



RECREATION RESOURCES

FOR INDIVIDUALS WITH AUTISM AND OTHER DISABILITIES

Adaptive Aquatics

Address: 2330 WSC

Provo, UT 84604

Phone: 801-422-8686

Adaptive Aquatics is a BYU Center for Service and Learning program which helps elementary and junior high school students who have cognitive or physical disabilities. The purpose of this program is to help **develop and refine the children's social and motor skills. Volunteers are partnered one-to-one.**

After Hours

Address: 2686 Town Drive

Salt Lake City, UT 84121

Phone: 801-942-4192

After Hours is an activity program for teens and adults with disabilities.

Art Access/VSA Arts of Utah

230 S. 500 W. #125

Salt Lake City, UT 84101

Phone: (801) 328-0703

Online: www.accessart.org

VSA arts are an international nonprofit organization founded in 1974 by Ambassador Jean Kennedy Smith to create a society where people with disabilities learn through, participate in and enjoy the arts. VSA Arts provides educators, parents, and artists with resources and the tools to support arts programming in schools and communities. VSA Arts showcases the accomplishments of artists with disabilities and promotes increased access to the arts for people with disabilities.

AUesome Friends

Jolaine Garner

Phone: 801- 782-9018

AUesome Friends is a support group in Ogden for parents of children and teenagers with autism spectrum disorders. They meet every Thursday at 4:00 p.m. and on the second Saturday of each month at 10:00 a.m. at the Benn Lomond Bowling Lanes (329 Washington Boulevard in Ogden) and develop friendships while engaging in recreational activities. It is only \$2!!!

Boy Scouts of America-Utah

Address: 525 South Foothill Boulevard

Salt Lake City, UT 84113

Phone: 801-582-3663

Website: http://www.gslc-bsa.org/openrosters/view_homepage.asp?orgkey=157

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

Bouncin' Off The Walls

Address: 398 West 9400 South

Sandy, UT 84070

Phone: 801-568-1234

Website: www.bouncinoffthewalls.com

Bouncin' off the Walls is the ultimate party place. They have two huge private play areas full of inflatable fun for everyone!

C.A.S.T. FOR KIDS

Phone: (801) 524-3664

Website: www.castforkids.org

C.A.S.T. for kids was formed in 1991 to join volunteers who love to fish with disabled and disadvantaged children for a day of fishing in the outdoors. People can leave their problems on the shore for a day of fun on the water!

Common Ground Outdoor Adventure

Address: 355 North 100 East

Logan, UT 84321

Phone: (435) 713-0288

Website: www.cgadventures.org

Common Ground Outdoor Adventures' mission is to provide affordable and accessible recreational opportunities for youth and adults with disabilities in Northern Utah.

Copperview Community Center - Adaptive Recreation

Address: 8446 South Harrison Street

Midvale, UT 84047

Phone: 801-561-0075

Website: www.activityreg.com

A variety of adaptive recreation and social activities are offered for people with disabilities ages 5 to adult.

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Courage Reins – Therapeutic Riding Center

Address: 5870 West 10400 North

Highland, UT 84003

Phone: (801) 756-8900

Website: www.couragereins.org

The Mission of Courage Reins is to improve the quality of life for people with disabilities. Through therapeutic horseback riding and other equine based activities, we provide a safe, fun, and challenging setting for physical, cognitive, social, and emotional growth.

Disaboom!

Website: www.disaboom.com

This website has information on sports and recreation activities in Utah and across the country.

Fairmont Aquatic Center

Address: 1044 East Sugarmont Drive

Salt Lake City, UT 84106

Phone: 801-486-5867

Website: www.recreation.slco.org/fairmont/

At Fairmont Aquatic Center adaptive swim lessons provided for children with special needs.

Girl Scouts of Utah

445 East 4500 South

Murray, UT 84102

801-265-8472

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

A program for girls of all abilities to learn skills and develop self-esteem

Hartvigsen School Pool

Address: 350 East 3605 South

Salt Lake City, UT 84115

Phone: 801-646-4585

The Hartvigsen School features a warm pool with accessible access and they offer regular open plunges.

Hydrotherapy with Liz Egan

Phone: 801-209-1521

Liz has years of experience in teaching children with disabilities to swim and enjoy the relaxing sport of water activities.

Kindred Spirits Integrated Art

230 S. 500 W. #125

Salt Lake City, UT 84101

Phone: (801) 328-0703

Online: <http://www.kindredspiritsart.org/>

Kindred Spirits Art is now part of the Art Access/VSA Program.

