

# Summertime Fun

## Summer Activities for Kids



## Utah Parent Center 2015

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](http://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](http://www.ctdusu.org)

**Phone:** (435) 797-8532

**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 on duty. Noodles and lifejackets available. The leisure pool is wheelchair accessible.

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

**Dates:** Saturdays, June 8-August 17, 2013 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:** <http://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:** <http://www.riseservicesinc.org/>

**Phone:** (801) 676-8940 or [utfsplacements@riseservicesinc.org](mailto: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:** <http://www.cpdsu.org/projects/lr/>

**Phone:** (435) 797-3727

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

## DAVIS AND WEBER COUNTIES

- ☀ **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](http://www.hoofbeats.us)).

**Cost:** Call for fee information

**Contact:** (801) 836-4325 – Main office

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

- ☀ **Spectrum Academy's Summer Camp:** specializes in working with kids on the Autism Spectrum for kids in kindergarten through 8<sup>th</sup> grade. During the summer camp, we will work with your child to help promote positive social skills and gross motor skills. We will have fun making art projects, conducting science experiments, and going to various field trips every Thursday. Choose up to seven weeks of fun-filled activities, or just a few days. Positive behavior reinforcement strategies will be used the duration of camp. Students do not need to attend Spectrum Academy to come to camp! Come see what makes us different.

**Website:** [www.spectrumcharter.org](http://www.spectrumcharter.org)

**Phone:** (801) 936-0318

**Location:** North Salt Lake and Pleasant Grove

**E-mail:** [rjohnson@spectrumcharter.org](mailto:rjohnson@spectrumcharter.org)

**Age:** Grades K-8<sup>th</sup>

- ☀ **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:** <http://www.southdavisrecreation.com/aquatic/adaptive-aquatics/>

- ☀ **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](http://www.swimsass.com)

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

- ☀ **T-Birds Special Olympics:** Southern Utah T-Birds Special Olympics is for children 8 years old and over with intellectual disabilities. This group meets weekly, contact Amy Bates for more information.

**Email:** [bates4ever@hotmail.com](mailto:bates4ever@hotmail.com)

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

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

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

## SALT LAKE CITY AREA

- ☀ **Angel Hands:** AHF provides social outings for our families 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 have also 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. 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:** <http://www.apexbehavior.com/home.html>  
**Phone:** (801) 674-5352
  
- ☀ **Art Access/VSA Utah:** Provides a variety of programs year round for youth with and without disabilities  
**Website:** <http://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 for 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
  
- ☀ **Boys and Girls Club of Murray:** offers programs specifically for children with disabilities.  
**Website:** [www.bgcsv.org](http://www.bgcsv.org)  
**Phone:** (801) 284-4259      **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 are 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](http://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](http://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) 467-8553 **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](http://www.tccslc.org) **Location:** Salt Lake City and Kearns

**Phone:** (801) 582-5534 **Age:** 4-10

**Cost and Duration:** Vary based on program

- ☀ **Children's Literacy Program:** Salt Lake County CAT operates at the Copperview CAT Computer Lab in Midvale. This service is provided free of charge to families in Salt Lake County. The goal of CAT Children's Literacy is to help children learn new or increase existing reading skills. Serves kids ages 5 to 12, regardless of family income. Each literacy "semester" is 12-weeks long. Each child is given a reading assessment, to determine his/her reading level, and identify any learning needs. Children attend twice weekly after school, either Monday/Wednesday, or Tuesday/Thursday. Each session lasts for 45-50

minutes. During the first half of each session, children have "guided reading" with a trained adult Literacy Tutor. During the second half of each session, Tutors assist children to complete computerized Lexia reading-skill builders. Progress notes on reading comprehension, new skills learned, etc. are kept after each session. At the end of the 12-week session, another reading assessment is given, to verify your child's progress.

**Phone:** (385) 468-3238 or (801) 455-4798

**Website:** <http://slco.org/cat/programs/childrensLiteracy.html>

- ☀ **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 or Mercedes (630) 319-8250
- ☀ **Granite Peaks Lifelong Learning:** offers fun community education classes during the summer for children and young adults with disabilities.

