



Utah Parent Center 2018

Programs for Individuals with Disabilities in Utah

CACHE COUNTY

- **Common Ground Outdoor Adventures:** Provides adaptive equipment and support which enable people with disabilities to participate in outdoor recreation alongside their peers.
Website: www.cgadventures.org **Phone:** (435) 713-0288
Location: Logan **Age:** All ages
- **Developments Skills Laboratory:** Provides day training for individuals, including functional academic, social, daily living, and other skills. There are also summer recreation programs for children and youth with disabilities.
Website: <http://www.cpdsu.org/projects/dsl/> **Phone:** (435) 797-1981
Location: Logan **Age:** Varies based on program
- **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
- **OPTIONS for Independence:** 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.
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.

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

Cost: Private Pay

Phone: (801) 525- 2700

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

- **GiGi's Playhouse:** A Down Syndrome achievement center with 14 different programs for all ages. Free programs as well as great volunteer opportunities available.

Email: layton@gigisplayhouse.org

Phone: (801) 784- 7429

Location: 471 W Heritage Park Blvd #4, Layton 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

Location: 5859 N Cottonwood Canyon Rd, Mountain Green, UT

- **LIL Flippers:** Children experience a wide variety of activities using equipment made specifically for this age group. We have a group specifically for special needs. Call the office for details.

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. Summer 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.

- **Summer Constraint Induced Therapy Camp:** Constraint Movement Therapy (CIMT) is a type of therapy where a child's less affected/dominant arm is placed in a constraint and restrained over a

period of time. While their dominant side is restrained, kids are encouraged engaged in tasks to retrain their affected upper extremity. Many studies have shown significant positive changes in the amount of functional use, improved quality of life and new motor movements of participants affected arm using this intervention. Camp is for kids ages 2-4, 4-8, and 9-13. Therapy available for speech, PT, OT, and feeding year round.

Phone: (801) 397-8700

Location: 280 North Main St. Bountiful

- **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
- **TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer 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

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

- **Red Rock Center for Independence:** Evening Respite Program for individuals with disabilities ages 16 and up as well as the elderly. It will be held 5:00 to 9:00 PM. Starting on Wednesday and Fridays and will eventually work into more evenings. 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 various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. TURN will accept private pay and DSPD clients.
Website: <http://turncommunityservices.org>
Phone: (435) 586-1128 or (435) 673-5251

SALT LAKE CITY AREA

- **Angel Hands:** AHF provides monthly social outings for our families of children with rare disorders. Many of our children do not go out in public due to their conditions or physical limitations. AHF has taken families to professional hockey, basketball, and baseball games. We have had private swimming parties, pizza parties, Christmas parties, fishing parties, picnics, taken kids snow skiing, and we also have gone to movies and the circus. Many of these events are luxuries that our families cannot afford due to the financial hardships brought on by the diseases.
Website: <http://angelshands.org/> **Phone:** (801)280-1801
Location: Salt Lake City
- **APEX ADVENTURE CLUB:** Learn, practice, achieve the skills to make and keep friends. They are now enrolling children and teens in Salt Lake, Davis and Weber Counties. Current classes are scheduled outside of school hours. A summer camp program is also available. Perfect for children on the autism spectrum or for kids with related behavioral disorders.
Website: www.apexbehavior.com **Phone:** (801) 674-5352
- **Art Access/VSA Utah:** Provides a variety of programs year round for youth with/without disabilities
Website: www.accessart.org/programs **Phone:** (801) 328-0703

