



Ideas List from the UPC 2014

Programs for Individuals with Disabilities in Utah

STATEWIDE:

- ☀ **Accessible Utah:** Website with information about accessible activities and opportunities throughout the State of Utah.
Website: www.visitutah.com/maps-travel-info/getting-around-utah/accessible-utah/
Location: 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: Statewide

- ☀ **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. Available throughout Utah!
Website: www.ayso.org/For_Families/AYSO_Soccer_Programs/VIP.htm#.U2Ks1WHnbyA
Online Registration: <http://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

- ☀ **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 at no charge). The pass can only be obtained in person at the park.

Website: www.nps.gov/findapark/passes.htm

Ages: All ages

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 **City:** Logan

Cost and Duration: Vary based on program

Age: All ages

- ☀ **Developmental Skills Laboratory (DSL):** provides day training for individuals, with significant disabilities, including functional academic, social, daily living and other skills.

Website: www.idasl.net/brasc.php

Phone: (435) 797-8529

Age: All Ages

- ☀ **Logan Adaptive Aquatics:** is offered every Saturday from 9:00-11:30 AM. 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.

Website: www.loganutah.org/PR/Aquatic/index.cfm#tab6

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

Dates: Saturdays, June 7-August 16, 2014

Time: 9:00-11:30 AM

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 **City:** 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.

Website: <http://riseservicesinc.org/utah-cat/family-services/summer-programs/>

Email: utfsplacements@riseservicesinc.org

Phone: (801) 676-8940

☀ **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) 797-3727

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

DAVIS AND WEBER COUNTIES

☀ **Spectrum Academy's Summer Camp:** specializes in working with kids on the Autism Spectrum for kids in kindergarten through 8th 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/13-announcements/229-summer-camp.html

Phone: 801-936-0318

Location: 575 Cutler Drive, North Salt Lake

Age: Grades K-8th

Cost: \$45 per day, or \$185 per week

Duration: June 16th to August 14th 2014 (Monday thru Thursday)

E-mails: Ruth - rjohnson@spectrumcharter.org or Andrea - aspaulding@spectrumcharter.org

☀ **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. 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

- ☀ **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

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

- ☀ **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

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: learning together, sharing experiences and skills.

Website: www.bicyclecollective.org/

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

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

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

Phone: (801) 631-2742

Location: Salt Lake City

Cost and Duration: Vary based on program

Dates: Kids Camp (campers aged 6 – 11 yrs): June 9 – 13, 2014

Day Camp (campers aged 4 – 7 yrs): June 16 –17, 2014

Teen Camp (campers aged 11 – 19 yrs): June 16 – 20, 2014

- ☀ **Camp Kostopulos:** in Emigration Canyon 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, or Aspergers/high-functioning autism.

Website: www.uafc.org

Phone: (801) 467-8553 or (801) 209-3203

Location: Salt Lake City

Age: 8-12

Cost: \$3,600 for 8 weeks

- ☀ **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/camp-roger
Phone: 1-877-690-9622
Age: 4-18

- ☀ **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/events-calendar/cast-events/strawberry-reservoir/
Email: evimmar@usbr.gov
Phone: 801-379-1182
Location: Strawberry Reservoir
Date: August 9, 2014

- ☀ **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
Phone: (801) 582-5534
Location: Salt Lake City and Kearns
Cost and Duration: Vary based on program
Age: 4-10

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

- ☀ **Easter Seals Goodwill Northern Rocky Mountains:** Offers a variety of programs including Summer and Saturday Camps.
Website: www.easterseals.com/esgw/our-programs/camping-recreation/
Phone: 801-946-1860
Age: All ages

- ☀ **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

- ☀ **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>
Email: info@slcicc.org
Phone: 801-581-0098
Age: K-10 grade

- ☀ **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: www.easterseals.com/esgw/our-programs/camping-recreation/
Phone: 801-946-1860

- ☀ **Harmony Music Therapy:** All ability music groups. Individual and group music therapy. Individual adapted music lessons.
Website: <http://harmonymusictherapy.com/about-harmony-mt/individuals-with-disabilities/>
Phone: 801-718-7637
Ages: All ages
Location: Sandy

- ☀ **HopeKids:** HopeKids provides ongoing events & 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/
Phone: 801-726-9579 or 1-800-319-5845
Ages: Up to 18

- ☀ **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

- ☀ **Miracle League Adaptive 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: www.recreation.slco.org/genefullmer/youthsports/Miracleleague.html
Phone: 801-563-8440
Cost: \$35.00 for both Spring and Fall
Age: 5-21
Location: West Jordan

- ☀ **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: www.murraygreenhouse.org/
Phone: (801) 266-0669
Age: 22 and older

