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Look for the  logo- to find some resources we haven't listed before

CACHE, BOX ELDER & RICH COUNTIES

- 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
Email: alex.cgoa@gmail.com
- 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.cpdusu.org/services/developmental-skills-laboratory>
Phone: (435) 797-1981 **Location:** Logan (USU)
Email: drake.rasmussen@usu.edu **Age:** Up to 21 years
- 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. No cost for participants and families 9 am- 11:30 am June 1- August 24 (closed July 6 & August 10).
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. Always call first.
Website: <http://www.optionsind.org/> **Phone:** (435) 753-5353
Location: Logan & Brigham **Email:** mkaneko@optionsind.org
Age: All ages **Cost and Duration:** Vary based on program
- 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: (435) 752-2405 **Location:** Logan
-  **Special Olympics- Golden Spikers:** Year Round sports training and athletics competition for people with disabilities. Team practices in Brigham City and Tremonton welcome athletes of all ages from all over Box Elder County.
Website: <http://sout.org/golden-spikers/> **Age:** All ages
E-mail: goldenspikers@gmail.com
- 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, basketball, soccer, bowling, and swimming. Check us out on Facebook!
Website: <http://cpd.usu.edu/services/top-sports-activities> **E-mail:** ericaj174@yahoo.com
Phone: (435) 797-3727 **Age:** Swimming-all ages, others-start at age 2 ½

DAVIS, MORGAN AND WEBER COUNTIES




- Bear-O-Care:** Offers year round respite care services for children and adults with significant disabilities. 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:** 355 E 400 S Ste.106, Bountiful
- 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. The Pool now has new equipment and more specific programs.

Website: www.clearfieldcity.org *Find the Summer Guide on line or in print
Cost: Private Pay **Location:** 55 South State Street, Clearfield
- 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:** Golden Spike Event Center
1000 N 1200 W St, Ogden
Contact Via Messenger: <https://www.facebook.com/FreedomRidersUtah/>
- GiGi's Playhouse:** An achievement center with 14 different programs for individuals of all ages with Down syndrome. Free programs as well as great volunteer opportunities available. Summer activities include Pre-school Prep, Dance, and Summer Camp.

Email: layton@gigisplayhouse.org **Phone:** (801) 784- 7429
Location: 1916 N 700 W #140, Layton
- 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. Wednesdays 2-6pm in Morgan County.

Website: www.hoofbeats.us **Phone:** (801) 836-4325
Location: 5859 N Cottonwood Canyon Rd, Mountain Green
-  **I See You:** This new organization's purpose is to help individuals and the entire families with the invisible illnesses. They will be hosting activities throughout the year, such as art therapy. To learn more visit their website, call, or e-mail Lisa. Like their Facebook page to receive info on events: <https://www.facebook.com/iseeyoufoundation/>

Location: Wasatch Front **Phone:** (801) 410-1773
Cost: Free **Website:** www.iseeyouutah.org
- LIL Flippers:** Tumbling gym for children to 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 (may req. Parent Involvement)
Location: 1246 W Flint Meadows Dr. #102, Kaysville