Location: Salt Lake City

Age: 3-22

- **Bike Collective:** They offer a free summer earn a bike program. EAB is a rigorous six-week introductory bike mechanics course offered free to anyone ages 6-18. Each class is 1.5 hours long, twice a week, totaling 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 (328-2453)
Ages: 6 through adulthood **Location:** Salt Lake, Provo, Ogden
- **Bear-O-Care:** Offers year round respite care services for children and adults with significant disabilities. They may also be running some specialty summer programs. We have over 3000 sq. ft. in 3 large rooms and a sensory room, and children will have a variety of activities to choose from. Every session has a Manager, Respite leaders, and volunteers from local high schools and universities. Depending on need, an RN or LPN can be onsite to administer medications, deliver g-tube feedings, or assist with other needs (please specify your needs in the registration form).
Website: <http://www.bearocare.org/> **Phone:** (801) 419-4731
Ages: 6 through adulthood **Location:** Riverton
- **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
- **Camp Hobé:** A special summer camp designed for children with cancer and their siblings, who are often forgotten in the cancer experience. Camp Hobé gives kids the opportunity to participate in camp activities just like healthy children whose families not affected by cancer. The camp program provides medical and psychosocial supervision to ensure children are safe both mentally and physically during camp.
Website: www.camphobekids.org **Phone:** (801) 631-2742
Duration: Dates through June **Location:** Salt Lake City
- **Camp Kostopulos:** Located in Emigration Canyon- 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, 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
- **Camp Takoda:** 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.
Website: <http://www.camptakoda.com/> **Phone:** (801) 808-8947
Location: Salt Lake City **Age:** 8-12
- **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
Age: 4-10

- **Columbus Community Services:** Offers programs to provide transition services for young adults with autism and other youth with disabilities including social and interpersonal skills, skills to access the community, and employment skills. For families looking for community-based respite and supervised care for individuals who want to participate in structured activities that may or may not have DSPD services. The program operates from 8 a.m. to 3 p.m., Monday-Friday.
Website: <http://www.columbusseves.org/> **Location:** Salt Lake City
Phone: (801) 262-2066 **Age:** 16-through adulthood
- **CTR Supports Summer Programs:** Offers programs for children 2 years to 6th grade with neurodiverse needs. See their website for more information about the different programs they provide.
Website: <http://www.ctrsupports.com> **Phone:** (801) 788-4978
- **Girls on the Run:** During the week-long session, girls entering 3rd – 5th grades will enjoy building friendships in a fun and inclusive setting that includes interactive games, being physically active, and expressing creativity through arts and crafts and storytelling. Camp GOTR provides a one-of-a-kind opportunity for girls to develop self-confidence, have fun with friends, and learn life skills they can use now and as they grow. Three camps: June 25-29, 2018 at Rowland Hall, July 30 - August 3, 2018 at Rowland Hall, and August 6-10, 2018 at Sugarhouse Park.
Email: ivy@girlsontherunutah.org **Cost:** \$190.00
- **Granite Peaks Lifelong Learning:** Offers fun community education classes during the summer for children and young adults with disabilities.
Website: www.granitepeaks.org **Phone:** (385) 646-4666
Location: Salt Lake City **Age:** All ages
- **Easter Seals Camps:** Offers individualized services and education for children of all ages living with a disability. They offer Handwriting Camp and Wiggly Worm Sensory Processing Class in the summer.
Website: <http://www.easterseals.com/esgw/our-programs/camping-recreation>
Phone: (801) 633-2091
- **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://harmoniustherapy.com/about-harmony-mt/for-parents/>
Phone: (801) 718-7637 **Location:** Sandy
- **Hydrotherapy with Liz Egan:** Liz Egan provides hydrotherapy each day of the week from 3-9pm and also on weekends. Liz has a wealth of experience helping children with disabilities move, stretch, and relax using water therapy techniques.
Location: Cottonwood Heights Recreation Center
Cost: \$20 per half hour session **Phone:** 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:** 2 years-10th grade
- **Just For Kids Pediatric Occupational Therapy:** Provides occupational therapy services to children with sensory processing disorder, autism, and developmental delay. In the summer, Just for Kids provides intensive individual occupational therapy, social skills camp, writing camp, and field trips.
Website: otjustforkids.com **Email:** Susan@otjustforkids.com
Phone: 801-231-9207

