

Dakota County

Recreational

Directory

***Recreational Resources for Children with Disabilities
in Dakota County***

July 2011



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HOW TO USE THIS DIRECTORY

The following directory is designed to assist families served by the Dakota County Developmental Disabilities Section, Children's Unit, in learning about various social/recreational options available for children with special needs. You will find that most of the programs listed here are designed specifically for children or young adults with mental and sometimes physical disabilities. This does not mean that programs designed for all children are not appropriate or desirable for your child with special needs.

In the Appendix you will find listings of local Park & Recreation Offices, Community Education and other local organizations designed for all local citizens that provide group activities, classes or events; which you might explore. Keep in mind that each city or cooperative will usually have an Adaptive Recreation Coordinator to assist and advise you and your children in how to best access their program. Local churches, should you belong, often are a good resource for so call integrated social activities. Also, you might wish to consult with the Adaptive Physical Education teacher listed on you child's IEP. They would be aware of local recreation programs specific to DD children and could facilitate participation in other after school sports or activities.

If you know of or are currently using a resource that you would like to share in this directory, please call Lura Jackson at (651)554-6017.



CAMP INFORMATION

Day Camps

For detailed information on each camp, please call them specifically. NOTE: Many camps end registration by late March, so call early!

Camp Butwin

Serves children with all abilities. A limited number of DD children are integrated into the group. First come, first serve. Registration begins in February. Contact Alyssa Golob, Camp Director.

Phone: (651)698-0751 (St. Paul JCC) summer: (651)423-1485

Location: 945 Butwin Road, Eagan, MN 55123

Website: www.campbutwin.org

Ages Served: Kindergarten to 7th grade

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camp Courage

Day and overnight camps available primarily for children with physical disabilities, communication disorders or deaf and hard of hearing. May have mild cognitive delays, but no behavioral issues or epilepsy. May 1st application deadline.

Phone: (763)520-0504 (main office) or (320)963-3121 (camp)

Location: Minnesota: Golden Valley, Lake George, Maple Lake (main camp location), New Ulm, Mankato, and Wisconsin: Lake George, Eau Claire and Marshfield

Website: www.couragecamps.org

Ages Served: 7 to 18+ years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camp Edenwood

Serves individuals with a wide range of developmental disabilities and support needs. One group specifically for Aspergers.

Phone: (952)852-0101

Location: 6350 Indian Chief Road, Eden Prairie, MN

Website: www.friendshipventures.org

Ages Served: 5 to 21 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Fraser Connect for Recreational Respite Program

Center-based respite care offered weekly, bi-weekly or on a monthly basis. You must provide transportation to and from.

Phone: (612)767-5169 – Contact Molly

Location: 2400 West 64th Street, Minneapolis, MN 55423

Website: www.fraser.org

Ages Served: 3 to 12 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Kids on 2 Wheels – Bike Camps

Designed to provide “immersion” experience in bicycling for children with disabilities through use of specialized equipment and teaching techniques.

Phone: None available

Location: St. Paul – sites determined year by year

Website: www.kidson2wheels.org

Ages Served: All ages

Schedule & Fees: Visit website for current schedule and fees and additional information.

MN ZOO Day Camps

These are classes for typically developing children – may need to provide additional supports on your own for special needs children.

Phone: (952)431-9200

Location: 13000 Zoo Boulevard, Apple Valley, MN 55124

Website: www.mnzoo.org

Ages Served: Toddlers to 12th grade

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Mount Olivet Rolling Acres

One session for each age group each month in the summer. 1:2 staffing ratio. Nursing staff and Behavior Analyst skilled in Autism and teenage behavior meltdowns available on site. Activities and field trips related to themes of each program week (rocket building, electronic music, model boats, coping and social skills).

Phone: (952)401-4846 – Contact Steve Anderson

Location: Schutz Lake, Victoria, MN

Website: www.mtolivetrollingacres.org

Ages Served: Weeks scheduled for 9 to 14 years and 15 to 20 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Wahode Day Camps

Day camps for individuals with autism. Staffing 1:2. First come, first serve.

Phone: (651)647-1083, ext. 16 – Contact Sandy Dolce

Location: White Bear Lake, Eagan (Camp Butwin)

Website: www.ausm.org

Ages Served: 8 to 14 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

West Metro Learning Connections

Summer camps for high-functioning children with social deficits and related conditions. Most with Autism Spectrum. Late pickup and early arrival options available for additional fees.

Phone: (952)474-0227, ext. 204 – Contact Mary Wyatt

Location: Excelsior, MN (transportation available from Bloomington site)

Website: www.wmlearningconnections.com

Ages Served: 8 to 12 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

YMCA Day Camps

These camps do not offer special programs for DD children. Yet a number of DD children do participate and can be a good integrated experience if supervision offered meets your child's needs.

Location: Various

Website: www.ymca.net

Schedule & Fees: Visit website for current schedule and fees and additional information.

Camps for Children with Autism

Camp Avanti

This program is specifically for children with average or above average intelligence, but sensory dysfunction. Preference given to children receiving treatment at the Special Children's Center. 3:8 staff ratio.

Phone: (715)386-2128

Location: Hudson, WI. YMCA Camp St. Croix. Run by Special Children's Center of Wisconsin.

Ages Served: 8 to 12 years. Day camp for 6 to 8 years.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camp Hand in Hand (Sponsored by the Autism Society of Minnesota)

Designed for campers with autism who need more intensive 1:1 supervision. Registration by lottery. One session for girls and three for boys. 1:1 staff ratios available.

Phone: (651)647-1083 – Contact Wendy Jeanetta, Director

Location: Camp Knutson, Cross Lake, MN

Website: www.ausm.org

Ages Served: 9 to 21 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camp Discovery (Sponsored by the Twin Cities Society of Autism)

Designed for campers with high functioning Autism or Aspergers Syndrome. No 1:1 staffing available. Camp Discovery Extreme Adventure is a 3-day BWCA trip for select campers following the second session of Camp Discovery.

Phone: (651)647-1083, ext. 16 – Contact Kari Dunn Buron, Director

Location: Camp Courage North near Walker, MN

Website: www.ausm.org

Ages Served: 10 to 21 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camps for Children with Physical Disabilities

Camp Courage Lakeside

May have borderline learning disability, but no behaviors. Week long day and overnight camps

Phone: (763)520-0504 (main office) or (320)963-3121 (camp)

Location: Maple Lake, MN

Website: www.couragecamps.org

Ages Served: 7+ years with any physical disability

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camps for Children with Epilepsy

Camp Ozawizeniba (Camp Oz)

For persons with epilepsy. Must be able to function at an 8 or 9 year old development level. RN's on staff 24 hours and able to accommodate Ketogenic diet. Contact Nikki Baker for registration at (651)287-2308 or email nbaker@efmn.org

Phone: (651)287-2310

Location: 532 County Road F, Hudson, WI 54016 (camp location)

Website: www.efmn.org

Ages Served: 9 to 17 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camps for Children with Speech and Hearing Issues

Camp Courage North

Designed for children and adults with speech and hearing issues. Deaf or hard of hearing. May also have a mild learning disability, Aspergers and physical disabilities.

Phone: (218)266-3658

Location: Lake George, MN

Website: www.couragecenter.org

Ages Served: 7 years to adults

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

General Camps for Children with Developmental Disabilities (Overnight)

Camp Buckskin

Camps for ADD, ADHD, Aspergers and/or LD.