- Ohana Day Center:** Ohana is a unique day center for adults with cognitive and developmental disabilities. Members can anticipate and attend activities that are best suited for them by checking the planned weekly schedule. Summer activities include biking, hiking, fishing, swimming, canoeing, art specialists, music therapists, bowling, cultural studies, and life skills.
Website: www.ohanadaycenter.com **Phone:** (801) 683-8986
Age: 18 yrs + **Location:** 1492 S 800 W #E, Wood Cross
Cost: \$50.00 a day includes lunch. There are other activities for a discounted price.
-  **Rite Care Learning Centers:** A therapist is paired with the child and parent for weekly sessions. 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 engaged.
Website: <https://www.ritecareutah.org/>
Phone: (801) 486-0579 **Location:** 3755 S Washington Blvd Suite 1A, South Ogden
-  **Sky's Old School Martial Arts:** Martial arts/ self-defense classes for anyone 5 yrs old and up. We also have special need classes. We offer a special class for anyone that might need a little more help in class, could be as little as attention span, ADD, Impulse or could be anyone with Down Syndrome, Autism or anything else.
Website: <https://sosma.ninja/> **Phone:** (801) 686-1607
Location: 370 S 500 E Suite 170, Clearfield **Age:** 5+, classes for all age groups
- 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 or go online to register.
Website: <http://www.southdavisrecreation.com/aquatic/adaptive-aquatics>
Phone: (801) 298-6220 **Location:** 550 N 200 W Bountiful
Cost: \$40 per session (2 x per week/ 4 weeks)
-  **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. Sandy opening Summer 2019!
Website: <https://www.swimkidsutah.com> **Email:** kaysville@swimkidsutah.com
Phone: (801) 691-7946 (call or text) **Location:** 2288 W 600 N, Kaysville
- TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year for all ages. Turn accepts private pay and DSPD clients.
Website: www.turncommunityservices.org **Phone:** (801) 820-5471
Location: 1906 W 1800 N, Clinton **Age:** 6- 22 (specifically summer camp)
- Utah Mountain Bike Elevate Program:** In partnership with the NAC and the Utah High School Cycling League, a unique opportunity to any high school student with a disability to learn how to mountain bike with the goal of competing as a member of their school's mountain bike team. Email Tasha to register.
Website: <https://www.utahmtb.org/elevate-program/>
Email: tasha@utahmtb.org **Age:** High school students

SALT LAKE COUNTY

- Adaptive Recreation Salt Lake County:** SL County offers many adaptive rec programs from the **Otters Swim Club** provides swimming instruction for kids and teens age 3yrs + with autism or intellectual disabilities. **Adaptive Swim Club** for adults and youth age 15 yrs + with physical, visual, or intellectual disabilities. **Inclusion Swim Lessons, Water Polo, Archery, Baseball, Bowling, Hockey, and many more!** Locations vary across the SL valley visit website for details, registration, and cost of each program.

Website: <https://www.slco.org/adaptive/> **Phone:** (385) 468-1515
Location: Varies in SL County
- 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: 11152 Sunup Way, South Jordan, UT 84095
- Anytown Camp:** This 4 day camp is a positive life-changing experience! "Anytown is a nationally recognized program that empowers youth to create respectful and just communities for all of us, not just some. It gives high school students an opportunity to dive into engaging exercises and honest dialogue to develop tools of self-awareness, education, positive relationships, conflict resolution, and communication necessary to peacefully resolve prejudice and bigotry." Camp is from June 27th, 11 am – June 30, 5pm.

Phone: (801) 328-0703 **Location:** 230 S 500 W #125, SLC
Age: 15-18 **Cost:** \$275
Website: https://gallery.mailchimp.com/e3fdc4390d0f681187f0b6897/files/134291e3-4d7a-4b1e-bd21-9bb1e3cd1dfb/Anytown_2019.pdf
- 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: 230 S 500 W #125, SLC **Age:** 3-22
- Bear-O-Care:** Offers year round respite care services for children and adults with significant disabilities. 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:** 2464 W 12600 S Ste. 180 Riverton
- Boys and Girls Club:** Programs open to children of all abilities.

Website: <https://www.gslclubs.org/> **Age:** Grades K-12
Murray: 244 E Myrtle Ave 801-284-4254
Sugar House: 968 E Sugarmont Dr 801-484-0841
- Brain Zone:** ADHD, Autism, Asperger's Summer Camp helps students increase executive functioning skills, social skills, self-management, emotional regulation, and life-success skills. Brain Zone also has other summer school and sport performance camps for all abilities. Call to reserve a spot today. Prices vary dependent upon length of camp (\$290-565)


Website: <https://brainzone.us/> **Age:** 5-12
Phone: 801-637-2736 **Location:** 11748 S. 3600 W. #2, South Jordan

- Camp Kostopulos:** Offering year round and Summer Camps for children, teens, and adults with physical, developmental, and intellectual disabilities for Summer Camp and all its intrinsic therapeutic recreation programs. 4 types of Summer Camps: Residential, Day, Travel Trip, & Partner- visit the website to register for the camp that is best for you.

Website: www.campk.org **Phone:** (801) 582-0700
Location: 4180 E Emigration Cnyn Rd **Cost and Duration:** Vary based on program
- Camp Takoda:** Their mission is to provide a safe and effective summer treatment program to support children (ages 8-16) with invisible disabilities (ADD/ADHD, ASD, ODD, Anxiety, Depression, and other Executive Functioning Disorders) in the community. Camp is from June 10- August 2, 2019. Scholarships available, please call for payment information.