- Lifelong Learning Center:** Provides help for all participants ages 18+ to realize their individual and unique potential. Their day programs provide life skills, job skills and social skills so students can achieve a greater degree of independence and participate more fully in society.
Website: www.lifelonglearningut.com **Phone:** (801) 746-7251
Age: 18 and older
- 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.
Website: <http://www.murraygreenhouse.org/>
Phone: (801) 266-0669 **Age:** 22 and older
- Neighborhood House:** Neighborhood House provides a safe, home-like environment for non-aggressive individuals 18 years and older who need supervised care during the day. Since 1978, we've been a pioneer in adult day care services—not just in Utah, but in the nation. Our ability to provide a responsive and caring environment for both clients and caregivers sets us apart from other adult day care providers. Our programs ensure our clients receive the physical, mental and social services they need. We also have summer camps for children ages 6-14. Children with disabilities are welcome!
Website: <http://nhutah.org/> **Cost:** \$420.00 for 10 weeks
Phone: (801) 363-4589
- Otters Swim Club:** Otters provides swimming instruction for youth with autism or intellectual disabilities. Programs are provided in 8-week sessions with an option of year-round participation. 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
- Rite Care Learning Centers:** Tutor children with language and/or learning disabilities for free with help from a tutor. The participation of the parent or other attending adult is essential. When the adult learns along with the child, the concepts taught can be reinforced at home and the child is much more confident.
Website: <http://utahscottishrite.org/rite-care/>
Phone: (801) 486-0579 **Location:** Salt Lake City
- 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
- 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 **Age:** Grades K-12
Location: Taylorsville, Sandy, West Jordan, and West Valley City

- **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 Needs Bike Camp:** Cycle Ability offers a Special needs bike camp where kids with disabilities learn to ride a bike.

Website: <http://www.cycleability.org/> **Email:** Doreen@cycleability.org
Phone: 801-834-750 **Age:** 8 and older
- **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:** 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, evening, private, semi-private, and group classes are available. Classes for infants to adults, such as Beginning/Introductory Classes, Technique Coaching, Swim Team Preparation, Water Survival, and Adaptive Needs Programs.

Website: www.swimsass.com **Phone:** (801) 637-7140
Location: 1044 E. Surgarmont Dr. SLC, UT
- **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

- **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 various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. Turn accepts private pay and DSPD clients.
Website: www.turncommunityservices.org **Phone:** (801) 486-3778
- **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.aidutah.org **Phone:** (302) 990-UAID
- **U Can Learn Center:** 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, with locations in Murray and 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.
Website: <http://ucanlearn.net> **Phone:** (801) 553-6480
Location: 6308 South 900 East Murray, UT 84106
- **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 Autism Spectrum Disorder Clinic:** Offers Summer skills groups for kids (age 8-13), teens (13-17), and adults (18 and up). Contact the groups for specific dates and details of the groups.
Kids Summer Leisure Skills Group (ages 8-13):
Wednesdays from 4:30 to 5:30 pm, \$40/week at various locations
Contact: 801.678.5634 or jubel.morgan@hsc.utah.edu
Teen Social Skills Group (ages 13-17):
Wednesdays from 5:00 to 6:30 PM, \$40 per week at Liberty Park
Contact: 801.587.8020 or Kristina.cottle@utah.edu
Adult Autism Social Skills (through December):
2nd and 4th Tuesday of the month, 4:00 to 5:50 pm, various locations
Contact: 801.581.5515 or 801.678.5634
- **U of U Reading Clinic:** Offers Reading Assessment and Intervention, Professional Development, Mobile Reading Clinics, and Consultation Services. The clinic helps students become successful readers and is a resource for parents, teachers, and struggling readers-especially those students in grades one through three. Children who qualify for services are enrolled on a "first come, first served basis" when space is available. Programs are available in the summer.
Website: www.uurc.utah.edu **Location:** Murray, Utah

