

RECREATION RESOURCES

For individuals with Autism and other disabilities

CACHE COUNTY

- Common Ground Outdoor Adventures: Provides adaptive equipment and support which enable people with disabilities to participate in outdoor recreation alongside their peers. Website: www.cgadventures.org Phone: (435) 713-0288 Location: Logan Age: All ages
- Logan Adaptive Aquatics: People with disabilities are welcome to come utilize the Logan Aquatic Center. Families are encouraged to come and swim with their loved ones. Lifeguard is on duty. Noodles and lifejackets are available. The leisure pool is wheelchair accessible. Website: http://www.loganutah.org/government/departments/parks_and_recreation/aquatic_center/adaptive_programs.php Location: 451 South 500 West, Logan. Phone: (435) 716-9250 Cost and Duration: Vary based on program
- RISE Services Inc.: Offers afterschool and summer programs as well as day programs. recreational activities include skill development. The programs have a high staff-to-child. Website: <http://www.riseservicesinc.org> Email: utfsplacements@riseservicesinc.org Phone: (801) 752-2405 Location: Logan
- 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. © Utah Parent Center Toll-Free in Utah (800) 468-1160 (801) 272-1051 www.utahparentcenter.org Website: <http://www.cpdusu.org/projects/lr/> Phone: (435) 797-7461 Age: Swimming-all ages, others-start at age 2 ½

DAVIS, MORGAN AND WEBER COUNTIES

- Clearfield City Recreation: A variety of activities including a Summer Recreate in the Park program and Friday Adventures. They do allow care/support personnel for the person with a disability to attend with them for free. Open from 8 a.m. to 5 p.m. Website: www.clearfieldcity.org Phone: (801) 525- 2700 Cost: Private Pay Location: 55 South State Street, Clearfield, UT
- Freedom Riders: Freedom Riders is a non-profit equestrian program specifically designed for physically disabled children. Freedom Riders uses well trained horses and specialized equipment to provide balance, coordination, endurance, and improve ambulatory skills to children with cerebral palsy and other physical challenges. These children, with the help of dedicated volunteers, meet each week during the summer

months to learn horsemanship skills as well as stretching exercises and games on horseback. Website: <http://freedomridersutah.com/> Location: Ogden

- 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. Website: www.hoofbeats.us Phone: (801) 836-4325 Location: 5859 N Cottonwood Canyon Rd, Mountain Green, UT
- LIL Flippers: Children experience a wide variety of activities for tumbling using equipment made specifically for this age group. We have a group specifically for special needs. Call the office for details. Website: www.lilflippers.com Phone: (801) 593-8484 Age: Preschool Location: Kaysville
- Ohana Day Center: Ohana is a unique day center for adults with cognitive and developmental disabilities. By observing a planned weekly schedule, members can anticipate and attend activities that are best suited for them. Activities include biking, hiking, fishing, swimming, canoeing, and more. The weekly schedule also includes an art specialists, music therapists, bowling, cultural studies, and life skills. The day includes a healthy homemade lunch and an afternoon snack. Website: www.ohanadaycenter.com Phone: (801) 683-8986 Age: Adults Location: Wood Cross, UT 84087
- 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. Call for appointment, dates and times-usually 9AM-3PM. Website: <http://www.southdavisrecreation.com/aquatic/adaptive-aquatics> Phone: (801) 298-6220 5 Location: 50 North 200 West Bountiful Cost: \$50.00 a day, includes lunch. There are other activities that for a discounted price

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

- Red Rock Center for Independence: Youth between the ages 14-21 participate in activities that prepare them to transition from school to adult life. Life skills, healthy relationships, and socialization are foundational activities for this age group. Children with disabilities between the ages of 5-13 are offered monthly activities and learning opportunities during the school year and can participate in a fun summer programs. Evening Respite Program for individuals with disabilities ages 16 and up as well as the elderly. It is unique in the fact that it's in the evenings. Participants will engage in games, crafts, cooking, movies, etc. Website: <https://www.rrci.org> Phone: (435) 673-7501