Phone: (763)208-4805 (winter phone)
(218)365-2121 (summer phone)

Location: 29 miles southeast of Ely, MN

Winter address: 4124 Quebec Ave. North, Suite 300, Minneapolis, MN 55427

Summer address: PO Box 389, Ely, MN

Website: www.campbuckskin.com

Ages Served: 6 to 18 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camp Confidence

Provides the facility for children and adults with DD year round for group camping. Groups must provide staff. Both day and overnight group camping offered.

Phone: (218)828-2344

Location: 1620 Mary Fawcett Memorial Drive, East Gull Lake, MN 56401

Website: www.campconfidence.com

Ages Served: All ages

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Cristo Vive International

Evangelical Christian oriented summer camp for youth with DD. 1:1 supervision.

Phone: (763)263-1526 – Contact Gene Engebretsen

Location: 2372 30th Ave., Osceola, WI

Mailing address: PO Box 527, Big Lake, MN 55309

Website: www.cristovive.net

Ages Served: 7 to 12 years and 13 and up in separate sessions

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camp Friendship Ventures

Children and adults with all levels of DD and support needs. Continuous summer sessions at all three sites and weekend sessions at Camp Edenwood and Camp Friendship, as well as some winter break sessions at Camp Friendship.

Phone: (800)450-8376, (952)852-0101, (320)274-8376

Locations (three sites):

Camp Friendship, 10509 108th Street Northwest, Annandale, MN 55302

Camp Edenwood, Eden Prairie, MN

Camp New Hope, 53035 Lake Ave., McGregor, MN 55760 (near Duluth). Also is the Ventures travel program for adults.

Website: www.friendshipventures.org

Ages Served: 5+ years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camp Knutson

Most referrals and funding through foundations. Serves groups of individuals with like needs or conditions, such as Autism or Down Syndrome.

Phone: (218)543-4232

Location: 11169 White Fish Ave., Cross Lake, MN 56442 (near Brainerd)

Website: www.campknutson.org

Email: rob.larson@lssmn.org

Ages Served: 6 to 70 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Camp Winnebago

Specializes in accommodating individuals with high medical and behavior issues. 1:2 supervision is available. Travel vacations also available for 18+ year olds.

Phone: (507)724-2351

Location: 19708 Camp Winnebago Road, Caledonia, MN 55921

Website: www.campwinnebago.org

Ages Served: 6+ years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.



CENTER FOR THE ARTS

Eagan Art House

Workshops and special events year round. All forms of art. Adaptive art classes for children. Contact Julie Anderson to discuss option of adapted classes.

Phone: (651)686-9134

Location: 3981 Lexington Ave. South, Eagan, MN (Eagan Parks & Recreation)

Website: www.cityofeagan.com

Ages Served: Preschool to adults

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Interact Center for the Visual and Performing Arts

Art gallery and theater productions. Art for sale. Best for older teens and adults. Visitors need to bring own supports. Group home and senior rates available. Usually two shows run per year.

Phone: (612)339-5145

Location: 213 Third Ave. North, Suite 140, Minneapolis, MN 55401

Website: www.interactcenter.com

Ages Served: 18 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

In the Company of Kids Creative Arts Center

Offer dance, art and theatre classes/activities for high functioning autistic and classes for other disabilities. Some supports are available, but additional supports always welcome.

Phone: (952)735-3644

Location: 190 South River Ridge Circle, Burnsville, MN

Website: www.inthecompanyofkidscreativeartscenter.com

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

MacPhail Center for Music Therapy

An art center which provides community music classes, music therapist, private lessons in all instruments. MacPhail Center will provide assistants to help with inclusion. Private and group music therapy, as well as adaptive lessons.

Phone: (612)321-0100 for all locations

Location: Downtown Minneapolis, Paideia Academy in White Bear Lake and Apple Valley location at 7200 147th Street West, Apple Valley, MN 55124

Website: www.macphail.org

Ages Served: 6 months and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Adaptive Ballet – Continental Ballet Company

Provides instruction in classical ballet steps and combinations. Taught by a dance teacher who is also and experienced Special Education DCD teacher in the Apple Valley School District. Contact Angela Watnemo. Send in forms from website for enrollment.

Phone: (952)563-8562

Location: Bloomington Center for the Arts, Bloomington Civic Plaza, 1800 West Old Shakopee Road, Bloomington, MN 55431

Website: www.continentalballet.com

Ages Served: 11 to 18 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Adaptive Dance

Provides instruction in ballet and tap. Two teachers available. Child should come with 1:1 supervision. Contact Ashley Zwart.

Phone: (952)953-4999

Location: 14803 Energy Way, Apple Valley, MN 55124

Website: www.BettyJosDanceCenter.com

Ages Served: 6 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Musical Safari

Private music therapy, piano lessons and small classes for all ages. Sponsored through ISD #196 and Apple Valley Park and Recreation. Contact Jennifer Ackland.

Phone: (952)953-3944

Location: 15930 Finch Ave., Apple Valley, MN 55124

Email: bjackland@frontiernet.net

Ages Served: Birth to 5 and Kindergarten to adult for piano lessons.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Music Medicine

Provides in home music therapy for children and adults. Contact Annie Heiderscheit.

Phone: (612)741-1182

Location: Client's home.

Ages Served: Toddlers through adults.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Upstream Arts, Inc.

Individuals of all abilities create together in a cooperative environment while learning lessons that apply to communication and social interaction. Family members, aides and care providers are welcome to participate in programs at no additional cost.

Phone: (612)331-4584

Location: 3501 Chicago Ave. South, Minneapolis, MN 55407

Website: www.upstreamarts.com

Ages Served: All ages

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Uniquely Abled Dance

Provides instruction in ballroom, jazz, hip-hop, party and free style dancing.

Volunteer program designed to encourage dance among disabled. Two teachers available. Child should come with 1:1 supervision. Additional classes for children with Autism and Aspergers. ARC and blind/visual services involved. Contact Nancy Raddatz.

Phone: (651)457-4942

Location: 120 Butler Ave. East, West St. Paul, MN

Ages Served: 7 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

V.S.A. (Vision Strength Access) MN

A three person office which makes referrals for activities such as dance, music, arts and crafts, and theater. It works to ensure accessibility for persons of all ages with disabilities. They occasionally have festivals and are able to assist in purchasing materials that will assist in making classes accessible. ASL or audio description available to hearing impaired to access theater. Supports are available.

Phone: (612)332-3888

Location: 528 Hennepin Ave., Suite 305, Minneapolis, MN 55403

Website: www.vsaartsmn.org/index.html

Ages Served: All ages.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

JCC (Jewish Community Center) Teen Theater Program

Contact Eve Thomas, Teen Director

Phone: (651)255-4767

Website: www.stpauljcc.org

Schedule & Fees: Call or visit website for current schedule and fees and additional information.



CIVIC ORGANIZATIONS

Boy Scouts of America

B.S.A. programs are open to all children 1st grade to age 21. Do not provide any additional supports to facilitate participation. Contact Special needs Director Sara Amberg at (763)231-7244

Phone: (763)231-7201 (central switchboard)

Location: Metro area.