Phone: (801) 265-3951

Email: uurc@ed.utah.edu

- **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 Insurance spots available on a first-come, first-served basis. **Summer Group Dates: June 25 – August 9**
Handwriting Heroes-Ages: 4-11 years Tuesdays 1:00-2:00 (4-8 YRS)
This group is for children who need additional support and instruction to help improve handwriting.
Out and About-Ages: 4-11 years Mondays & Wednesdays 9:30-10:30 (4-8 YRS)
This group fosters success in peer/social interactions for children who may struggle with social skills.
Hungry Hippos-Ages: 4-11 years Thursdays 11:00-12:00 (4-8 YRS)
This group tackles feeding issues through fun, messy play in the kitchen!
Sensory Scientists-Ages: 4-8 years Monday – 10:00-11:00 Wednesdays, 10:30-11:30
Kids will explore, discover, and use all sensory systems to engage in fun activities!
Movement Monkeys-All ages welcome! Wednesday's from 10:00-11:00 AM. Yoga, Zumba, Dance, and other exercises are a fantastic way to enhance body awareness, strength, and sensory regulation.
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, including during the summer.
Website: <http://www.tannerdance.utah.edu/summer-camps-dancers-with-disabilities/>
Phone: (801) 581-7374 **Location:** Salt Lake City
Age: 5-18 years **Cost and Duration:** \$182 July 30-Aug 3
- **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/summer-programs/>
Phone: (801) 933-2188 **Email:** info@wasatchsports.com
- **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: www.wasatchspeechandlanguage.com
E-Mail: info@wasatchspeech.com **Phone:** (801) 308-0400
Location: Holladay **Duration:** July 30-August 3
- **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

- **Wheelchair Tennis Camp:** Wheelchair camp held weekly in the summer.
Website: http://www.utahtennis.com/wheelchair_tennis/
Phone: (801) 944-8782 ext 112 **Ages:** Teens and adults
- **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. *Summer programs are running 2 days a week. Camp Discover will take place July 30-31.
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

- **Adaptable Art:** Students will get to make something to take home each day. This class is designed for special needs students. Art projects will be adapted so that each student will be successful. Let's make art special together! Parents are invited to stay in this class. Two classes - ages 4-7 and 8-15. The class will be an hour long. Times are to be announced but will be between 9 am and 2 pm.
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
- **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).

Website: <https://yserve.byu.edu/programs/athletic-connection>

Phone: Brian (208) 971-7191

Email: athleticconnection@byu.edu

Location: BYU Campus

Cost: Call for fee information

- **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://beyonlimitspt.com/aquatic-therapy>
Phone: (801) 251-6976 **Cost:** Call for fee information
- **Bike Collective:** They offer a free summer earn a bike program. EAB is a rigorous six-week introductory bike mechanics course offered free to anyone ages 6-18. Each class is 1.5 hours long, twice a week, totaling 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
- **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
- **Courage Reins Therapeutic Riding Center:** Horseback riding lessons for all ages and abilities.
Website: www.couragereins.org **Phone:** (801) 756-8900
Location: Highland
- **The Dance Club:** The Dance Club offers a free weekly dance class to those with both physical and cognitive disabilities. The classes help your little dancer to improve movement and rhythm. There is an open enrollment held Saturdays 10:00-11:00 am.
Website: <http://www.thedanceclub.com/special-needs.html>
Phone: (801) 224-4400 **Location:** Orem, UT
- **Eaton Alliance:** Provides around the clock living solutions to people with Autism and other developmental disabilities in all aspects of life in a variety of programs. Programs include: residential, day programs, supported living, host homes, and professional parenting.
Website: www.eatonalliance.com **Phone:** (801) 766-8541
- **Hoofbeats to Healing:** Hoofbeats to Healing is dedicated to providing therapeutic horseback riding, using an effective natural approach to horseback riding therapy. They work with a variety of different disabilities. For more information, check out their website.
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
- 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.nesutah.com
Phone: (801) 701-0872 for girls program in Lehi or (801) 426-4961 for boys program in Orem
- 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
- 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/services/utah/>
Phone: (801) 676-8940 **Email:** utfsplacements@riseservicesinc.org
- Special Needs Bike Camp:** Cycle Ability offers a Special needs bike camp where kids with disabilities learn to ride a bike.