- TURN Community Services, Inc.: Offers Saturday Day Camp and activities throughout the year. TURN will accept private pay and DSPD clients. Website: <http://turncommunityservices.org> Phone: (435) 586-1128 or (435) 673-5251

SALT LAKE COUNTY

- Art Access/VSA Utah: Provides a variety of programs year round for youth with/without disabilities Website: www.accessart.org/programs Phone: (801) 328-0703
- Bike Collective: Youth Open Shop is a program for youth ages 8 -17 years old. This is a productive learning environment where youth are surrounded only with their peers and our Youth Education Specialists. Participating youth have the option to work on their own bikes, help repair bikes for the Collective's giving programs, or earn a bike of their own through volunteered hours. Youth Open Shop is free and does not require pre-registration, however, benches are available on a first-come, first-serve basis. Youth Open Shop is held on Mondays and Wednesdays from 3:30pm-5:30pm and Saturday mornings from 10am-12pm.
Website: <https://bicyclecollective.org/programs-salt-lake/youth-programs-salt-lake>
Phone: (801) FAT-BIKE (328-2453) Ages: 6 through adulthood Location: Salt Lake, Provo, Ogden
- Boys and Girls Club of Murray: Programs open to children of all abilities. Website: www.bgcsv.org Phone: (801) 322-4411 Location: Murray Age: Grades K-12
- Cycle Ability Inclusive Cycling Lessons: Website: <https://www.cycleability.org/>
Email: Doreen@cycleability.org Phone: 801-834-750
- Granite Peaks Lifelong Learning: Offers fun community education classes during the year for children and young adults with disabilities. Website: www.granitepeaks.org
Phone: (385) 646-4666 Location: Salt Lake City Age: All ages
- 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. Available at multiple locations throughout the SL Valley.
Website: http://slco.org/recreation/adaptive/aquatics/Otters_Swim_Club.html Phone: Call Ivy at (385) 468-1681 Email: ihausknecht@slco.org Location: Varies in SL County Cost: \$20 a session (8 weeks)
- National Ability Center: Offers a wide variety of programs both seasonally and year-round. Activities include alpine and Nordic skiing, snowboarding, snowshoeing, horseback riding, cycling, water-skiing, wakeboarding, kayaking, canoeing, paddle boarding, challenge course activities, and more for individuals of all ages and abilities.

Winter, spring and summer camps are offered for youth. Website: www.discovernac.org
Phone: (435) 649-3991