**Website:** [www.granitepeaks.org](http://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
- ☀ **Green Tree Yoga:** Summer art and yoga program for kids with disabilities and a parent. Participants learn to self-regulate, focus, manage and release stress, and build strength and balance while having fun. Program is geared toward children 5-10 years old with autism or other disabilities.

**Cost:** \$52 per child for 6-week class  
**Contact Information:** Yael Calhoun (801) 656-7885 or [yoga@greentreeyoga.org](mailto:yoga@greentreeyoga.org)  
**Location:** Holladay, UT
- ☀ **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](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/individuals-with-disabilities/>  
**Phone:** (801) 718-7637                      **Location:** Sandy  
**Ages:** All ages
- ☀ **HopeKids:** provides ongoing events and activities and a powerful, unique support community for families who have a child with cancer or some other life-threatening medical condition.

**Website:** [www.hopekids.org](http://www.hopekids.org)  
**Phone:** (800) 319-5845  
**Ages:** Up to 18



- ☀ **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.

**Cost:** Call for fee information

**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](http://www.lifelonglearningut.com)

**Phone:** (801) 746-7251

**Age:** 18 and older
  
- ☀ **Miracle League Adaptive Baseball:** Miracle League Adaptive Youth Baseball. A new rubber softball field has been built. Meet new friends and learn new skills. 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:** <http://www.recreation.slco.org/genefullmer/youthsports/Miracleleague.html>

**Phone:** (801) 563-8440                      **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. Here, 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 for their families. Space is limited, so please call early!

**Website:** <http://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](http://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. Also has summer camps for children ages 6-14. Children with disabilities are welcome to apply!

**Website:** <http://nhutah.org/>

**Cost:** \$420.00 for 10 weeks from June 9<sup>th</sup> to August 15

**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 Fairmont Aquatic Center and Gene Fullmer Recreation Center.

**Cost:** \$20 a session (8 weeks)  
**Contact Information:** Call Tawnee at (385) 468-1948  
**Location:** West Jordan and Salt Lake City
  
- ☀ **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](http://www.resolutionhorse.org)      **Location:** Herriman, UT  
**Cost:** Free  
**Contact Information:** (385) 232-6273 or [wrangler@resolutionhorse.org](mailto:wrangler@resolutionhorse.org)
  
- ☀ **Ride 2 New Heights:** Offers a Special needs bike camp where kids with disabilities learn to ride a bike.

**Email:** [steven@unitedangels.org](mailto:steven@unitedangels.org)  
**Phone:** 801-834-7503  
**Age-** 8 and older  
**Dates:** June 8<sup>th</sup>-12<sup>th</sup>
  
- ☀ **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:** <http://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:** <http://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 \$3 for drop-ins  
**Location:** Salt Lake County  
**Contact Information:** Call Susie at (385) 468-1296
- ☀ **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:** <http://www.sout.org/events>  
**Phone:** (801) 363-1111 ex 223  
**Age:** 8-Adulthood
- ☀ **Specialty Swim Pool and Hydrotherapy Pool Programs:** are specialized water treatment programs that include pediatric early intervention, sensorimotor integration, adapted swim, and hydrotherapy, PNF, Halliwick and Bad Ragaz. The pool is 90 degrees and adaptive equipment is provided.  
**Phone:** (801) 209-1521                      **Location:** Salt Lake City  
**Cost and Duration:**  
Only \$20 per half hour session/lesson for the whole family (state tax deductible)  
**Age:** All ages
- ☀ **Spectrum Academy's Summer Camp:** specializes in working with kids on the Autism Spectrum for kids in kindergarten through 8<sup>th</sup> grade. During the summer camp, we will work with your child to help promote positive social skills and gross motor skills. We will have fun making art projects, conducting science experiments, and going to various field trips every Thursday. Choose up to seven weeks of fun-filled activities, or just a few days. Positive behavior reinforcement strategies will be used the duration of camp. Students do not need to attend Spectrum Academy to come to camp!  
**Website:** [www.spectrumcharter.org](http://www.spectrumcharter.org)  
**Phone:** (801) 936-0318                      **Location:** 575 Cutler Drive, North Salt Lake  
**Cost and Duration:** June 24 – July 31 (Monday – Thursday)  
**Age:** Grades K-8<sup>th</sup>
- ☀ **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 1855 E 7200 S  
**When:** the 2nd and 4th Thursday of the month  
**Age:** 11-17 Boys              **Email:** for more information E-mail John at [jgarrett@bsamail.org](mailto:jgarrett@bsamail.org)