Website: <http://www.cycleability.org> **Email:** Doreen@cycleability.org
Phone: 801-834-7503 **Age:** 8 and older
- 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 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.

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
- Utah Valley University Life Skills Clinic:** Offers a variety of classes and groups to assist people with gaining life skills with an occupational therapy focus. They work in collaboration with other professionals to help determine and meet the needs of children of all ages who are experiencing challenges with developmental and functional performance. Classes range from 3-6 participants so register early.
Location: UVU Autism Building
Phone: (801) 585-5722
Cost: Ranges from \$150
Email: mary.wood@health.utah.edu
- 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
Age: 5-22 years
Email: parksandrec@mapleton.org
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

- **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: (877) 690-9622 **Age:** 4-18
- **Care About Childcare:** Offers summer childcare guides for counties throughout the state. The website offers a handy comparison chart of different programs as well as general summer tips. The website also helps match parents with childcare providers.
Website: <http://careaboutchildcare.utah.gov/resources/default.aspx?list=7>
- **CAST- Catch a Special Thrill:** 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 where both children and adults could benefit. Children and adults can leave their problems on the shore and share a day of fun on the water.
Website: www.castforkids.org **Date:** August 9th
Phone: (425)251-3214 **Location:** Strawberry Reservoir
- **Common Ground Outdoor Adventure:** Common Ground's mission is to provide life-enhancing outdoor recreational opportunities for youth and adults with disabilities. Activities include canoeing, cycling, snowshoeing, skiing, hiking, climbing, and fishing with all necessary equipment provided.
Website: <http://cgadventures.org/> **Phone:** (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
Phone: 1-800-221-6827 **Age:** All ages
- **Family to Family Network (FtoFN):** The Family to Family Network (FtoFN) is a statewide family support network run by volunteers. It is designed to educate, strengthen, and support families of persons with disabilities, especially those who are on the waiting list or are in services with the Division of Services for People with Disabilities (DSPD). Network leaders are parents of individuals with special needs and link families to local resources, services, and disability-friendly events. Please see their Facebook page for information on events in your area, or contact the Utah Parent Center at 801-272-1051 to be added to their mailing list. The FtoFN is a project of the Utah Parent Center.
Website: <https://www.facebook.com/utahfamilytofamilynetwork/>
- **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
- **Megaplex:** Offers a sensory friendly summer movie series for children. All sensory friendly showings will be at 10:30 am. Just \$10.00 for 10 weeks!
Website: <https://www.megaplextheatres.com/i/kidsmovies>
Phone: Call your local theater for details
- **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>

- **Rite Care Learning Centers:** Tutor children with language and/or learning disabilities for free with help from a tutor. The participation of the parent or other attending adult is essential. When the adult learns along with the child, tutoring sessions can be reinforced at home and the child is much more likely to make significant progress. All it takes to enter the program is a simple phone call.

Phone: (801) 627-8878

Website: <http://utahscottishrite.org/rite-care/>

Location: Ogden, UT

Cost: Free

- **UFB Summer Camps:** A variety of camps are available between the first week in June through the first week in August. Students may attend as many camps as are appropriate for them.

Website: <http://www.ufbvi.org/index.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.

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/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.

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.

Email: 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: <https://utah4h.org/projects/specializedprograms/camps/>

Phone: (435) 797-4444

- **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. Offers a variety of different science themed summer camps throughout the summer.
Website: <http://www.theleonardo.org/summercamps>
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/summer/summercamps
Phone: (801) 947-8222
- **Farpoint Space Education Center:** Day and overnight camps involving simulated space missions.
Website: www.spacecamputah.org **Location:** Lehi
Phone: (801) 768-4295 **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! Kick Off Party on Monday May 23rd at Woodrow Wilson Elementary.
Website: <https://www.weplayunplugged.com/>
Email: info@weplayunplugged.com **Phone:** 435-625-1289
- **Higher Ground Learning:** 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
- **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
- **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
- **Little Gym:** Offers summer camps for children with a variety of themes for ages 3-8.
Website: <http://www.thelittlegym.com/Parties-Camps#camps-anchor>
Phone: (801) 581-9866 **Location:** Salt Lake City, Draper, Orem, Sandy
- **Mad Science Summer Camps:** Offers weeklong hands on science summer camps.
Website: www.madscience.org/ **Phone:** (801) 292-8646
Age: Grades K-5th **Location:** Salt Lake City
- **Mathnasium:** Our goal is to significantly increase your child's math skills, understanding of math concepts, and overall school performance, while building confidence and forging a positive attitude.