- Salt Lake County Adaptive Recreation: Offers a variety of programs and activities for children, teens, and all individuals with disabilities including: Archery, Art, Baseball, Bocce, Bowling, Dance, Goalball, Hockey, Rock Climbing, Rugby, Soccer, Softball, Swim Lessons, Swim Team, Tennis, Theater, Track & Field, Volleyball, Social Events, Summer Camps and more at a reasonable price. Website: <https://slco.org/parks-recreation/adaptive-programs/> Phone: (385) 468-1515 Cost and Duration: Vary based on program
- 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** Website: <http://slco.org/holladay-lions/swim-team/Adaptive-Swim-Club/> Age: 15 & Up Phone: (385) 468-1681 Dates and Times: Friday 3:00-4:30 PM, call for summer dates
- Special Olympics: Offers summer games where individuals with disabilities can compete in a variety of sports including things like cycling, track and field, soccer, and softball. Website: <http://www.sout.org> Phone: (801) 363-1111 ex 223 Age: 8-Adulthood
- Special Needs Scouts and Autism Spectrum Inclusive Scouts: Scout troop 1910 for boys ages 11+ (can help with paperwork for those who are close to 18 to prevent them from aging out of the program) 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. Additional Autism Spectrum troops will be starting soon in other areas Salt Lake. Website: <https://www.saltlakescouts.org/special-needs> Phone: 801-440-5070 Email: john.garrett@scouting.org Location: LDS church building at 5422 S Sarah Jane Dr. (5240 W) Dates and Time: Second and fourth Thursday of the month 7:00-8:30 PM
- SPLORE: Provides indoor and outdoor climbing, whitewater river rafting, paddle boarding, cycling, cross country skiing, snowshoeing and other outdoor adventures for people with disabilities. Splore offers activities and outdoor trips to both individuals and families. Website: www.splore.org Phone: (801) 484-4128 Location: Salt Lake City Age: All ages
- Stable Place: 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. Website: <https://www.thestableplaceslc.com> Email: info@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. All levels are covered. Swim therapy is also available. Website: www.swimsass.com Phone: (801) 637-7140 Location: 1044 East Sugarmount Dr. SLC
- 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 welltrained, enthusiastic and caring instructors are eager to teach your child to swim. Website: <http://swimkids.biz> Email: info@swimkids.biz
- TOPSoccer: A Program of Utah Youth Soccer Association: 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 soccer. Website: <http://www.utahyouthsoccer.net/programs/topsoccer/> Phone: (801) 307-5150 Age: All ages
- TRAILS (Therapeutic Recreation and Independent Lifestyles): TRAILS is an outreach program designed specifically for persons with spinal cord injuries. They facilitate recreational activities to help individuals return to the community. The services they provide are available year-round, including skiing, hand cycling, kayaking, canoeing, swimming, wheelchair tennis, and more. Website: <http://healthcare.utah.edu/rehab/support-services/trails.php> Phone: Tanja Kari (801) 581-2526 Location: University of Utah Health Care
- TURN Community Services, Inc.: Offers Saturday Day Camp and activities throughout the year. They also have an adventure center. TURN will accept private pay and DSPD clients. Website: <http://turncommunityservices.org> Phone: (801) 359-8876 or (866) 359-8876 Location: 3855 South 500 West Suite L, South SLC
- UFIT: The U-FIT Special Physical Activity at University of Utah for children with special needs requiring one-on-one support provides fun, noncompetitive physical activities that will help children and youth with disabilities reach individual goals. Website: www.health.utah.edu/ess/ufit/index.html Phone: (801) 581-7964 Ages: 3-18
- U of U Life Skills Clinic: Offers exciting groups promoting: Social Skills, Sensory Regulation, Feeding Skills, and Motor Skills. Discounts are available for multiple classes

Spots available on a firstcome, first-served basis. Location: Salt Lake City, Utah Cost: Ranges from 240-350 Phone: (801) 585-5722 Email: mary.wood@health.utah.edu

- Utah Independent Living Center: Dedicated to assisting persons with disabilities to achieve greater independence by providing services and activities to enhance independent living skills and promote the public's understanding, accommodation, and acceptance of their rights, needs, and abilities. Website: www.uilc.org Location: Salt Lake City Phone: (801) 265-3951 Age: 14-22 Cost and Duration: Vary based on program
- Virginia Tanner Creative Dance Program: Is a pioneer in the world of children's dance. They take a holistic approach to teaching and learning, respecting each dancer's individual development level and needs. They offer dance classes for children with disabilities all year long. Website: <http://www.tannerdance.utah.edu/summer-camps-dancers-with-disabilities/> Phone: (801) 581-7374 Location: Salt Lake City Age: 5-18 years
- Walking with KPeasey in Utah: Helping individuals complete endurance races from 5Ks to Marathons to various distances of triathlons. They pair each differently-abled athlete with an assistant. They also aide each athlete with obtaining equipment or coaching required to complete the race. Website: www.walkingwithkpinutah.com Email: walkingwithkpeaseyinutah@gmail.com Location: Salt Lake City
- 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/> Phone: (801) 933-2188 Email: info@wasatchsports.com
- West Valley Family Fitness Center: Offers summer camp programs that include field trips. Kids yoga and kids Zumba, rock climbing, silly games, swimming, yummy lunch, snacks, and more. Website: www.wvc-ut.gov/fitnesscenter Location: West Valley Phone: (801) 955-4000
- Zoo for You: Hogle Zoo offers hands on animal classes for children with a variety of special needs. There are classes for children with autism, students that are deaf/blind and children with general special needs. Cost includes an accompanying adult. Visit the website for details and times. Website: https://www.hoglezoo.org/education_programs/zoo_classes/ Phone: (801) 584-1700 Age: 6-18