- ☀️ **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](http://www.splore.org)

**Phone:** (801) 484-4128

**Cost and Duration:** Vary based on program

**Location:** Salt Lake City

**Age:** All ages
  
- ☀️ **The 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](http://www.thestableplaceslc.com)

**Phone:** (801) 860-3906

**Location:** West Valley City
  
- ☀️ **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](http://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](mailto: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 tear-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
  
- ☀️ **TURN Community Services, Inc.:** offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. Will accept 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:** <http://www.utahyouthsoccer.net/programs/topsoccer.aspx>  
**Phone:** (801) 268-3365  
**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](http://www.uaid.org)  
**Phone:** (801) 654-8449  
**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) 281-5546 and (801) 979-8488  
**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](http://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. Helping students become successful readers. 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](http://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](http://www.uilc.org)      **Location:** Salt Lake City  
**Phone:** (801) 466-5565      **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](http://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:** 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](http://wasatchspeechandlanguage.com)  
**E-Mail:** [tgurrister@aol.com](mailto:tgurrister@aol.com)  
**Phone:** (801) 308-0400
  
- ☀ **West Valley Family Fitness Center:** Offers summer camp programs which 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](http://www.wvc-ut.gov/fitnesscenter)
  
- ☀ **Wheelchair Tennis Camp:** Offers Friday night wheelchair play. Also a 2 day summer camp.  
**Website:** [http://www.utahtennis.com/wheelchair\\_tennis/](http://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](http://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

## 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

- ☀ **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.

**Location:** Pleasant Grove

**Cost:** Free

**Email:** [theswimminholellc@gmail.com](mailto:theswimminholellc@gmail.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

- ☀ **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:** Kayla Stiles (208) 863-0767 or Royce Plowman (630) 802-8953.

**Email:** [athleticconnection@byu.edu](mailto:athleticconnection@byu.edu)

- ☀ **Beyond Limits:** Company located in Eagle Mountain that 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
  
- ☀ **Bike Collective:** They offer a free summer earn a bike program. EAB is a rigorous six week introductory bike mechanics course offered for 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 are provided: Thursday and Friday 11:00-11:45 a.m.

**Cost:** Call for updated fee information

**Contact Information:** Jeffrey Mella (801) 787-2689

**Location:** BYU Campus – Richards Building
  
- ☀ **Courage Reins Therapeutic Riding Center:** Horseback riding lessons to people of all ages and abilities.

**Website:** [www.couragereins.org](http://www.couragereins.org) **Blog site for volunteers:** [www.couragereins.org/program.php](http://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 2-3pm.

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

**Contact Information:** (801) 224-4400
  
- ☀ **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](http://www.eatonalliance.com)

**Phone:** (801) 768-0608



- ☀ **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](http://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
  
- ☀ **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. Instructor is certified to teach visually impaired athletes.

**Website:** [www.lehijudo.com](http://www.lehijudo.com)

**Cost:** 1-2 classes/week is \$60/month

**Contact Information:** Danny Hunstman (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](http://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!

**Ages:** 8-17 for tennis and 6-12 for summer camps

**Phone:** (801) 852-6600

**Website:** <http://provomayor.com/2013/06/22/adaptive-recreation-programs/>

**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. Also has Day-Timers groups, bowling, dinners, swimming, social skills and special needs scouts.