Website: <http://www.camptakoda.com/> **Phone:** (801) 808-8947
Location: 1970 E. Lincoln Ln, Holladay **Age:** 8-16
-  **Camp Valor:** Presented by the Utah Hemophilia foundation, it is at this camp that children first learn to self-infuse; also, campers learn the basics of self-advocacy, allowing them to prepare now to be informed partners with their health care providers in ensuring access to the continuum and quality of care required for the treatment and management of their bleeding disorders. Camp is for children with bleeding disorders and carriers age 8-13 and the siblings and children of affected adults ages 10-11. Camp is August 5, 5:00 pm – August 8, 8:00 pm, 2019.

Website: <https://hemophiliautah.org/> **Phone:** (801) 484-0325
Email: western@hemophiliautah.org **Age:** 8-13
- 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 **Ages:** 4-10
SLC: 350 S 400 E 801-582-5534
 **Kearns:** 5242 S 4820 W 801-966-4251
- Columbus Community Services:** Offers programs to provide transition services 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/> **Age:** 16-through adulthood
Phone: (801) 262-1552 **Location:** 3495 S West Temple SLC
- CTR (Community, Therapy, Resources) 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
Location: 8819 S Redwood Rd Suite B
- Dancers with Disabilities:** Our unique fine arts half-day camps will include dance, music, theatre, visual arts, and film. With our positive approach and engaging philosophy, this experience will be different from any other. Discover and celebrate your artistic capabilities! Two 2019 summer camps both July 29-August 2, 2019. The 5-10 yrs. group meets Mon-Fri 9:15-12:15; the 11-18 yrs. group meets Mon-Fri 1:15- 4:15 pm. DSPD accepted.

Website: <https://tannerdance.utah.edu/programs/disabilities-programs-for-children-and-adults/>
Email: joni.wilson@utah.edu **Location:** Tanner Dance (U of U)
Cost: \$188 **Age:** 5-18


- Girls on the Run:** During the two weeks (broken into 2 weeks), 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. Two Salt Lake City Locations

Website: www.girlsontherunutah.org **Cost:** \$190.00
SLC: heidi@girlsontherunutah.org 801-913-5584
- Easter Seals Good Will:** Offers individualized services and education for children of all ages living with a disability. They have 4 different classes/courses for kids in grades 1-4 with varying disabilities. Register online or contact Janet for more information.

Website: www.esgw.org/childrens-classes/ **Email:** janetw@esgw.org
Phone: 385-290-7685
-  **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
Location: 825 N 300 W, Ste W107
- Harmony Music Therapy:** All ability music groups. Individual and group music therapy. Individual adapted music lessons. There are also adaptive musical instrument lessons.

Website: <http://harmonymusictherapy.com/about-harmony-mt-for-parents/>
Phone: (801) 718-7637 **Location:** 8261 Viscounti Dr Sandy
Ages: All **Price:** See website \$30 to \$125 per session
- 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
-  **I See You:** This new organization's purpose is to help individuals and the entire families with the invisible illnesses. They will be hosting activities throughout the year, such as art therapy. To learn more visit their website, call, or e-mail Lisa. Like their Facebook page to receive info on events: <https://www.facebook.com/iseeyoufoundation/> .

Location: Wasatch Front **Phone:** (801) 410-1773
Cost: Free **Website:** www.iseeyouutah.org
- Jewish Community Center Summer Camps:** Enrolls children and teens with special needs into their summer camps program depending on the needs.