SUMMIT COUNTY

- National Ability Center (NAC): The NAC is committed to the development of lifetime skills for people of all ages and abilities by providing affordable outdoor sports and recreational experiences in a nurturing environment. Some of the programs available are day camps, swimming, horseback riding, and many more. Please visit their website for a complete listing of what is available. Website: <http://discovernac.org/> Phone: (435) 649-3991 Location: Park City Ages: Vary based on program Cost and Duration: Vary based on program
- Park City Adult Lifelong Learning (PC ALL): Services include day activities for adults with disabilities, including recreation, sports, and leisure classes and instruction with an emphasis in developing independent living skills and social skills through connection to the community. Website: <http://parkcitylifelonglearning.org/> Location: Park City Ages: 18 and older

TOOELE COUNTY

- Utah Independent Living Center (Tooele Satellite): Dedicated to assisting persons with disabilities to achieve greater independence by providing services and activities to enhance independent living skills and promote the public's understanding, accommodation, and acceptance of their rights, needs, and abilities. Website: www.uilc.org Phone: (435)843-7353 Location: 42 S. Main St., Tooele, UT Ages: 14-22 Cost and Duration: Vary based on program

UTAH COUNTY

- Adaptive Art: This class is designed for special needs students. Art projects will be adapted so that each student will be successful. Parents are invited to stay in this class. Two classes - ages 4-7 and 8-15. The class will be an hour long. Website: <http://spanishfork.org/dept/parkrec/arts/youthartsfestival.php> Location: Spanish Fork High School Phone: 801-804-4600 Email: yaf@sfcn.org Cost: Free for kids with special needs
- Beyond Limits: The Company is located in Eagle Mountain and provides aquatic therapy with a 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. Website: <http://beyondlimitspt.com/aquatic-therapy> Phone: (801) 251-6976 Cost: Call for fee information
- Bike Collective: Youth Open Shop is a program for youth ages 8 -17 years old. This is a productive learning environment where youth are surrounded only with their peers and our Youth Education Specialists. Participating youth have the option to work on their own bikes, help repair bikes for the Collective's giving programs, or earn a bike of their own through volunteered hours. Youth Open Shop is free and does not require

pre-registration, however, benches are available on a first-come, first-serve basis. Youth Open Shop is held on Mondays and Wednesdays from 3:30pm-5:30pm and Saturday mornings from 10am-12pm.

Website: <https://bicyclecollective.org/programs-salt-lake/youth-programs-salt-lake>

Phone: (801) FAT-BIKE (328-2453) Ages: 6 through adulthood Location: Salt Lake, Provo, Ogden

- BYU Adapted Aquatics: Swim programs that focus on cognitive development, along with motor and social skills through aquatics. Participants are matched one-on-one with volunteers. Website: <https://yserve.byu.edu/programs/adaptive-aquatics> Phone: Jeffery Mella (801) 787-2689 Location: BYU Campus – Richards Building
- Cycle Ability Inclusive Cycling Lessons: Website: <https://www.cycleability.org/> Email: Doreen@cycleability.org Phone: 801-834-750
- Courage Reins Therapeutic Riding Center: Horseback riding lessons for all ages and abilities. Website: www.couragereins.org Phone: (801) 756-8900 Location: Highland
- Dance Club: The Dance Club offers a free weekly dance class to those with both physical and cognitive disabilities. The classes help your little dancer to improve movement and rhythm. There is an open enrollment held Saturdays 10:00-11:00 am. Website: <http://www.thedanceclub.com/special-needs.html> Phone: (801) 224-4400 Location: Orem, UT
- 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. Website: www.hoofbeats.us Phone: (801) 836-4325 Cost: Call for fee information Location: Saratoga Springs, UT
- Lehi Adaptive Programs: Adaptive programs designed and modified exclusively for patrons with disabilities of any age. Programs include: Zumba, volleyball, swimming, bowling, and basketball. Website: <https://www.lehi-ut.gov/legacy-center/adaptive-programs/> Phone: (385)201-1001 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. The instructor is certified to teach visually impaired athletes. Website: www.lehijudo.com Phone: Danny Huntsman (801) 592-7318
- Provo Recreation Adaptive Activities: 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 needed. They also offer adaptive swimming groups, yoga, soccer, Special Olympics, and more! Website: <http://www.provo.org/departments/recreation/adaptive-programming> Phone: (801) 852-6600 Ages: 6-12 for summer camps