Website: www.mathnasium.com

E-mail: cottonwoodheights@mathnasium.com

Phone: (877) 601-6284

- **McKee Language School:** Children learn Spanish through immersion in an atmosphere of play from native Spanish speakers trained in the McKee Language System. Summer sessions begin in June.
Website: www.mckeeschool.com **Phone:** (801) 374-8854
- **Momentum Indoor Climbing:** Offers summer camps where kids can learn all about rock climbing while they build confidence.
Website: <https://www.momentumclimbing.com/summer-camp/>
Phone: (801) 990-6890 **Age:** 7-19
- **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: <http://www.murray.utah.gov/272/Camps-Workshops>
Phone: (801) 264-2614
- **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
- **Red Butte Garden:** Offers nature inspired day camps that combine art, science gardening and exploration, for K-6th grade.
Website: <http://www.redbuttegarden.org.s3-website-us-east-1.amazonaws.com/summer-camp/>
Phone: (801) 585-0556 **Location:** Salt Lake
- **Rowland Hall Summer Works:** Sports camps and mini classes for teens and children taught by Rowland Hall Faculty and Coaches. Everything from science and pottery to creative writing and high ropes course adventure to acting and social skills are offered. Open to students from across the region!
Website: www.rowlandhallsummer.org
Phone: 801-924-2971 **Age:** 4-14
Location: Salt Lake City
- **Scales & Tails Utah:** We offer entertaining, educational, and interactive reptile and bird shows to cities all over Utah. We will travel to your location and perform our show for your child's birthday, scout group, classroom, school assembly and pretty much any kind of event that you would have us come to. This will be the second year we are offering a summer camp for kids to be held in our animal shop!
Website: www.scalesandtailsutah.com
Phone: (801) 577-7182
- **Summer Fit:** Research shows it takes roughly 3-6 weeks to form a habit. Summer Fit promotes a Whole Child approach to learning and helps build healthy habits during the summer for a successful school year. The Summer Fit Activity Book series reviews and previews basic skills in reading, writing, math, and language arts, along with weekly core values and a daily fitness routine to keep children busy, active, and learning.
Website: www.summerfitlearning.com **E-mail:** kelly@summerfitlearning.com
Phone: (480) 665-1042
- **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

- **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://nhmu.utah.edu/summer-camp-2017>
Phone: (801) 585-3948 **Age:** K-9th
- **Utah Olympic Oval:** Family Fitness and recreation. Children participate in FUNdamental classes where they learn the fundamentals of sport such as throwing, balance, and more.
Website: <https://utaholympiclegacy.org/utah-olympic-park-summer-sport-programs/>
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: <https://wasatchgardens.org/youth/summer-camps>
Phone: (801) 359-2658
- **Wasatch Kids Camp:** Offers a summer camp experience for kids of all backgrounds.
Website: www.wasatchkidscamps.com/
Phone: (801) 263-2267 **Age:** 5-13
- **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: wheelerfarm.com **E-Mail:** kbailey@slco.org
Phone: (385) 468-1755

COMMUNITY EDUCATION

- **Canyons Community Education**
Website: <http://www.canyonsdistrict.org/community-ed>
Phone: 801-826-5000
- **Davis Community Education**
Website: <https://www.davis.k12.ut.us/domain/14492>
Phone: (801) 402-0720
- **Granite Peaks Community Education**
Website: <https://schools.graniteschools.org/granitepeaks/>
Phone: (385) 646-5439
- **Murray Community Education**
Website: <http://www.murrayschools.org/community-education-classes/>
Phone: 801-264-7400