Website: <http://slcjcc.org/youth-a-teen/summer-camps>
Phone: (801) 581-0098 **Age:** entering 1st-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 **Location:** 2440 South 900 West, SLC
- 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. Space is limited.
Website: <http://www.murraygreenhouse.org/> **Phone:** (801) 266-0669
Age: 22 and older **Location:** 6366 S 900 E, Murray
- 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. 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:** Varies
Children's Campus: 1050 W 500 S (801) 363-4589
Riverside Adult Day Center: 423 W 1100 W (801) 363-4593
Cottonwood Adult Day Center: 1580 E Vine St (801) 277-3264
- Rite Care Learning Centers:** A therapist is paired with the child and parent for weekly sessions. 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 m
Website: <https://www.ritecareutah.org/>
Phone: (801) 486-0579 **Location:** 650 East South Temple, SLC
- 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.slcc.edu/continuinged/programs/youth-summer-reading.aspx>
Phone: (800) 964-8888 **Age:** Grades K-12
Location: Taylorsville, Sandy, West Jordan, and West Valley City
- Special Needs Bike Camp:** Cycle Ability offers a Special needs bike camp where kids with disabilities learn to ride a bike. Spots fill up fast, use the contact form on the website.
Website: <http://www.cycleability.org/contact> **Phone:** 801-834-750
Age: 8 and older
- 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://scoutlander.com/publicsite/unithome.aspx?UID=34163>
Phone: 801-440-5070 **Email:** john.garrett@scouting.org
- 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. Please contact and schedule a visit, to this private residence, the address is not posted.
Website: <https://www.thestableplaceslc.com> **Email:** info@thestableplaceslc.com
Location: West Valley City **Phone:** (801) 860-3906

- Summer Constraint Induced Therapy Camp:** Constraint Induced 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: (833) 577 – 3422 **Location:** 5770 S Fashion Blvd, Building #5 Suite 210
*Ask for Carmen to register **Cost:** \$300 for the entire camp + \$45.77 per restraint cast
- 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: varies, call or e-mail for specific pool & class locations
Main Office 2012 S 1300 E, Salt Lake **Email:** sapswim32@gmail.com
- SwimKids:** Where Fun & Safety Meet. With over 30 years'- worth of experience teaching children 4 months and up, SwimKids can tailor lessons specifically to your child's needs and abilities. Our well-trained, enthusiastic and caring instructors are eager to teach your child to swim. Sandy opening Summer 2019!

Website: <https://www.swimkidsutah.com> **Email:** holladay@swimkidsutah.com
Phone: (801) 691-7946 (call or text)
 **Holladay:** 4679 S 2225 E Holladay
Sandy: 11916 S Woodridge Road Sandy, UT
- 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 (Technology 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: (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 for all ages. Turn accepts private pay and DSPD clients.

Website: www.turncommunityservices.org **Phone:** (801) 359-8876
Location: 423 W 800 S, Suite A200 **Age:** 6- 22 (specifically summer camp)
- 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) 308-1258
Location: 6375 S Highland Drive, #202, Salt Lake City

- **University of Utah**
 - **Team UNIF Summer Camp:** This day camp is an activities-based program designed to help those with high functioning autism. Campers will learn social skills that will help build their self-esteem. Each camper will be paired with a "buddy" camper. Find the application online. Dates: Session 1: June 10th through July 3rd// Session 2: July 15th through August 8th// Time: Mon-Thurs, 9am—4pm.
Website: <https://healthcare.utah.edu/uni/programs/team-unif-summer-camp/#contactus>
Phone: (801) 583-2500 **Email:** unikidstarcamp@hsc.utah.edu

 - **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.
Website: <https://healthcare.utah.edu/uni/programs/autism-clinic/>
Phone: (801) 587-8020 **Pricing:** \$99-\$1400 see website for details

 - **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:** 5242 S 480 W, Suite 100, Murray
Phone: (801) 265-3951 **Email:** uurc@ed.utah.edu

 - **U of U Burn Camp:** help support burn survivors with the personal challenges associated with surviving a burn injury. Complete camp applications online.
 - Pre-School Camp August 13. Age 4-5
 - Camp Nah Nah Mah August 9-13. Age 6-12
 - Adolescent River Trip: June 8-13. Age 13-17
 - Young Adult Trip June 13-16. Age 18-23
 - Adult Burn Survivor Retreat September 5-10. Age 24+**Website:** <https://healthcare.utah.edu/burncenter/burn-camp/>

- **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. ASL Video Phone: 801-657-5220.
Website: www.uilc.org **Location:** 3445 S Main St, Salt Lake City
Phone: (801) 466-5565 **Age:** 14-22
Cost and Duration: Vary based on program