- 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. They also have day-timers groups, bowling, dinners, swimming, social skills, and special needs scouts. For ages 16- adult. Website: <https://www.facebook.com/RAH-Recreation-And-Habilitation-Services-344380514013/> Phone: (801) 374-8074 Location: Provo
- Special Olympics: Offers summer games where individuals with disabilities can compete in a variety of sports including things like cycling, track and field, soccer, and softball. Website: <http://www.sout.org> Phone: (801) 363-1111 ex 223 Age: 8-Adulthood
- TURN Community Services, Inc.: Offers Saturday Day Camp and activities throughout the year. They also have an adventure center. TURN will accept private pay and DSPD clients. Website: <http://turncommunityservices.org> Phone: (801) 343-3900 Email: hollyihenkoro@turncommunityservices.org
- Utah County Parks and Recreation Adapted Aquatics: Programs are provided year-round with swimming instruction for children with cognitive and physical disabilities. Phone: Chad Barth (801) 229-7159 in Orem or Joey Byington (801) 763-3084 in American Fork
- VIP Adaptive League: The VIP Special Needs Sports League in Mapleton City is a unique organization that serves children and adult's ages 5-22 who have any mental and/or physical disabilities. For the children involved, this program allows them the opportunity to participate in the great games of baseball, soccer and basketball that all their friends and siblings are doing without feeling left out. Website: <http://parksandrec.mapleton.org/information/vip-adaptive-league-info/> Phone: (801)806-9114 Email: parksandrec@mapleton.org Age: 5-22 years Location: Mapleton

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

- 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. Website: <https://adaptiveadventures.org/> Email: Chris Chris@adaptiveadventures.org Cost: Prices vary but price will include food, lodging, and equipment.
- 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. Website: www.autismontheseas.com Phone: 1-800-516-5247
- AYSO VIP Soccer – Where Everyone Plays®: Provides a quality soccer experience for children and adults with physical or mental disabilities that make it difficult to successfully participate on mainstream teams. VIP Buddies ensure that every player has a great AYSO experience. Website: www.ayso.org/For_Families/AYSO_Soccer_Programs/VIP.htm#.U2Ks1WHnbyA
- 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
- 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. Website: <http://cgadventures.org/> Phone: (435) 713-0288
- Hiking Utah Mountains: Enjoy the great outdoors as a family on wheelchair accessible trails. TrailLink has a list of accessible, paved hiking trails in Utah. Each trail will be short in length, surfaced for accessibility, and provide descriptions of the hike. You can look at the website or they all can be downloaded from the Apple App Store (look for TrailLink). Website: www.traillink.com/stateactivity/ut-wheelchair-accessible-trails.aspx

- Hogle Zoo: Offers educational programs including zoo classes, zoo camps, and volunteer activities. Website: http://hoglezoo.org/education_programs/zoo_classes Phone: (801) 584-1700 Age: Grades K-12
- 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, snowboarding, 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. Contact Information: www.discovernac.org Location: Park City, UT Phone: 435.649.3991 x625
- 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>
- 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. Website: <http://www.ufbvi.org/index.html> Email: laynie123@aol.com
- 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. Website: www.nps.gov/Utah Cost: Park entrance fee
- Utah Lakes and Rivers: Utah Division of Wildlife Resources has free licenses for Utah residents with physical and cognitive disabilities. Individuals must apply for the license at <http://wildlife.utah.gov/homedisabled.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. Email: DWRcomment@utah.gov Phone: (801) 538-4700
- Utah State Parks: Many Utah State Parks, like the National Parks, have trails that are accessible by everyone. State parks in Utah with such trails are Dead Horse Point, East Canyon, Fremont Indian, Jordanelle, Snow Canyon, and the Historic Union Pacific Rail

trails. Many others have accessible fishing docks, including Bear Lake, Deer Creek, Huntington, Millsite, Quail Creek, Red Fleet, Rockport, Sand Hollow, Starvation, Utah Lake, Willard Bay, and more. Website: www.stateparks.utah.gov

- 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