**Website:** [www.rahservices.org](http://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](mailto:utfsplacements@riseservicesinc.org)

**Phone:** (801) 676-8940

**Website:** <http://riseservicesinc.org/utah-cat/family-services/summer-programs/>
  
- ☀️ **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 August and run through mid-October on Monday and Wednesday evenings.

**Cost:** \$26 for roughly 20 sessions

**Contact Information:** Michelle Holbrook (801) 768-8851

**Location:** Lehi Legacy Center
  
- ☀️ **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](mailto:hollysumsion@turndreams.org)

**Age:** 6-22
  
- ☀️ **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](mailto: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](mailto: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](mailto:Dave@adaptiveadventures.org) or [Chris@adaptiveadventures.org](mailto:Chris@adaptiveadventures.org)  
**Location:** Lake Powell
- ☀ **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](http://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 which 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](http://www.ayso.org/For_Families/AYSO_Soccer_Programs/VIP.htm#.U2Ks1WHnbyA)  
**Online Registration:** [www.eayso.com](http://www.eayso.com)  
**Email to find your local league at:** [vip@ayso.org](mailto: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](http://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:** <http://www.ymcautah.org/camps>  
**Phone:** 1 (877) 690-9622  
**Age:** 4-18
- ☀ **Care About Childcare:** offers summer childcare guides for counties throughout the state. Offers a handy comparison chart of different programs as well as general summer tips.  
**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](http://www.castforkids.org)                      **Date:** August 9<sup>th</sup>  
**Phone:** (801) 524-3664  
**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
- ☀ **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](http://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 the all can be downloaded from the Apple App Store (look for TrailLink).  
**Cost:** Free  
**Contact Information:** [www.trailink.com/stateactivity/ut-wheelchair-accessible-trails.aspx](http://www.trailink.com/stateactivity/ut-wheelchair-accessible-trails.aspx)

- ☀ **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

**Contact Information:** [www.discovernac.org](http://www.discovernac.org)

**Location:** Park City, UT
  
- ☀ **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:** <http://www.nps.gov/findapark/passes.htm>

**Ages:** All ages
  
- ☀ **UFB Summer Camps:** Variety of camps 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](http://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](http://www.ufbvi.org/calendar.html)).

**Cost:** Please call or check website ([www.ufbvi.org](http://www.ufbvi.org))

**Contact Information:** Email Jalayne at [laynie123@aol.com](mailto: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](http://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](mailto:DWRcomment@utah.gov) or via phone (801) 538-4700

- ☀ **Utah Special Fun Tag:** permit provides free day-use entrance to all Utah State Parks except This Is The Place Heritage Park, and does not cover the \$2 Davis County Causeway fee. A Utah resident who is legally blind, or who is permanently unable to walk so as to be confined to a wheelchair, braces, cane, crutches, or a prosthetic device due to loss of either or both lower extremities, or who is a disabled veteran, may receive a Special Fun Tag

**Website:** [https://secure.utah.gov/parkspass/docs/sft\\_app.pdf](https://secure.utah.gov/parkspass/docs/sft_app.pdf)

**Phone:** (801) 538-7220 Salt Lake

**Ages:** All ages

- ☀ **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](http://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:** <http://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](http://www.snowbird.com)

**E-mail:** [dedgar@snowbird.com](mailto:dedgar@snowbird.com)

**Phone:** (801) 933-2256

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

**Website:** [www.spacecamp Utah.org](http://www.spacecamp Utah.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!

**Website:** <http://weplayunplugged.com/granite/unplugged/>



- ☀ **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:** <http://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](http://hoglezoo.org/education_programs/zoo_classes)  
**Phone:** (801) 582-1631  
**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](http://www.iDTech.com)  
**Phone:** (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](http://imaginationplace.com)                      **E-mail:** [imaginationplace@me.com](mailto: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:** <http://www.theleonardo.org/none/kids/fall/>  
**E-mail:** [bmcnaughton@theleonardo.org](mailto:bmcnaughton@theleonardo.org)  
**Phone:** (801) 531-9800
  