- 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 Spring, Summer, & Fall 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, etc. Register online.
Website: <http://wasatchadaptivesports.org/summer-programs/>
Phone: (801) 933-2188 **Email:** info@wasatchadaptivesports.org
- 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. Contact the office to get on the waiting list, camp fills quickly.
Website: www.wasatchspeechandlanguage.com
E-Mail: wasatchspeech@gmail.com **Phone:** (801) 308-0400
Location: 2120 East 3900 South, Suite 200, Holladay
Duration July 29-August 3, 9 am -2 pm
- 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. Contact Parker Chapple for specific questions with Adaptive recreation programs.
Website: www.wvc-ut.gov/fitnesscenter
Location: 5415 W 3100 S West Valley **Phone:** (801) 955-4000
- Wheelchair Tennis Camp:** Annual National Wheelchair Tennis Camp, held each summer date TBA, visit website. Other programs and classes also available. Multiple facilities in SLC, other tennis facilities and programs state wide.
Website: <https://www.utahtennis.com/wheelchair-tennis>
Phone: (801) 944-8782 ext 112 **Ages:** Teens and adults
Location: Main office 2469 E. Fort Union Blvd Suite 104
- 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, times, and to purchase your admission.
Website: https://www.hoglezoo.org/education_programs/zoo_classes/
Phone: (801) 584-1700 **Age:** 6-22 (depending upon exhibit)

SUMMIT COUNTY

- **Camp Neuro Revolution:** Camp Neuro Revolution (formerly Camp Spike and Wave) is geared to teens and pre teens ages 10 -18 with Epilepsy. Held at the National Ability Center in stunning Park City Utah, campers enjoy all the traditional activities of being at Camp, as well as activities tailored to their specific needs. All with 24 hour medical support, allowing families to rest assured that their child is being treated like our child. Must register online.

Website: <http://epilepsyut.org/programs/camp-neuro-revolution/> **Email:** camp@epilepsyut.org
Location: Park City **Ages:** 10-18

- **National Ability Center (NAC):** The NAC & Splore Utah has combined to offer 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/> **Cost:** \$19 per day/ must register online
Location: Park City **Ages:** 18 and older

TOOELE COUNTY

- **Utah Independent Living Center (Tooele Satellite):** Summer youth programs are running Tues/ Thr 9-2pm, June 18-July 25. Adult programs 18+ and finished with high school Mon/ Wed/ Thur. Camp Discover will take place July 29-30 for ages 14+. Contact Cheri Gunderson.

Website: www.uilc.org/en/about/tooele
Phone: (435)843-7353 **Location:** 52 N Main St, Tooele
Ages: 14-22 **Cost and Duration:** Vary based on program

- **Boys & Girls Club:** Programs open to children of all abilities.

Website: <https://www.gslclubs.org/> **Age:** Grades K-12
Location: 438 W 400 N **Phone:** 435-224-9300

- **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: 1 day/ 1 overnight/ 1 week **Location:** Camp Wapiti, Settlement Canyon-Tooele
Ages: 4-19 **Cost:** \$15- \$35

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



- **Boys & Girls Club:** Programs open to children of all abilities.

Website: <https://www.gslclubs.org/>

Age: Grades K-12

Location: 30 E 2nd S, Price

Phone: 435-637-6066

- **Brigham Young University**

- **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

- **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



- **C.A.S.T for Kids:** This event is designed to provide children with disabilities, ages 5 – 17, the opportunity to enjoy a quality outdoor recreational experience through the sport of fishing. Take to the water with C.A.S.T. for an unforgettable morning of fishing and boating! Contact Heather Roman for info or to register. Visit the website for a calendar and location of events.

Website: <https://castforkids.org/c-a-s-t-for-kids/>

Phone: (801) 836-2684

Location: Soldier Creek Recreation Area, Heber City **Email:** heatherannroman@gmail.com

Age: 5-17, caretakers must come to the event

- **Courage Reins Therapeutic Riding Center:** Horseback riding lessons for all ages and abilities.

Website: www.couragereins.org

Phone: (801) 756-8900

Location: 5870 W 10400 N 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




- **Easter Seals Good Will:** Assists families in the Provo, Utah school district who have infants or toddlers ages birth to 3 years old with developmental delays and/or disabilities with a no-cost screening evaluation.