*****Many other districts in Utah also offer Community Education classes.
Call your local school district to see what they offer.*****

FREE ACTIVITY IDEAS

- **Find a Museum:** Find a local Utah Museum (some are free, we recommend calling for pricing/hours.)
Website: <http://www.utah.com/museums/>

- **Letterboxing:** It's 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!
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/>
- **Adaptive/ All Ability Playgrounds:**
 - Orem, UT:
<http://www.alltogetherplayground.com/>
 - St. George, UT:
<https://www.sgcity.org/legacy/thunderjunctionallabilities/>
 - West Jordan, UT:
<https://www.facebook.com/pages/Sierra-Newbold-Memorial-Park/295360153956860>
 - South Jordan, UT (under construction):
<http://www.sjc.utah.gov/all-inclusive-playground-coming-to-south-jordan-city/>
 - Syracuse, UT:
<http://syracuseut.com/Departments/CityParks/SunshinePlayground.aspx>
https://www.facebook.com/pg/Chloes-Sunshine-Playground-111044382969/about/?ref=page_internal
 - Logan, UT:
<http://whittiercenter.org/>
<http://utahsadventurefamily.com/whittier-center-adventure-playground/>
 - Snowbird, UT (Ask the hotel for a map, it is tricky to find, down a walkway behind some trees):
<http://www.snowbird.com/winter/adaptive-sports/>
 - Salt Lake City:
<http://www.slcgov.com/cityparks/parks-liberty-park>
 - Eagle Mountain (under construction):
<http://eaglemountaincity.com/Home/Components/FacilityDirectory/FacilityDirectory/17/36>
- **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 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). 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.
Website: <http://saltlakecounty4-h.org>
- **Wheelchair Accessible Hikes:** A list of wheelchair accessible hikes posted by a blogger. They include links to get more information about each hike.
Website: <http://wanderookie.com/blog/2015/07/27/12-beautiful-wheelchair-accessible-trails-in-utah/>
- **Free meals for children through the Utah food bank:** The Utah Food Bank runs a program called “Kids Café” that feeds children throughout the state at various locations.
Website: <https://www.utahfoodbank.org/programs/kids-cafe/>
- **USDA Free meals for kids through the Summer Food Service Program:** Free meals at various locations for kids.
Website: <https://www.fns.usda.gov/sfsp/summer-food-service-program>

- **Hill Air Force Base:** 30 acres of military air craft to look at and walk through. It is located at the northwest corner of Hill Air Force Base. Most of the museum is wheelchair accessible.
Website: <http://www.hill.af.mil/Home/Hill-Aerospace-Museum/>
- **Wheeler Farm:** Free historic working farm. There are small fees for hayrides and milking cows.
Website: <http://slco.org/wheeler-farm/>
- **Gale Center Museum:** Offers a unique look at the history of South Jordan and Americana. With its interactive displays and hands on approach to learning, it is a great place to visit with young children.
Website: <http://www.sjc.utah.gov/gale-center-museum/>
- **Summer Fun National Summer Camp Directory:** Links to over 200 camp Web sites serving children with disabilities, as well as useful information and resources to help create a rewarding summer camp experience for you and your child.
Website: <http://fcsn.org/camps/>
- **Utah Families "No More Bored Kids Calendar":** A listing of daily activities for children.
Website: <https://utahfamily.com/main/utah-family-calendar>
- **Enjoyutah.org:** Comprehensive statewide list of free activities.
Website: <http://www.enjoyutah.org/2011/12/free-utah-events-activities-and-places.html>
- **Utah Valley Free Things To Do:** List of free activities in Utah Valley.
Website: <http://www.utahvalley.com/packages-coupons/free-things.aspx>
- **Salt Lake City Free Attractions:** A list of free activities in Salt Lake City.
Website: <https://tipsforfamilytrips.com/utah/free-things-to-do-in-salt-lake-city/>
- **Park City Free Attractions:** A list of free activities in Park City.
Website: <http://www.saltproject.co/blog/7-free-things-do-kids-park-city>



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