- ☀ **Little Gym:** offers summer camps for children with a variety of themes.  
**Website:** <http://www.thelittlegym.com/Pages/kids-camps.aspx>  
**Phone:** (801) 581-9866  
**Location:** Salt Lake City, Draper, Orem, Sandy  
**Age:** 3-8
  
- ☀ **Mad Science Summer Camps:** offers week long hands on science summer camps.  
**Website:** [www.madscience.org/](http://www.madscience.org/)  
**Phone:** (801) 292-8646  
**Age:** Grades K-5<sup>th</sup>  
**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](http://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](http://www.mckeeschool.com)  
**Phone:** (801) 718-467-1619      **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:** <http://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](http://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:** <http://www.realsaltlake.com/youth/rsl-youth-camps>  
**Phone:** (801) 727-2714  
**Website:** <http://www.realsaltlake.com/youth/rsl-youth-camps>  
**Age:** 3-18
  
- ☀ **Red Butte Garden:** offers nature inspired day camps that combine art, science gardening and exploration. Made for k-6<sup>th</sup> grade.

**Website:** [http://www.redbuttegarden.org/summer\\_camp](http://www.redbuttegarden.org/summer_camp)  
**Phone:** (801) 581-8454  
**Age:** Grades K-6<sup>th</sup>      **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. 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](http://www.rowlandhallsummer.org)  
**Phone:** 801-924-2972  
**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](http://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](http://www.summerfitlearning.com)  
**E-mail:** [george@summerfitlearning.com](mailto: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-9<sup>th</sup>
- ☀ **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](http://www.utaholympiclegacy.com)  
**E-Mail:** [tina@utaholympiclegacy.com](mailto: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](http://www.wasatchgardens.org)      **E-Mail:** [bill@wasatchgardens.org](mailto:bill@wasatchgardens.org)  
**Phone:** (801) 359-2658
- ☀ **Wasatch Kids Camp:** offers a summer camp experience for kids of all backgrounds.  
**Website:** [www.wasatchkidscamps.com/](http://www.wasatchkidscamps.com/)  
**Phone:** (801) 828-7142      **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](http://recreation.slco.org)  
**E-Mail:** [kbailey@slco.org](mailto:kbailey@slco.org)  
**Phone:** (801) 264-2241
- ☀ **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/programs#summer-camp](http://www.zaniaclearning.com/sugarhouse/programs#summer-camp)  
**Phone:** (801) 997-8580

## COMMUNITY EDUCATION

- ☀ **Canyons Community Education**  
**Website:**  
[www.canyonsdistrict.org/index.php?option=com\\_k2&view=item&layout=item&id=396&Itemid=68](http://www.canyonsdistrict.org/index.php?option=com_k2&view=item&layout=item&id=396&Itemid=68)  
**Phone:** (801) 826-6689
- ☀ **Davis Community Education**  
**Website:** [www.davis.k12.ut.us/site/Default.aspx?PageID=695](http://www.davis.k12.ut.us/site/Default.aspx?PageID=695)  
**Phone:** (801) 402-5261
- ☀ **Granite Peaks Community Education**  
**Website:** [www.granitepeaks.org/](http://www.granitepeaks.org/)  
**Phone:** (385) 646-5439
- ☀ **Murray Community Education**  
**Website:** [www.murrayschools.org/parents-and-student/community-education/](http://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: <http://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 cashing for those who don't have GSP receivers.  
Website: <http://www.letterboxing.org/GettingStarted.php>
- ☀ **Now playing Utah:** A website that offers information on upcoming activities including free events.  
Website: <http://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 (6<sup>th</sup>-9<sup>th</sup> 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>
- ☀ **Utah Families "No More Bored Kids Calendar":** A listing of daily activities for children  
Website: <http://www.utahdiscovery.com/uf/calendar.php>
- ☀ **Utah Valley Free Things To Do:** List of free activities in Utah Valley  
Website: <http://www.utahvalley.com/packages-coupons/free-things.aspx>



### UTAH PARENT CENTER INFORMATION DISCLAIMER

*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 Programs under grant #H328M020032. 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.*

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