Kostopulos Dream Foundation/Camp K

Address: 2500 Emigration Canyon Road

Salt Lake City, UT 84108

Phone: (801) 582-0700

Website: www.campk.org

The Kostopulos Dream Foundation provides recreation and leisure opportunities year-round through two main programs, Camp Kostopulos Summer Camp and Community Based Leisure Education program. The community based program runs September through May and applies to kids, teens and adults. Participants participate in community activities such as: bowling, swimming, dining out, tours, the arts, and social events.

Miracle League Association Of Utah

All games played on the SME Field of Dreams, located just North of the Gene Fullmer Fitness and Recreation Center, 8015 S 2200 W, West Jordan UT 84088

Contact: Carol Synder or Matt Udy

Phone: (435) 615-1932

Phone: (866) 542-6576

www.recreation.slco.org/adaptive

The Miracle League removes the barriers which keep mentally and physically disabled children **off the baseball field and lets the experience the joy of America's favorite pastime. Time:** Games last 1 hour and 15 min. Cost: none

National Ability Center

Address: 1000 Ability Way

Park City, UT 84098

Phone: (435) 649-3991

Website: www.discoverNAC.org

The National Ability Center 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. The objective of these experiences is to build self-esteem, confidence and physical development, thereby enhancing active participation in all aspects of community life. The Center offers more than twenty different programs throughout the year with lessons, trips, camps and retreats. The Ability Center is home to the Ability Ski Team, the Golden Eagles sled hockey team, and the first adaptive bobsled team in the world.

Project Gain

Address: 250 E. 1850 South

Salt Lake City, UT 84112

Phone: (801) 581-8754

Website: www.accessgolf.org

Project GAIN (Golf: Accessible and Inclusive Networks) Golf professionals, rehabilitation specialists, recreation professionals as well as volunteers and mentors implement a rigorous program of golf instruction and social development for a wide variety of people with disabilities. Project GAIN organizes and conducts community based programs that introduce people with disabilities to the game of golf.

Salt Lake County Parks and Recreation – Adaptive Recreation

Address: 8446 S. Harrison St.

Midvale, UT 84047

Phone: (801) 561-0075

Website: <http://www.parks-recreation.org/>

Salt Lake County Parks and Recreation Adaptive Program offers a variety of programs and activities for people with disabilities ages 5 years through adulthood. The Mission of the adaptive program is to enhance the quality of life for individuals with challenges by facilitating an appropriate leisure life-style through positive recreation and education experiences regardless of sex, race, creed, or ability. Programs include socialization activities, various sports, and summer day camps.

SPLORE

Address: 880 East 3375 South

Salt Lake City, UT 84115

Phone: (801) 484-4128

Website: www.splore.org

SPLORE is a Utah-based non-profit organization that is dedicated to enriching the lives of children and adults with disabilities and special needs through outdoor recreation. Some of the programs SPLORE provides include: river rafting, rock climbing, canoeing, snowshoeing, Nordic skiing, dog sledding, and other specialized programs. SPLORE can tailor a half-day, full-day, or multi-day program for individuals or groups at affordable rates or at a scholarship rate. **One of SPLORE's new programs this year is Rock On!** which is an indoor rock climbing program **that specifically caters towards children with Autism and Asperger's syndrome.** Parents and friends are also welcome to attend these programs.

Special Olympics Utah

Address: 243 East 400 South, Suite 111

Salt Lake City, UT 84111

Phone: (801) 363-1111

Toll-free: (800) 722-1589

Website: www.sout.org

Special Olympics is an international program that provides year-round sports training and athletic competition in a variety of Olympic-type sports for more than one million children and adults with intellectual disabilities. Special Olympics Utah, a chapter of Special Olympics, was founded in 1969 and serves more than 2,000 athletes statewide.

Teen Visual Arts Workshops

Address: Art Access/VSA Arts of Utah
230 South 500 West, #125
Salt Lake City, UT 84101
Phone: 801-328-0703
Website: <http://accessart.org/pteen.html>

The Teen Workshops serve teens with and without disabilities. Classes are taught by professional artists, in a gallery setting, through a series of workshops. Thirteen teens are accepted in each workshop, keeping sessions small, thus insuring all participants the opportunity to learn about new art forms and exposing them to the diverse backgrounds and abilities of a variety of peers with and without disabilities.