Website: www.northernstarbsa.org

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Dakota County 4-H

All programs of the Dakota County 4-H are open to all children kindergarten through 12th grade and their families. 4-H does not provide any additional supports to facilitate participation.

Phone: (651)480-7700

Location: Organized by the Dakota County Extension Office.

Website: www.extension.umn.edu (Click 4-H under "Source" on right side.)

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Girl Scouts of America

All programs of the Girl Scouts are open to all children kindergarten through 12th grade. They strive to add supports as needed and will look at each individual on a case-by-case situation.

Phone: (651)227-8835

Location: Metro area.

Website: www.girlscoutscv.org/

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Campfire USA – St. Paul/Minneapolis Council

General programs throughout the metro area and local communities. Campfire USA provides manuals and outdoor camping. Each club provides its own supervision. Concentrates on art, camping, and environmental awareness.

Phone: (651)647-4407

Location: Metro area and local communities. No current “clubs” in Dakota County.

Website: www.campfireusa-mn.org/

Schedule & Fees: Call or visit website for current schedule and fees and additional information.



COMMUNITY CENTERS



Adaptive Recreation and Learning Exchange

Activities for youth, teen and adults. Includes floor hockey, swim lessons, skiing, ice skating, swim club, group recreation outings and field trips. Focus is on adaptive recreation. Request flier of upcoming events and classes. Supports vary by classes. PCA's are welcome.

Phone: (952)681-6122 – Bloomington

(612)861-9361 – Richfield

(952)826-0438 – Edina

(952)949-8399 – Eden Prairie

Location: Various locations in above cities.

Ages Served: 3 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Courage Center Recreation Program

Provides sports opportunities for persons with physical disabilities. Sporting opportunities include wheelchair sports, track and field, archery, basketball, power soccer, swimming, youth softball, downhill and water skiing, martial arts and various sport camps. Contact Kathy Hayes at (763)520-0255.

Phone: (763)520-0594

Location: Golden Valley and Metro area

Website: www.courage.org/sports

Ages Served: 6 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Jewish Community Center

JCC provides a variety of opportunities. They have child care, summer day camps, basketball, dance, karate, tennis, piano and many other opportunities. Contact Ann Hoffer, Special Needs Director.

Phone: (651)698-0751

Location: 1375 St. Paul Ave., St. Paul, MN 55116

Website: www.stpauljcc.org

Schedule & Fees: Call or visit website for current schedule and fees and additional information.



FAMILY GROUP ACTIVITIES

ARC Greater Twin Cities

Have a number of parent, sibling and caregiver networking and support groups and activities. Sib-Shops program is designed as support group and recreational resource for brothers and sisters of children with developmental disabilities. Activities involve mainly discussion groups, but also have games, snacks, and social time. Newsletter available.

Phone: (952)920-0855

Location: 2446 University Ave. West, Suite 110, St. Paul, MN 55114 (Main Office)

Website: www.arcgreatertwincities.org

Ages Served: Sib-Shops serve 6 to12 years.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.



SOCIAL/RECREATIONAL ACTIVITIES

Best Buddies (Middle School)

Special needs kids are matched with regular education buddies who participate in after school activities. These may include, but are not limited to games, social times, movies, community services, or recreational activities in the community. On the average there are 10 participants, two adult volunteers and the Coordinator, Jill Johnson. Must be a Lakeville Middle School student to participate. Parents provide transportation home. Supports available, but vary. Contact Jill at number below.

Phone: (952)232-2300

Location: Century Middle School, 18610 Ipava Ave. West, Lakeville, MN 55044

Ages Served: 5th to 8th grade students

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Best Buddies (Lakeville North and South High School)

Special needs kids are matched with regular education buddies who participate in after school activities. These may include, but are not limited to games, bowling, kickball, swimming, sledding, social time, movies, community service, or recreational activities in the community. Must be a Lakeville High School student. Parents provide transportation home. Supports available, but vary. Contact Sarah Kimmes at number below.

Phone: (952)232-3600

Location: 19600 Ipava Ave., Lakeville, MN 55044 (Lakeville North High School) and 21135 Ipava Ave., Lakeville, MN 55044 (Lakeville South High School)

Ages Served: 9th to 12th grade students

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

*Lakeville C.A.R.E.S – A team of adults who develop, research, and schedule adapted activities in the Lakeville community. The team meets 3-4 times per year. If you would like to participate, contact Renee Brekken at (952)232-2170.

Best Buddies (Eastview High School)

Special needs children are matched with regular education buddies who participate in after school activities once per month. Contact Karen Pachan.

Phone: (952)431-8900

Location: 6200 140th Street West, Apple Valley, MN 55124 (Eastview High School)

Ages Served: High school students from Eastview High School only.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Circle of Friends

This is both a community services and social club for all students at Dakota Middle School. The program may take participants out to various locations, using a school van for community service activities which include such things as visiting residents at a nursing home, park clean up, or assist with animal adoptions. Social activities may include parties, roller skating, bingo, YMCA activities, speech meets, foosball or other games. Approximately one-fourth of participants are mentally handicapped. Supports vary. Contact Michelle Gordor.

Phone: (651)683-6800

Location: Dakota Hills Middle School

Ages Served: 6th to 8th grade students

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Eagle Buddies

Very much like Best Buddies, but not an official member. Special needs children are matched with regular education buddies who participate in after school activities. Activities may include movies out, kickball, games, parties, sporting events, etc. Has special education students and volunteer students. Supports vary. Contact Tammy Taylor or Jeremy Sorenson.

Phone: (952)431-8225

Location: 1445 Hayes Road, Apple Valley, MN 55124 (Apple Valley High School)

Ages Served: 9th to 12th grade students

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

The Garage

This program is designed as an after school drop in and summer program. Several of those attending are special education students, though staff are not trained for severe disabilities. PCA's are welcome. Activities include live bands, karate, homework help, theme parties, etc. Bus from school is possible, depending on school location. Contact Erick Biliet, Program Manager.

Phone: (952)895-4664

Location: 75 Civic Center Parkway, Burnsville, MN 55337

Website: www.thegarage.net

Ages Served: 13 to 18 years. Additional summer programs available and serve 10 to 12 year olds also.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Highland Friendship Club

The Highland Friendship Club is an organization serving individuals with disabilities with a range of opportunities to develop lifelong skills, friendships, and connections within a community through scheduled activities.

Phone: (651)698-4096

Location: P. O. Box 16437, St. Paul, MN 55116 (varies by activity)

Website: www.highlandfriendshipclub.org

Ages Served: Teens and young adults.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Inver Grove Middle Schools “Spartan Shed” and South St. Paul Middle Schools “Packer Pad”

These programs are designed as summer programs for all kids. Many of those attending are special education students. Field trips are held to such locations as the Omni Theater, Planetarium, Valley Fair, Fort Snelling, etc. There is a supervised open gym, arts and crafts, and computer lab. Families need to provide transportation. Supports vary. Contact Teresa McCormick for “Spartan Shed” or Jeanne Zehnber for “Packer Pad”.

Phone: (651)306-3662

Location: Inver Grove Middle School and South St. Paul Middle School

Website: www.invergrove.k12.mn.us/

Ages Served: Junior High School students.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Teen Time – Hastings Community Education and United Way

Activities with 8 to 15 participants at a time. Activities are usually center based, including seasonal parties, crafts, music, and social events. Staffed by paid staff, school volunteers, and/or the child’s own PCA. Sponsored by School District #200. Contact Bob Lawrence.