- ☀ **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/>
Phone: 801-363-4589
Cost: \$420.00 for 10 weeks from June 9th to August 15

- ☀ **Peer Connections Program:** is a transition program designed to help students ages 16-22 with high-functioning autism (HFA) establish and enhance their relational skills, while exploring work and career activities. This program fills an existing service gap for students with HFA by providing opportunities for regular social interactions with a peer of similar age during a structured community service activity. Peer Connections provides real world experience in an employment setting focusing on the following essential employment skills.
Website: www.easterseals.com/esgw/our-programs/autism-asd-services/peer-connections.html
Phone- 801-244-3177
Age: 16-22

- ☀ **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

☀️ **SEPS Learning Center:** is an independent private school and clinic. SEPS Summer Programs are structured to help students of all ages and abilities achieve the success they desire. Individualized programs are designed to help student's master reading, writing, spelling and mathematics. Course packages give students the opportunity to study special interests, to focus on strengthening academic trouble areas or to prepare for the upcoming school year. They also offer ESY, brain training and social skills classes.

Website: www.sepslc.com/summer.php

Phone: (801) 467-2122

Location: Salt Lake City

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

☀️ **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

Email: information@sout.org

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/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 8th 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/13-announcements/229-summer-camp.html

Phone: 801-936-0318

Location: 575 Cutler Drive, North Salt Lake

Age: Grades K-8th

Cost: \$45 per day, or \$185 per week

Duration: June 16th to August 14th 2014 (Monday thru Thursday)

E-mails: Ruth - rjohnson@spectrumcharter.org or Andrea - aspaulding@spectrumcharter.org

☀️ **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: John at 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

Phone: (801) 484-4128

Location: Salt Lake City

Cost and Duration: Vary based on program

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

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.
Website: www.swimsass.com
Location: 1044 E. Surgarmont Dr., Salt Lake City
Phone: 801-637-7140

- ☀ **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: info@swimkids.biz
Phone: 801-944-8811

- ☀ **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 who 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: 801.268.3365
Age: All ages

- ☀ **TURN Community Services, Inc.:** offers various activities through their summer day camps. They also offer Saturday night respite and activities throughout the year.
Website: <http://turncommunityservices.org>
Phone : (801) 359-8876 or (866) 359-8876

- ☀ **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: (801) 654-8449
Age: All ages

- ☀ **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

☀ **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. Their 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

Email: uilc@uilc.org

Phone : (801) 466-5565

Location: Salt Lake

Cost and Duration: Vary based on program

Age: 14-22

☀ **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

Phone: 801-538-7220

Location: Salt Lake

Ages: All ages

☀ **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

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
E-Mail: tgurrister@aol.com
Phone: 801-308-0400

- ☀ **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
Cost: \$60
Dates: June 17 – August 5, 2014
Ages: Preschool – Age 6

- ☀ **Wheelchair Tennis Camp:** Offers Friday night wheelchair play. Also a 2 day summer camp.
Website: www.utahtennis.com/wheelchair_tennis/
Phone: 801-944-8782 x 12
Ages: Teens and adults

- ☀ **YMCA Camp Roger and Day Camps:** 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/camp-roger
Phone: 1-877-690-9622
Locations: Heber, Sandy, Taylorsville & Ogden
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://sites.younglife.org/sites/SaltLakeCapernaum/default.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

- ☀ **Courage Reins Therapeutic Riding Center:** offers 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 and Duration: Vary based on program

Age: All ages

- ☀ **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) 768-0608

- ☀ **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!

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

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.

Website: <http://riseservicesinc.org/utah-cat/family-services/summer-programs/>

Email: utfsplacements@riseservicesinc.org

Time: June-August, M-F 9:00 AM – 3:00 PM

Phone: 801-676-8940

- ☀ **The Straighter Way Foundation (Formerly Hoofbeats to Healing):** Provides therapeutic horseback riding for children with disabilities.

Website: www.hoofbeats.us/

Phone: 801-836-4325

Location: Saratoga Springs

- ☀ **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

- ☀ **VIP Adaptive Baseball and Soccer:** available in Mapleton. It is for children ages 5-22 that have disabilities.

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

Phone: (801) 806-9114

Email: parksandrec@mapleton.org

Location: Mapleton

Tooele County

- ☀ **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. Their summer program includes: classes (outing, assertiveness and sexuality, living independently, and nutrition, cooking and shopping), peer tutors, Nitty Gritty, Education Enhancement Summer Program, and more!

