** online activities, classes , and summer reading programs for kids and teens
Website: <http://slcolibrary.org/>
- ☀ **Start your own 4H Club!** Kids K-12 can join an open club (6th-9th community clubs or the Dog Training Club) or create one with 5 kids (from 3 families) at your school or in your neighborhood – 4H provides training and curriculum to parent volunteers who lead the group – dues are \$1 (covers insurance). Wow! Not just horses and livestock, 4H offers opportunities in everything from robotics to mock legislature to cooking to dog training! Summer Camps are open to all kids (including one on robotics).
Website: <http://saltlakecounty4-h.org>

- ☀ **Summer Fun National Summer Camp Directory:** Welcome to the Federation's Summer Fun Camp Directory. Here you will find links to over 200 camp Web sites serving children with disabilities, as well as useful information and resources to help create a rewarding summer camp experience for you and your child

Website: <http://fcsn.org/camps/>

- ☀ **Utah Families "No More Bored Kids Calendar":** A listing of daily activities for children

Website: www.utahdiscovery.com/uf/calendar.php

- ☀ **Utah Valley Free Things To Do:** List of free activities in Utah Valley

Website: www.utahvalley.com/packages-coupons/free-things.aspx



Our mission is to help parents help their children with disabilities to live included, productive lives as members of the community. We accomplish this through the provision of information, training, and peer support. The Utah Parent Center is a private, non-profit organization that receives federal funding to be Utah's Parent Training and Information Center by the Office of Special Education. The Center also receives funding from other federal, state, and private agencies, organizations, and individual donors. The Utah Parent Center (UPC or Center) does not represent or endorse any particular point of view, program, organization, business, or professional unless expressly stated and no endorsement may be inferred by the UPC or any of its funding sources. Every effort is made to provide accurate and complete information. Information provided to the UPC by other individuals, agencies, or organizations is solely the responsibility of the source and readers are encouraged to contact them with questions or concerns. Only approved items are included herein. The UPC is not responsible for information or services provided by agencies, organizations, or individuals listed. Readers are responsible to investigate resources to determine if appropriate when making informed decisions. Permission to reprint the information herein is granted with complete attribution.