Phone: (651)480-7673

Location: Westview Center, 1355 South Frontage Road, Hastings, MN

Ages Served: Middle school through high school Hastings students.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Hastings Community Summer Adapted Sports

Sponsored by Community Education and City of Hastings. Paid staff and volunteers. Up to 1:1 support and supervision. Contact Bob Lawrence, Coordinator.

Phone: (651)480-7673

Location: Local parks in Hastings area.

Website: www.hastings.k12.mn.us

Ages Served: Kindergarten to adults.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Live Wires

Social-recreation program serving people with developmental disabilities. Activities include arts and crafts, dances, movies, carnivals, and much more. Staffed by 5 to 6 volunteers and PCA’s. Contact Carla Maslonka.

Phone: (952)890-7877

Location: Presbyterian Church of the Apostles, 701 East 130th Street, Burnsville, MN

Website: www.burnsvillepresbyterian.org

Ages Served: Young adults and adults.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Party Bound

Designed for young children of all abilities, families, birthday parties, or groups. Jumping play, giant inflatables, oversized games, and special rides. Reservations required.

Phone: (952)469-9600

Location: 21034 Heron Way, Lakeville, MN 55044

Website: www.partybound.net

Ages Served: Age 12 and under

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Pump It Up Play Night

Offers an inflatable play room.

Phone: (952)707-9386

Location: 1182 East Cliff Road, Burnsville, MN 55337

Website: www.pumpitupparty.com

Ages Served: All ages.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

SE YMCA Special Needs and Blazing Stars

Adapted sports/Special Olympics, including poly-hockey, basketball, bocce ball, aquatics, open gym, softball, and golf. Social night includes bingo, board games, and karaoke. May also access fitness classes and personal trainers. Contact Heather Patton, Special Needs Coordinator.

Phone: (651)731-9507

Location: 2175 Radio Drive, Woodbury, MN

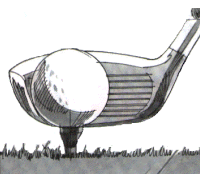
Website: www.ymcatwincities.org

Email: Heather.Patton@ymcastpaul.org

Ages Served: 7 to 65 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

RECREATIONAL SPORTS



Golfing

Courage Center Adapted Golf

Location: First tee of Eagle Lake in Plymouth

Ages Served: 7 to 70 years

Website: www.couragecenter.org

Metro Area Golf Clinic/Coach Certification

Greg Schulze, Golf Pro out of Sawmill Golf Club in Stillwater, works with Special Olympics and runs two clinics and a fall skills contest. Supports are available.

Phone: (651)439-7862

Location: All over central Minnesota

Email: gschulze@sawmill.com

Ages Served: Teens to 50's

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Physically Limited Golfers Association

Special league for physically handicapped golfers. Integrated with limited numbers of high functioning DD individuals. Golfers should be experienced. Sponsors tournaments around the State. Contact John Ross.

Phone: (763)479-6419

Location: All over Minnesota

Ages Served: Teens and above.

Fees: Mainly just course fees, plus a \$40 annual membership fee.

Website: www.mngolf.org

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Fishing, Hunting, Camping



United Special Sportsmen Alliance

Nationwide hunting and fishing charitable organization for critically ill or disabled youth and veterans. Dream fishing/hunting trips, camping, or canoe trails all over the United States. Programs pair volunteers with individual participants or groups of participants. Dozens of planned trips are posted on the ISSA website for applicants to consider. Supports are available as need.

Phone: (800)518-8019 or (715)884-2256

Fax: (715)884-7388

Location: 7864 Shotwell Road, Pittsville, WI 54466

Ages Served: 12 years and up

Schedule & Fees: No fees.

Website: www.childswish.com

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Fishing Has No Boundaries

National organization for disabled fishing. Two chapters in Minnesota.

Phone: (218)444-3433 (Bemidji)
(218)828-2344 (Brainerd/Nisswa)
(800)243-3462 (National Organization)

Website: www.fhnbinc.org

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Free permanent fishing license available to those 16 years and over who are developmentally disabled or 100% disabled veterans. Obtain through the Minnesota Department of Natural Resources at (651)297-1230 or website: www.dnr.state.mn.us

Horseback Riding



Courage Riders

Therapeutic horseback riding . Must be physically disabled or have sensory integration issues. Three persons support each child, two for the child and the other to lead the horse. Serves the metropolitan area.

Phone: (651)439-8283

Location: Washington County Fairground, 1460 Curve Crest Blvd., Stillwater, MN 55082

Website: www.couragecenter.org

Ages Served: 5 to 18 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Majestic Hills Ranch

Provides therapeutic recreational horseback riding to children with emotional, developmental disabilities, and physical handicaps. Contact Vicki Benson.

Phone: (952)426-5688

Location: 24580 Dakota Ave., Lakeville, MN 55044 (250th & Dakota Ave.)

Website: www.majestichillsranch.org

Email: VBension@Majestichillsranch.com

Ages Served: 2 to 18 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

RideAbility

Provides family focused therapeutic and recreational equine related activities for persons with disabilities, their siblings and peers. Enhancing physical, emotional, spiritual, and mental health through the service of horses. Volunteer intensive organization supports. Call Jeanie Michelizzi or Mary Lubahn.

Phone: Jeanie: (507)356-8154 or Mary: (507)732-7172

Location: 10038 County Road 5, Pine Island, MN 55963

Website: www.rideability.org

Email: rideability@yahoo.com

Ages Served: 4 to 21 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

We Can Ride

Therapeutic horseback riding provided for children and adults with developmental disabilities. Certified instruction with up to three community volunteers per rider. Accepts all skill levels and can be non-ambulatory. Carriage and driving lessons available.

Phone: (952)934-0057

Location: Minnetonka, Stillwater, Delano, and University of Minnesota in St. Paul

Website: www.wecanride.org

Ages Served: 2 years to adults

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

West Metro Horse Camp

Year round riding. Camp accommodates children with attention disorders, autism, and hearing impairments in an equine assisted therapy program. Supports depend on riders needs. Contact Holly Gustafson.

Phone: (763)682-1046

Location: 961 Garrison Ave. NE, Buffalo, MN 55313

Website: www.westmetrohorsecamp.com

Ages Served: 4 to 17 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

West Wind Stable

Limited assisted riding program for special needs children and adults. Not currently certified as therapeutic riding program. Lead and walk along supports, depending on riders needs. Contact Shari Thomas.

Phone: (651)480-1126

Location: 22365 Inga Ave., Hastings, MN 55033

Website: www.westwindstable.com

Ages Served: 8 year to adults

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

KARATE



Courage Center Sports & Recreation Programs

Adaptive karate classes for persons with physical disabilities and family. Supports vary with class size. Contact Jenny Walsh.

Phone: (763)520-0482

Location: Courage Center Gym, 3915 Golden Valley Road, Golden Valley, MN

Website: www.couragecenter.org

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Northwest Martial Arts

Regular karate class with one class geared towards individuals with developmental disabilities. Supports vary with class size.