Website: <https://www.esgw.org/provo-early-intervention/>

Phone: (801) 852-4525

Location: 1185 East 300 North, Provo


- 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
Location: 281 S. Vineyard Rd. Ste 103
- 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
- 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
-  **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. Sandy opening Summer 2019!
Website: <https://www.swimkidsutah.com> **Email:** pg@swimkidsutah.com
Phone: (801) 691-7946 (call or text) **Location:** 550 W 220 S Street, PG
- TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year for all ages. Turn accepts private pay and DSPD clients.
Website: www.turncommunityservices.org **Phone:** (801) 343-3900
Location: 1921 N 1120 W, Provo **Age:** 6- 22 (specifically summer camp)
- 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

JUAB, MILLARD, PIUTE, SANPETE, SEVIER, & WAYNE (SIX COUNTY ASSOCIATION)

- Ability 1st:** Ability 1st in Ephraim empowers people with disabilities to live independently through education and provides disability resource information.
Phone: (435) 283-4949
- Learning Disabilities Association of Utah:** supports individuals with learning disabilities and the people who work with them;
Phone: 801- 553-9156
- TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year for all ages. Turn accepts private pay and DSPD clients.
Website: www.turncommunityservices.org **Age:** 6- 22 (specifically summer camp)
Sevier: 167 W 100 S, Richfield **Phone:** (435) 893-8787

BEAVER, IRON, GARFIELD, KANE AND WASHINGTON COUNTIES

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C.A.S.T for Kids: This event is designed to provide children with disabilities, ages 5 – 17, the opportunity to enjoy a quality outdoor recreational experience through the sport of fishing. Take to the water with C.A.S.T. for an unforgettable morning of fishing and boating! Contact Jarrett Edwards for info or to register. Visit the website for a calendar and location of events.


Website: <https://castforkids.org/c-a-s-t-for-kids/>

Phone: (719) 850-0618

Location: Lake Powell Page, Arizona

Email: jarrett@jarrettedwardsoutdoors.tv

Age: 5-17, caretakers must come to the event

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Girls on the Run: During the two weeks (broken into 2 weeks), 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.

Website: www.gotrsouthernutah.org

Cost: \$190.00


St. George: melissa.miller@girlsontherun.org

435-703-0299

- Red Rock Center for Independence:** Evening Respite program for adults; specific youth transition skills programs for ages 14-21. Children ages 5-13

Website: <https://www.rrci.org>

Phone: (435) 673-7501

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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. Sandy opening Summer 2019!

Website: <https://www.swimkidsutah.com>

Email: info@swimkidsutah.com

Phone: (801) 691-7946 (call or text)

Bloomington Hills: 413 Vermillion Ave, St. George

Santa Clara: 249 N 1210 W, St. George

Coral Canyon: 3150 E Grasslands Pkwy, Washington

Washington: 930 Seminole Way, Washington

- TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year for all ages. Turn accepts private pay and DSPD clients.


Website: www.turncommunityservices.org **Age:** 6- 22 (specifically summer camp)

Iron: 44 W Harding Ave, Suite 101, Cedar City **Phone:** (435) 586-1128

Washington: 523 E Sunland Drive, Suite #5A, St. George **Phone:** (435) 673-5251


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>
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