The Pointe Academy

Address: 55 N. 1400 W
Lindon, UT
Phone: 801-796-1560
Website: www.thepointeacademy.com

Introducing Creative Movement for the special needs. It is our mission to help every child succeed and enjoy the rewards that come from the performing arts. Come and join us and learn about creative expression, enjoy making new friendships, and of course HAVE FUN! Class is free of charge and performance costumes are also paid for by The Pointe. Children will be performing in two benefit concerts, and our year end recital.

The Stable Place

Address: 2877 Cassell Street
West Valley City, UT 84119
Phone: 801-860-3906
Website: www.thestableplaceslc.com

The Stable Place works 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, we provide opportunities to build trust, find hope, and improve the quality of life for people and horses alike.

TOPSoccer In Utah

Utah Chairperson: Sarah W. Smith
Email: sarah.w.smith@utah.edu
Website: www.utahyouthsoccer.net/topsoccer.html

TOPSoccer is UYSA's outreach program for soccer. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, ages 4 – 19, who has a mental or physical disability, to provide meaningful learning, development, and physical participation opportunities to these young athletes through the game of soccer. There are thousands of children with different abilities who need, and can be provided the opportunity to play soccer through TOPSoccer.

Utah Adaptive Recreation Network (UARN)

Address: Alex Johnson 880 East 3375 South

Salt Lake City, UT 84106

Phone: (801) 484-4128

Website: www.splore.org

Utah Adaptive Recreation Network is a collaborative body of six different organizations in Utah that provide recreational opportunities for children and adults with disabilities and special needs. UARN is a coordinated effort of: National Ability Center, SPLORE, Common Ground, Project Gain, Camp K, and Salt Lake Parks and Recreation. They are trying to raise awareness of recreational programs available to people with disabilities and their families. Contact information for each of the collaborating organizations can be found in this book.

Utah Division of Parks and Recreation

Phone: (801) 538-7220, (877) UT-PARKS

Address: 1636 W. North Temple, Salt Lake City, 84116

Website: <http://www.stateparks.utah.gov/visiting/passes.htm>

For people who are legally blind, disabled veterans and people who permanently need a wheelchair, crutches, cane, etc. or have a prosthetic leg. Allows free day use in all state parks, but no discount for camping. Applications available at all state parks and some national forests, or request one by mail. Also available free fishing license-same qual. as above, not including disabled veterans.

U-FIT Special Physical Activity Program

Address: 250 South 1850 East, Room 241

Salt Lake City, UT 84112

Phone: (801) 587-9713

Website: www.health.utah.edu/outreach/ufit.html

Contact: Sarah W. Smith

Email: sarah.w.smith@utah.edu

Phone: (801) 859-2128

The U-FIT Special Physical Activity Program provides fun, noncompetitive physical activities that will help children and youth with disabilities to reach individual goals. Skilled volunteers help the participants build friendships, increase self-esteem, improve motor skills and levels of physical fitness, and have fun in a nurturing environment. The goals and needs of the **ach participant's family is key to the success of the U-FIT program**. The program is family-centered and family-friendly, meeting needs as diverse as those who take part. Family members help develop the goals for each participant.

Virginia Tanner Creative Dance Program

Address: 1901 East South Campus Drive

Salt Lake City, UT 84112-9359

Phone: 801-581-7374

Website: <http://www.tannerdance.utah.edu/>

Virginia Tanner has dance classes specifically designed for children with special needs. The class is called "Special Population Creative Dance".

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Wasatch Adaptive Sports

Address: WAS; Snowbird Ski and Summer Resort

Highway 210, Little Cottonwood Canyon

Snowbird, UT 84092

Phone: (801) 933-2188

Website: www.wasatchadaptivesports.com

Email: info@wasatchadaptivesports.com

Wasatch Adaptive Sports (WAS) a 501 (c)(3) charitable foundation was established in 1977 to help fill the need for affordable recreational and educational programs for children and adults with special needs. Most programs available today are financially out of reach for many families and individuals. WAS does not turn anyone away, requires no initial fee, and provides full or partial scholarships so all can participate. Our programs build strength, stamina and self-esteem while enhancing the quality of life for all our participants. WAS operates year-round and provides many rewarding activities including skiing, snowshoeing and adaptive hockey in the winter; hiking, fishing, orienteering, bicycling and tram rides during the summer. Adaptive horseback riding and bowling are year-round activities offered by WAS.

For more information and one-on-one assistance, please contact the Utah Parent Center at 801-272-1051 or Toll Free in Utah at 1-800-468-1160.