Phone: (651)322-3600

Location: 14537 Dodd Blvd., Rosemount, MN

Ages Served: 8 years to adults

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

SKIING



Courage Center Sports Alpine Ski & Snowboarding

Adaptive skiing classes for person whose primary disability is a physical disability. Includes downhill or sit down with adaptive equipment. Accepts those who may also have borderline mental handicaps or traumatic brain injury. Up to one to one instruction.

Phone: (763)520-0495

Location: Hyland Hills, Welch, Trollhaugen, Spirit Mountain, Buena Vista ski areas.

Website: www.couragecenter.org

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Afton Alps Adaptive Skiing

Afton Alps hosts the Special Olympics skiing state championship and allows children to train during the ski season. Two staff are trained as adaptive ski instructors and individual lessons are available. Up to one to one instruction supports are available. Contact Justine Soine.

Phone: (651)463-5245

Location: Afton Alps, Afton, MN

Website: www.aftonalps.com

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

NOTE: Most ski lodges offer sit-skis for special needs children and adults and offer individual lessons based on ability.

SWIMMING



Farmington Community Education Adaptive Swimming

Classes tailored to individual's skills and needs. Open swim. Program sponsored by Farmington School District, but no residency requirement. Hydraulic lift at pool for entry and exit. Contact Colm Griffin.

Phone: Community Education in Farmington: (651)460-3200

Location: Farmington Dodge Middle School, 4200 208th St. West, Farmington, MN

Website: www.farmington.k12.mn.us or www.farmingtonCE.com

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Indoor Swimming Classes at Hastings YMCA

Sponsored by Hastings YMCA and School District #200. One on one supports or as needed are available. Contact Alissa Hein.

Phone: (651)480-4887

Location: 85 Pleasant Drive, Hastings, MN

Website: www.hastingsymca.net

Ages Served: 0 to adults

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

ISD #196 – Aquatics Program & Adaptive Swimming

Lifeguards, instructors, and handicapped lift. Classes tailored to individual's skills and needs. Please call to discuss your child's needs. Participants need not live in School District #196.

Phone: (651)683-6879

Location: Scott Highland Middle School – 14011 Pilot Knob Road, Apple Valley, MN

Website: www.district196.org/CE Search for Aquatics Program.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Wise Swim School

Lifeguards. Up to one to one instructors. Swim school is designed for both DD and non-handicapped children.

Phone: (952)953-7946

Location: 5992 149th Street West, Apple Valley, MN 55124

Website: www.wiseswim.com

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Other Swimming Resources

Always call first to confirm pool availability and session fees.

Aquatics Program through ISD #196

Call for listing of open swim locations and times.

Phone: (651)683-6879

Website: www.district196.org/CE

Aquatics Center in Hastings

Summer only, outdoor pool. Manager is Darbie Johnson.

Phone: (651)480-2392

Location: 901 Maple Street, Hastings, MN 55033

ISD #191

Phone: (952)707-2836 or (952)707-2439

Website: www.rschoolday.com

Central Square Community Center

Open swim and family swim at various schedules.

Phone: (651)306-3690

Location: 100 7th Ave. North, South St. Paul, MN

ISD #197 Aquatics

Phone: (651)403-8314

Location: Heritage Middle School

Website: www.isd197.org

ISD #194

Phone: (952)232-2150

Website: www.ce.isd194.k12.mn.us

The Grove

Phone: (651)554-3423

Location: 8055 Barbara Ave. East, Inver Grove Heights, MN

Website: www.funatthegrove.com

Courage Center Aquatic Services

Phone: (952)898-5700 or (763)588-0811 to register.

Location: Courage Center at 3915 Golden Valley Road, Golden Valley, MN 55422.
(763)588-0811 or Courage St. Croix at 1460 Curve Crest Blvd., Stillwater, MN
55082. (651)439-8283

Minnesota Valley Family YMCA

Phone: (952)898-9622

Location: 13850 Portland Ave. South, Burnsville, MN 55337

Website: www.ymcatwincities.org

South Family YMCA

Phone: (651)457-0048

Location: 150 Thompson Ave. East, West St. Paul, MN 55118

Website: www.ymcatwincities.org

Southwest Area YMCA

Phone: (651)456-9622

Location: 550 Opperman Drive, Eagan, MN 55123

Website: www.ymcatwincities.org

ADAPTIVE SPORTS



Apple Valley Parks & Recreation Adaptive Sports

Programs designed to develop social/sports skills in a fun and relaxing environment. Accommodates special needs children to regular program. Supports are available, but PCA's strongly recommended. Contact Steve Skinner.

Phone: (952)953-2300

Location: Apple Valley Community Center, 14603 Hayes Road, Apple Valley, MN

Website: www.cityofapplevalley.org

Email: SSkinner@ci.apple-valley.mn.us

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Dakota County Adult Softball League (Organized by KOTA Connections)

KOTA supports two team in the league consisting of about 11 teams (depending on the year and interest). Teams are mainly residents from group homes or client's of Social Service agencies. There are individuals living with their family that participate and more are welcome. Supports are limited. Parents would need to provide transportation and support as needed. Contact Dave Modrynski.

Phone: (952)469-1555

Location: Games are played in Lakeville.

Website: www.KOTA.connections.net

Email: cgibbs@kotaconnections.net

Ages Served: 16 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Minnesota Association for Adaptive Athletics

Alternative sports competition through the State High School League. One division is available for individuals with cognitive delays and one division for individuals with physical disabilities. Coaches are typically adapted physical education teachers and have assistant coaches to help with students. Students are considered to be participating in a varsity sport and may obtain a letter and letter jacket for their sport. Sports offered include indoor and/or outdoor softball, soccer, and floor hockey (poly hockey). Games are with other teams throughout the metro area. Transportation is provided typically to and from practices and away games. Parents provide transportation for home games.

Phone: Discuss local team information with your school's athletic director or child's adaptive physical education teacher.

Location: Most school districts participate with a combination of districts.

Website: www.mnadaptedathletics.org or www.mshsl.org

Ages Served: 7th to 12th graders

Schedules & Fees: Practice and games run most school days after school. Fees vary depending on individual sports fee for each school district.

Dakota County Teams: *Dakota United* serves Hastings, Rosemount, Eagan, Apple Valley and Eastview High School. *Blazing Cats* serves Farmington, Burnsville, and Lakeville.

Eagan Park & Recreation Adaptive Sports

Seasonal programs are offered for youth with disabilities. Skilled coaches and staff will spend time focusing on introductory skills, social skills, and games in a fun and supportive environment. Supports are available. Contact Kerry Phillips.

Phone: (651)675-5500

Location: Local parks and facilities in Eagan.

Website: www.cityofeagan.com

Ages Served: 6 to 13 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Miracle League for Adapted Baseball

Players are provided with "buddies" to assist with hitting and fielding. Designed for children with physical and/or developmental disabilities to participate in team baseball through help with volunteers. Contact Dana Beck.

Phone: (651)338-0849

Location: Lakeville, MN

Website: www.miracleleague.com Key word: Lakeville

Ages Served: 4 to 19 years

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

1st Northern Elite Adaptive Cheer Team

Adaptive cheerleading training and competition for both boys and girls. Small classes (one staff or volunteer to three students). Parents and/or PCA's are welcome. Contact Amanda Braml.