Website: www.uilc.org/contact.html

Email: angies@uilc.org

Phone: (435) 843-7353

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: (435) 797-4444

Toll Free: 1-888-4H-YOUTH (1-888-449-6884)

- ☀ **Abakadoodle:** Crayola provides specialty materials & curriculum for this PreK-12 year's old program at sites around the state. Abakadoodle provides remarkable art classes, art camps and art parties and special events for children ages twenty months to twelve years old at schools, community centers and other convenient locations. The Abakadoodle mobile art education program is one of the most popular creativity programs in the world providing innovative art classes, art camps and art parties to tens of thousands of children across the country.

Website: www.abakadoodle.com/ut01/

Phone: 801-641-1160

Locations: Salt Lake, Park City, Riverton, Harriman, South Jordan

Age: 20 Months-12 years

- ☀ **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: 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

☀️ **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

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: 801-582-1631

Age: Grades K-12

Location: Salt Lake

☀️ **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

☀️ **Invent Now:** This exciting, week-long adventure in creativity immerses children, grades 1-6, in imaginative play that reinforces and supplements school-year learning in the subjects of Science, Technology, Engineering and Math (STEM). Children will work together to seek innovative solutions to real-world challenges and sharpen critical 21st century learning skills such as teamwork and creative problem solving as they rotate through four modules each day that disguise learning as fun.

Website: www.campinvention.org

E-mail: aphillips@invent.org

Phone: 800-968-4332

- ☀ **Little Gym:** Offers summer camps for children with a variety of themes.
Website: www.thelittlegym.com/Pages/kids-camps.aspx
Phone: 801) 581-9866
Location: Salt Lake, Draper, Orem, Sandy
Age: 3-8

- ☀ **Mad Science Summer Camps:** Offers week long hands on science summer camps.
Phone: 801-292-8646
Website: www.madscience.org/
Age: Grades K-5th
Location: Salt Lake

- ☀ **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

- ☀ **Momentum Indoor Climbing:** Offers summer camps where kids can learn all about rock climbing while they build confidence. Runs June 5-August 19.
Phone: 801-990-6890
Website: www.momentunclimbing.com/
Age: 7-19
Location: Sandy

- ☀ **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.
Phone: 801-727-2714
Email: tnelson@realsaltlake.com
Website: www.realsaltlake.com/youth/rsl-youth-camps
Age: 5-16

- ☀ **Red Butte Garden:** offers nature inspired day camps that combine art, science gardening and exploration. Made for k-6th grade.
Phone: 801-581-8454
Website: www.redbuttegarden.org/summer_camp
Location: Salt Lake
Age: Grades K-6th

☀ **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 AM or PM slots and are 3 to 5 days in length.

Website: www.rowlandhallsummer.org

Phone: 801-924-2972

Age: 4-14

Location: Salt Lake

☀ **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/summer-camp.html

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

☀ **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/programs/kids/summer/

Phone: 801-531-9800

☀ **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: <https://continue.utah.edu/clubu>

Phone: 801-581-6461

City: 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: www.umnh.utah.edu/camp

Phone: 801-585-3948

Age: K-8th

- ☀ **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: 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: 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: 801-828-7142

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: www.wheelerfarm.com/whatToDo/summerCamp.html

Phone: (385) 468-1755

Community Education

- ☀ **Granite Peaks Community Education:** offers a wide variety of classes and activities in the summer.

Website: www.granitepeaks.org/

Phone: 385-646-5439

- ☀ **Canyons Community Education:** does not offer services during the summer but has many classes during the school year.
Website: canyonsdistrict.org/index.php?option=com_k2&view=item&layout=item&id=396&Itemid=68
Phone: 801-826-6689

- ☀ **Davis Community Education:** various schools are offering math and science programs.
Website: www.davis.k12.ut.us/Page/51630
Phone: 801-402-5261

- ☀ **Murray Community Education:** does not offer any summer programs.
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

- ☀ **Cheap Things to do in Utah:** A website listing 1000 free and cheap things to do in Utah
Website: http://attractions.uptake.com/utah/cheap_vacations/with/p-2.htm

- ☀ **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: <http://letterboxing.org/>

- ☀ **Now Playing Utah:** Website of upcoming events in Utah. Click on the FREE tab to view free events.
Website: www.nowplayingutah.com/

- ☀ **Park District:** Offers information about where to find public parks in Salt Lake City.
Website: www.slcgov.com/cityparks/parks-list-parks

- ☀ **Sandy City Parks and Recreation:** lists of parks, programs and free and paid activities. **(Other counties offer parks and recreation activities as well)**
Website: <http://sandy.utah.gov/government/parks-and-recreation.html>

- ☀ **Salt Lake County Library:** Offers online activities, classes, and summer reading programs for kids and teens. **(Other counties offer Library services as well!)**
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>

- ☀ **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

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 #H328M120018. 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.



Utah Parent Center
Special needs, extraordinary potential