- 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
- Leader Dogs for the Blind:** Summer Experience Camp is for 16-17yr olds who are legally blind. To help teens prepare for the next stage of their lives, we offer leadership development, an introduction to guide dogs, and the opportunity to spend time with peers. GPS devices are incorporated throughout the week in a variety of useful environments, including a college campus. Campers also experience tandem biking, beep kickball, rock wall climbing and more!" application deadline 3/31/2019, Camp date 6/22-6/29/2019.
Website: <https://www.leaderdog.org/programs/summer-experience-camp/>
Address: Client Services Department
P.O. Box 5000, Rochester, MI 48308-5000
-  **MDA Camp:** MDA Summer Camp is a magical place where anything is possible — from swimming, to zip-lining and horseback riding to dancing under a disco ball and gaining valuable life skills. Each summer, thousands of kids attend life-changing, overnight camps around the U.S. — at no cost to their families, thanks to our generous supporters.
Website: <https://www.mda.org/summer-camp>
- 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
- 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
- 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 Mountain Bike Elevate Program:** In partnership with the NAC and the Utah High School Cycling League, a unique opportunity to any high school student with a disability to learn how to mountain bike with the goal of competing as a member of their school's mountain bike team. Email Tasha to register.
Website: <https://www.utahmtb.org/elevate-program/>
Email: tasha@utahmtb.org **Age:** High school students
- 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
-  **Astro Camp Utah:** Missions to Mars. Rockets. Astronaut training. Field trips. Science classes, experiments, and engineering. Stay overnight, work in a team, and have the time of your life at an Astro Camp summer camp!
Website: <https://astrocamputah.org/summer-camps/calendar/> **Phone:** (801) 737-8404
Mailing Address: 1950 Monroe Blvd. Ogden, UT 84401 **Location:** 375 Goddard St. Ogden
- 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.
Website: <http://www.bicyclecollective.org> **Phone:** (801) FAT-BIKE (328-2453)
Ages: 6 through adulthood **Location:** Salt Lake, Provo, Ogden
- Camp Resource-** <http://www.campresource.com/summer-camps/camp-search.cfm>
 When you go into this you can filter for Utah and specific choices about camp types.
- 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
- Kids Camps.com-** http://www.kidscamps.com/summer_camps/utah-summer-camps.html
They have different categories to search from. Click on the advanced search to be more specific.
- 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
- 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, or 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
- **My Summer Camps-** <http://www.mysummercamps.com/camps/utah-summer-camps.html>
This gives you Utah and allows you to filter by city.
- **Summer Fit:** 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
- **Thanksgiving Point:** Summer at Thanksgiving Point means there is no chance for the summertime blues! This year we have more summer camp classes and variety than ever before. Let your child explore space, try their hand at paleontology, program a Lego robot, explore insects, learn the science behind the food we eat, go on a dinosaur discovery, and so much more! During our summer camps there really is something for every child in your household. Preschoolers can come and join in the fun with classes on everything from dinosaurs to music while elementary-aged kids can participate in day or weeklong camps. There are even classes geared toward middle school and high school kids to surely stimulate and engage their minds during the summer.

Phone: (801)-768-4971 **Website:** <https://www.thanksgivingpoint.org/education/summer-day-camps/>
- **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 first-come, first-served basis. **Summer Camp Week Dates: June 10 – August 16**
Location: Salt Lake City, Utah **Cost:** Ranges from \$170- \$350
Phone: (801)-581-6984
- **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: <http://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
- Wheelchair Tennis Camp:** Annual National Wheelchair Tennis Camp, held each summer date TBA, visit website. Other programs and classes also available. Multiple facilities in SLC, other tennis facilities and programs state wide.
Website: <https://www.utahtennis.com/wheelchair-tennis>
Phone: (801) 944-8782 ext 112 **Ages:** Teens and adults
Location: Main office 2469 E. Fort Union Blvd Suite 104
- 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://dace.djUSD.net/>
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/#>
- **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>

- **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>

- **Park District:** Offers information about where to find public Parks in Salt Lake City
Website: <http://parks.slco.org/>
- **Salt Lake County Library:** Online activities, classes, and summer reading programs for kids and teens
Website: <http://slcolibrary.org/>
- **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-to-do-kids-park-city>



UTAH PARENT CENTER INFORMATION DISCLAIMER

Our mission is to help parents help their children with disabilities to live included, productive lives as members of the community. We accomplish this through the provision of information, training, and peer support. The Utah Parent Center is a private, non-profit organization that receives federal funding to be Utah's Parent Training and Information Center by the Office of Special Education. The Center also receives funding from other federal, state, and private agencies, organizations, and individual donors. The Utah Parent Center (UPC or Center) does not represent or endorse any particular point of view, program, organization, business, or professional unless expressly stated and no endorsement may be inferred by the UPC or any of its funding sources. Every effort is made to provide accurate and complete information. Information provided to the UPC by other individuals, agencies, or organizations is solely the responsibility of the source and readers are encouraged to contact them with questions or concerns. Only approved items are included herein. The UPC is not responsible for information or services provided by agencies, organizations, or individuals listed. Readers are responsible to investigate resources to determine if appropriate when making informed decisions. Permission to reprint the information herein is granted with complete attribution.