Phone: (651)454-5652

Location: 2995 Lone Oak Circle, Suite 3, Eagan, MN 55121 (Lone Oak Road and Lone Oak Circle)

Website: www.necheer.com

Ages Served: 7 years and up

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Stepping Out

Fitness program for children and adults with disabilities. Program includes walking clubs, tread mills, and exercise equipment.

Phone: (651)480-1738

Location: 214 Sibley Street, Hastings, MN

Website: www.steppingoutgym.com

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

West St. Paul Baseball

Provides training and team participation in hardball baseball. Part of Youth Athletic Association. Some high functioning DD children participate. No supports, so may need a volunteer coach, PCA, or parent to assist. Contact John Pelanos.

Phone: (651)263-9058

Location: West St. Paul, Northern Eagan, and Mendota Heights, MN

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Wings to Soar LLC

A new company providing services to people with disabilities and their families including yoga by specially certified yoga instructor for the special child, brain gym to help learn through movement, and sensory supports. Instructor is also a certified nutrition consultant, Minnesota licensed teacher with autism certificate, and the parent of two children with disabilities. Contact Jasmine Sidhe.

Phone: (612)296-6449

Email: jasmine@wings-to-soar.com

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Woodbury Hockey Association – Eagles of the East

Non-contact adaptive hockey team for residents of Ramsey, Dakota, and Washington Counties. Team memberships join the Woodbury Hockey Association. Two coaches and many volunteers. PCA and family welcome. Contact Antonia Boelters.

Phone: (651)307-0660

Location: Bielenberg Sports Center, 4125 Radio Drive, Woodbury, MN 55129

Website: www.mnspecialhockey.org or www.mnsledhockey.org

Ages Served: All ages and abilities.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Wheel Chair Sports & Recreation

Provides opportunities for competitive sports including sailing, scuba, softball, track and field, rugby, power soccer, basketball, tennis, archery, swimming, water skiing, sports day camps, hand cycling, alpine skiing, and snowboarding. Participants are mainly individuals with physical disabilities only. DD children may have difficulty applying. Looking to start a group for ASD children. No supports available. Contact Cindy Macquire

Phone: (763)520-0594 or (763)520-0537

Location: Courage Center in Golden Valley, MN

Website: www.couragecenter.org Key work: Class Catalog.

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

“Let Me Play” Grants for Girls

Provides grants for Minnesota girls to be used for participation fees for sports or organized fitness activity. Contact Shelly Boyum-Breen,

Phone: (763)442-0051

Location: P. O. Box 47128, Plymouth, MN 55447

Website: www.foundationix.org

Ages Served: Girls 5 to 19 years



SPECIAL OLYMPICS

The State Special Olympics

Website is www.specialolympicsminnesota.org and Dakota County is in Area 12. Jennifer Roehl at (651)-247-9991 is the contact for Dakota, Washington, and Ramsey County. Website: www.somn.org/area12

Dakota County has the following Special Olympic teams:

RAVE

Serves Rosemount, Apple Valley and Eagan. Organized year round sports events and gathering for DD children and adults. Events include bowling, unified bowling, swimming, soccer, basketball, softball, and track and field. Participants are responsible for own supports. PCA's are welcome. Contact Barb Peterson.

Phone: (952)432-7672

Location: Rosemount, Apple Valley, and Eagan.

Website: www.theravesp.com

Email: The RAVE@charter.net

Ages Served: 8 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Burnsville Area Special Olympics

Sponsored by Community Education and donations. Sports events and gatherings for DD children organized during the school year in Burnsville, Savage, and surrounding areas. Includes track and field events, soccer, adaptive swimming, softball, poly hockey, bowling and basketball. Adaptations are made for physical handicaps. Participants are responsible for own supports. PCA's are welcome. Coordinator may provide transportation. Contact Tara Scheffel.

Phone: (952)707-4150

Location: Burnsville, Savage, Prior Lake, and Lakeville.

Ages Served: 8 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Hastings Sharks

Organized year round sports events and social gatherings for DD children and adults. Events include basketball, track and field, gymnastics, golf, poly hockey, bowling, and swimming. Coordinator may provide transportation if needed. Contact Lisa Sieben.

Phone: (651)437-5962

Location: Hastings and surrounding areas.

Website: www.somnhastings.org

Ages Served: 8 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Lakeville Ace

Relatively new team. Contact Mark Springer.

Phone: (952)432-0183

Email: springergo@hotmail.com

South Region Stars

Organized year round sports which include bowling, unified bowling, swimming, track and field, poly hockey, basketball, soccer, downhill skiing, table tennis, tennis, and softball. Contact Marcie Padgett.

Phone: (952)953-2312

Location: Inver Grove Heights, Mendota Heights, West St. Paul, and South St. Paul, MN

Website: www.southregionstars.com

Ages Served: 8 years and older

Schedule & Fees: All participants must register at the State. Call or visit website for current schedule and fees and additional information.

Tiger Paws

Organized year round and meet weekly during game seasons. This team just started in the past year. Events include bowling and track and field. Most participants attend school in Farmington and school staff help. Contact Penny Thraen.

Phone: (651)463-4795

Location: Farmington, MN

Ages Served: 8 years and older

Schedule & Fees: All participants must register at the State. Call for current schedule and fees and additional information.

The Woodbury Blazing Stars

Organized year round sports events and gatherings for DD children. Events include softball, poly hockey, swimming, boche ball, and golf. Participants are responsible for own supports. PCA's are welcome. Contact Heather Patton, Special Needs Coordinator.

Phone: (651)731-9507

Location: Woodbury and Afton, MN

Ages Served: 8 years and older

Schedule & Fees: All participants must register at the State. Call or visit website for current schedule and fees and additional information.

Summer Sports Camp – Special Olympics

Summer sports camp for child and adults with intellectual disabilities. Overnight camp staffed at 1:4 ratio staff to campers. Provides an opportunity to try new sports and enjoy their favorites. Participants are responsible for own supports. PCA's are welcome. Contact Elizabeth Reddall.

Phone: (800)783-7732, ext. 274

Location: Varies by the year.

Website: www.specialolympicsminnesota.org

Ages Served: 8 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.



VACATION/TRAVEL



National Ability Center

Family recreation center and ranch, programs for the whole family. Includes adapted skiing, snowboarding, bobsledding, cycling, hippotherapy, wall climbing, horseback riding, sled hockey, swimming, wheel chair rugby, archery, water skiing, and team building events.

Phone: (435)649-3991

Location: P. O. Box 682799, 1000 Ability Way, Park City, Utah 84060

Website: www.nac1985.org

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Justus Venturing/No Boundaries, Inc.

All-inclusive extended trip and mini vacations in a wide variety of venues. Often weekend or extended weekend trips. Activities include Boundary Waters canoe trips, winter camping, fishing trips, hotel weekends, etc. Supervision tailored to participant's individual needs.

Phone: (612)396-4863

Fax: (651)340-3505

Location: 1895 Bush Ave., St. Paul, MN 55119

Website: www.justusventuring.org

Ages Served: All ages and developmental levels.

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Off the Beaten Path, Inc.

Provides economical vacations for developmental disabled ambulatory adults. Tours all over the United States and Canada. Search Beyond provides staff to meet the needs of the clients up to 1:4 supervision ratio. Must have adequate social and personal care skills.

Phone: (507)344-2362 or (800)221-3155

Location: P. O. Box 853, Faribault, MN 55021

Website: www.otbp.info

Ages Served: 18 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Search Beyond Adventures

Provides approximately 150 tours yearly all over the United States and Internationally. Designed specifically for developmentally disabled. Staff is provided to meet the special needs of client up to a 1:2 ratio.

Phone: (612)721-2800 or (800)800-9979

Location: 4603 Bloomington Ave., Minneapolis, MN 55407

Website: www.searchbeyond.com

Ages Served: 17 years and older

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Sojourn Program

Year round program which allows children and teenagers with DD to vacation with their families and caregivers. 1:4 staff ratio provided. Contact John Salmon.

Phone: (952)852-0101 or (320)274-8376 or (800)450-8376

Location: Program is run from Camp Friendship in Annandale, MN. Vacation locations vary.

Website: www.friendshipventures.org

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Travel Line Minnesota

Guide for travel in Minnesota, mainly for those with physical disabilities. Includes a list of vacation and travel locations with information on parking, walkways, paths, and emergency and safety features of rooms. Contact Mike Chevrette

Phone: (763)571-0875 or 711 for Minnesota Relay Service (TTY)

Location: 510 57th Ave. NE, Fridley, MN 55432

Website: www.accessminnesota.org

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

Wilderness Inquiry

Provides canoe, kayaking, dog sledding, snowshoeing, hiking, backpacking, cross country skiing, horse packing, and rafting adventures and outdoor skill workshops for families and individuals. A parent or PCA must accompany children at an additional discounted fee.

Phone: (612)676-9400 or (800)728-0719

Location: 808 14th Ave. SE, Minneapolis, MN

Website: www.wildernessinquiry.org

Ages Served: All

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

OUTDOOR RECREATIONAL EQUIPMENT

Adapted Bicycle Resources:

Blackbird Bikes

Side by side recumbent bikes.

Phone: (952)894-7705

Location: 12721 Apple View Lane, Burnsville, MN 55337

Website: www.blackbirdbikes.com

Cycle Tote Corporation

Trailer to pull behind a bike (child and adult sizes).

Phone: (800)747-2407

Location: 517 North Link Lane, Fort Collins, CO 80524

Website: www.cycletote.com

Freedom Concepts

Phone: (800)661-9915

Location: 1565 Inkscer Blvd., Winnipeg, Manitoba, Canada 51R2

Website: www.freedomconcepts.com

Just Two Bikes

Phone: (651)426-1548 or *800)499-1548

Location: 15449 Forest Blvd. North, #C, Hugo, MN 55038

Website: www.justtwobikes.com

Trailmate

Adaptations to bikes.

Phone: (800)777-1034

Website: www.trailmate.com

Local Dealer: Bicycle Bills, 1254 South Robert Street, West St. Paul, MN 55118

Phone: (651)457-9111

Erik Bike Shops, Penn Cycle, Hastings Bike Shop, and Bicycle Bills carry a variety or are dealers for recumbent and 3-wheel bicycles.

Other Equipment Resources:

Blue Sky Designs

Develop products with grant/development money for people with and without disabilities. Have designed the Freedom Tent, an accessible tent for people in wheelchairs.

Phone: (612)724-7002 or (888)724-7002

Location: 2637 27th Ave. South, Suite 207, Minneapolis, MN 55406

Website: www.blueskydesigns.us

Landscape Structures, Inc.

Typically install large adapted playground structures for cities, schools, and parks; but can provide some accessory playground items to address accessibility issues or other resources/information.

Phone: (763)972-3391 or (888)438-6574

Location: P. O. Box 198, Delano, MN 55328

Website: www.playlsi.com

Mobility Sports

Sled hockey equipment and other modified sports equipment.

Phone: (260)338-2276

Location: 11212 Ransom Court, Fort Wayne, IN 46845

Website: www.mobilitysports.com

Rainbow Play Systems

Website: www.rainbowplay.com

Scandia Kicksled

Adapted sled.

Phone: (507)896-3715

Location: 7155 State 76, Houston, MN 55945

Email: alpine@accgroup.cc

WhisperGlide

Wheelchair accessible lawn swing and glider.

Phone: (800)944-7737

Location: 10051 Kerry Court, Hugo, MN 55038

Website: www.whisperglide.com

SPECIAL NEEDS ACCESSIBILITY

National Center on Physical Activity & Disability

A national database of programs and camps, nationwide, for all disabilities. Provides information on modifying sports equipment for accessibility; such as skis, bikes, etc.

Phone: (800)900-8086

Location: 1640 West Roosevelt Road, Suite 711, Chicago, IL 60608-6904

Website: www.ncpad.org

Transportation:

Access Amtrak

15% discount for mentally or physically disabled and one companion with verification. 14 day reservation notice recommended, but not required.

Phone: (800)872-7245 – Press 0

Website: www.amtrak.com

Greyhound

Discounts for travel companions (30% off amount of fare paid by disabled person). Priority seats in front of bus. Special handling of baggage and mobility equipment owned by the disabled person. Lift equipped buses with 48 hours notice.

Phone: (800)752-4841 (Customers with disabilities travel assistance line.)

Website: www.greyhound.com

Global Access

Handicapped travel information.

Website: www.globalaccessnews.com

Access Able Travel Source

Worldwide travel information.

Website: www.access-able.com

ADDITIONAL COMMUNITY RESOURCES

The following are community resources that provide activities that may offer an opportunity for integration for children with disabilities. These resources are not specifically for children with disabilities.

Dakota County Parks

Dakota County Parks offer many fun and relaxing summer activities and facilities to get you close to nature. Some highlights include sea kayaking lessons, kids fishing camps, astronomy with Waco's Mike Lynch, canoeing, bird hikes, skiing and snow shoeing.

Phone: (952)891-7000

The Park at Mall of America (Nickelodeon Universe, SEA LIFE Minnesota Aquarium, Moose Mountain Adventure Golf, Amazing Mirror Maze)

The park provides an indoor amusement park for all ages. Be aware that the sound level can be loud with the rides going all around you.

Phone: (952)883-8000 (Mall Information)

Website: www.mallofamerica.com

Jackson Street Roundhouse – Minnesota Transportation Museum, Inc.

Great place for all children, but especially for children who love trains. Located on the first railroad maintenance site in Minnesota. Full size trains, including four engines, two steam engines, six box cars, and rides on an operating caboose and turntable. A full workshop and museum display.

Phone: (651)228-0263, ext. 3102 or 3104

Location: 193 Pennsylvania Ave. East, St. Paul, MN 55130

Fees: \$5 admission, \$50 membership July to December, \$100 membership January to December

Website: www.trainride.org

Community Education/ECFE (Early Childhood Family Education)

Interesting and fun classes are offered through Community Education programs. The sponsoring district will make every effort to provide reasonable accommodations to meet your child's needs. Contact your local Community Education Office for a catalog. If you desire, you may be able to attend Community Education classes from other districts. Contact the specific Community Education Office listed on the appendix.

Head Start

Head Start provides, at no cost, preschool to children ages 3 to 5 years old for income eligible families. Children with special needs are welcome. Meals are provided and family based education is also offered.

Phone: (651)322-3500 (Dakota County)

Website: www.capagency.org

Life Pages

This is a comprehensive website of recreation and leisure opportunities in the greater Twin Cities area. Developed for children and adults with disabilities in mind, but useful for everyone. Sponsored by PICS (Partners in Community Supports), a collaborative involved with the elderly, those with brain injuries, and those with developmental disabilities.

Phone: (952)854-6364

Website: www.lifepages.org

Local Libraries

Contact the local library in your neighborhood to see what programs they offer. Many have activities and story hours for preschool children during the school year and activities for all ages in the summer.

(952)891-0300 – Burnhaven Library (Burnsville)

(651)450-2900 – Wescott Library (Eagan)

(952)891-7045 – Galaxie Library (Apple Valley)

(651)438-0250 – Farmington Library (Farmington)

(651)554-6840 – Inver Glen Library (Inver Grove Heights)

(651)554-3240 – City of South St. Paul Library (South St. Paul)

(651)438-0200 – Pleasant Hills Library (Hastings)

(651)480-1200 – Robert Trail Library (Rosemount)

(651)554-6800 – Wentworth Library (West St. Paul)

(952)891-0360 – Heritage Library (Lakeville)

(952)891-0333 – Bookmobile

Minnesota Zoo

The Minnesota Zoo provides educational opportunities for preschoolers, youth, and families. Learn more about the zoo and the animals that call the zoo home.

Phone: (952)431-9500

Website: www.mnzoo.org

Fees: Family memberships are available. \$95-\$115 Household memberships. \$62 Individual Plus memberships. Contact Zoo for more information on specific classes and fees.

Minnesota Children's Museum

Minnesota Children's Museum is at the heart of where fun meets learning. It is where children can touch, climb, splash, crawl, push, pull, and press it all! Children ages 6 months through 10 years and their adult guests can explore six galleries packed with extraordinary hands-on adventures.

Phone: (651)225-6004

Website: www.mcm.org

Fees: \$89 Family Passport. \$59 Foster Care Passport. \$109 Family + 1 Passport. Contact Museum's Membership Hotline for more information.

Movie Theatre – Accessible

The Carmike Theatre in Apple Valley will admit individuals in wheelchairs for free (limit of one per party). They will also assist with carrying popcorn and treats to your seat.

Phone: (952)431-4859

Marcus Theatres (i.e. Rosemount, Hastings) offer discount tickets and free popcorn in summer for children.

Free Summer Movies

Starting in June and going through the first two weeks of August, Regal Cinema in Eagan offers free movies on Tuesdays and Wednesdays at 10:00 AM for all children. Call for further information.

Phone: (651)452-8329

Melsa Museum Adventure Pass

Twin Cities library card holders can receive 2 to 4 complimentary passes to one of the 17 Twin Cities world-class arts and cultural institutions. Passes are available at all Dakota County Libraries. Good for 7 days from check out. Limited to first come first serve basis.

Website: www.melsa.org/museumadventurepass

Park & Recreation

Interesting and fun classes are offered through local Park & Recreation Departments. Contact your local Park & Recreation Department office for a catalog. If you desire, you may be able to attend Park & Recreation classes from other districts. Contact the specific Community Education Office listed on the appendix.

Science Museum

At the science Museum of Minnesota, learners of all ages can discover their changing world through a combination of interactive exhibits, live theater presentations, science demonstrations, and Omni theater films.

Phone: (651)221-9409 or (651)221-9444

Website: www.smm.org

Schedule & Fees: Call or visit website for current schedule and fees and additional information.

State Parks

Minnesota State Parks offer many fun and relaxing summer activities and facilities to get you close to nature. Some highlights include cross country skiing, camping, hiking, and nature presentations to name just a few.

Website: www.dnr.state.mn.us

Schedule & Fees: Visit website for current schedule and fees and additional information.

School Age Child Care (SAC)

Various school districts offer before school, after school, and summer day care programs that in addition to playground activities have field trips, arts and crafts, and social skills groups. Supervision is usually 10 to 15 children per staff, but some districts have offered more intense supervision on a case-by-case basis. Many allow children from other school districts, if transportation is provided by the parents. Check with your IEP case manager and local SAC program directors below to ensure that the level of supervision offered is appropriate to your child's needs.

School District	Program	Contact Person	Telephone Number
#191 – Burnsville, Eagan, Savage	Project Kids (Preschool)	Linsey Beck	(952)707-4146
#191 – Burnsville, Eagan, Savage	Project Kids (school Age)	Carmen Cook	(952)707-4160
#192 – Farmington	Kid Connection	Kelly Vossen	(651)460-3206
#194 – Lakeville	Kid Zone	Shirley Ward	(952)232-2156
#196 – Apple Valley, Rosemount, Eagan (coordinated through YMCA)	SAC	Eric Lancrete	(651)456-9622
#197 – West St. Paul, Mendota Heights, Eagan (includes Noreen Activity Center for middle school age kids)	SAC	Missy McGinty	(651)403-7516
#006 – South St. Paul & #199 – Inver Grove Heights	Kids Choice	Jeanne Zehnder	(651)306-3631
#200 – Hastings	Kids Campus	Susan Hernlem	(651)480-7676

APPENDIX

Community Education:

Apple Valley, Rosemount & Eagan Community Education	(651)423-7920
Burnsville Community Education	(952)707-4150
Farmington Community Education	(651)460-3200
Hastings Community Education	(651)480-7670
Inver Grove Heights & South St. Paul Community Education	(651)306-3602
Lakeville Community Education	(952)232-2150
Randolph Community Education.....	(507)263-2151, ext. 5
West St. Paul & Mendota Heights Community Education.....	(651)681-2389

Park & Recreation

Apple Valley Community Park & Recreation	(952)953-2300
Burnsville Parks & Recreation	(952)895-4500
Eagan Community Park & Recreation	(651)675-5500
Farmington Community Park & Recreation.....	(651)280-6800
Hastings Park & Recreation	(651)480-6175
Inver Grove Heights Park & Recreation	(651)450-2585
Lakeville Community Parks Recreation	(952)985-4600
Mendota Heights Community Park & Recreation.....	(651)452-1850
Rosemount Community Park & Recreation	(651)322-6000
South St. Paul Community Park & Recreation	(651)306-3690
West St. Paul Community Park & Recreation	(651)552-4150

Dakota County Area YMCA – www.YMCA.net

Burnsville	(952)898-9622
Eagan	(651)456-9622
Hastings.....	(651)480-8887
South Branch – West St. Paul	(651)457-0048
Skyway St. Paul Downtown	(651)292-4143
Woodbury Branch	(651)731-9507

Local School Districts Special Education Offices

Apple Valley – School District 196 www.district196.org	(651)423-7629
Burnsville/Eagan/Savage School District 191 www.isd191.org	(952)707-6261
Farmington School District 192 www.farmington.k12.mn.us	(651)463-5022
Hastings School District 200 www.hastings.k12.mn.us	(651)480-7009
Inver Grove Heights School District 199 www.invergrove.k12.mn.us ...	(651)306-7827
Lakeville School District 194 www.isd194.k12.mn.us	(952)232-2011
Mendota Heights/West St. Paul School District 197	(651)403-7004
www.isd197.k12.mn.us	
Randolph School District 195 www.randolph.k12.mn.us	(507)645-4773
South St. Paul School District 006 www.sspps.org	(651)457-9400
Special Education District 917 www.isd917.k12.mn.us	(651)423-8204