



Recreational Resources for Children and/or Adults with Disabilities

***Revised January 2026
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HOW TO USE THIS DIRECTORY

The following directory is designed to assist individuals and families served by the Dakota County Community Living Services Section in learning about various social/recreational options available for individuals with disabilities. Many of the programs listed here are designed specifically for children and/or adults with developmental and sometimes physical disabilities. This does not mean that programs designed for all children are not appropriate or desirable for the individual with disabilities.

In the Appendix, there are listings of local Park & Recreation Offices, Community Education and other local organizations designed for all local citizens that provide group activities, classes, or events to explore. Keep in mind that each city or cooperative will usually have an Adaptive Recreation Coordinator to assist and advise you in how to best access their program. Local churches, should you belong, often are a good resource for integrated social activities. Also, you might wish to consult with the Developmental Adaptive Physical Education (DAPE) teacher/Individual Education Program Plan (IEP) case manager. They may be aware of local recreation programs and could facilitate participation in other after school sports or activities.

This directory is not meant to be an endorsement by Dakota County of the programs or activities contained within. It is simply programming we have been made aware of through contacts with the individuals we serve or through organizational resource directories. Websites have been listed as much as possible. Please visit the listed websites to obtain more specific information.

Attempts to update this directory will be made every other year but is not guaranteed.

If you know of or are currently using a resource that you would like to share in this directory or have a correction to the directory, please email Tracy.Plonsky@co.dakota.mn.us.

CAMPS/SOCIAL REC INFORMATION



Day Camps/Day Respite Programs/Social Skills & Rec Programs

NOTE: Many camps end registration by February so register early!

Abilities in Harmony

Adapted show choir day camp – due to financial limitations, only available currently in LaCrosse, WI. Twice a year – once for ages 12-21 and once for ages 22 and up.

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

Access Project – District 197 Community Education

Activities for adults with Developmental Disabilities

Phone: 651-403-8331

Website: [Adults with Disabilities | TridistrictCE](#)

A Great Day Farm

Free recreational space in Northfield, MN that supports adults with disabilities.

Website: [A Great Day Farm | Join the Fun](#)

Autism Society of Minnesota (AuSM) Activity Guide – workshops, classes, resources

Phone: 651-647-1083

See catalog at [Education – AuSM](#)

Bridging Hearts

Provides social connections, both online and in person, for young adults in the Twin Cities area (as well as Duluth) between the ages of 19-45 to connect with other neurodiverse people specializing with those on the autism spectrum, mild developmental or learning differences, and Traumatic Brain Injury who are interested in new friendships and fun. Must be able to be dropped off and left without supervision and demonstrates emotional and behavioral stability.

Website: www.bridginghearts.org

Buddies Programs

Many of the Dakota County Middle and High School special education programs have special needs kids matched with regular education buddies who participate in after school activities a couple of times a month.

Ask your special education teacher if a program exists in your student's school.

Website: [Minnesota - Best Buddies International](#)

Camp Butwin (through the Jewish Community Center of the Greater St. Paul Area)

Serves children with all abilities grades K-8. First come, first serve. Membership to the JCC may be required. Have opportunity for leadership camps for those entering 9th and 10th grade.

Phone: (651)698-0751 (St. Paul JCC); (952)381-3400 (Mpls. JCC)

Location: 945 Butwin Road, Eagan, MN 55123-limited Dakota County site

Website: [Fun Camp Experience: All Ages | Minnesota JCC | Camp Butwin](#)

Camp E.X.I.T.E.

Day camp specifically for middle school girls, 6th – 9th grade, with disabilities to empower them in the fields of math, science, and engineering; this camp is offered for free

Phone: (952)838-1407

Location: Pacer Center – Bloomington

Website: [EXITE Camp – PACER Center](#)

Camp MNprov

Improv camp for Students ages 13-18 – also offer customized programs for schools and Educators

Email: info@MNprov.org 612-217-1881

Location: Most recently held at The Hive Collaborative in St. Paul, MN

Website: [Improv Workshops for Neurodivergent Teens | MNprov](#)

Find Love Safely

Matchmaking services for adults with intellectual disabilities

Website: www.findlovesafely.com

Fun Times – PACER

Program designed to help teenagers and young adults (13-20) with and without disabilities connect with one another outside of school for social events. Meet 6 times during the school year.

Phone: (952)838-9000

Location: Varies depending on activity – currently a waitlist

Website: [Fun Times – PACER Center](#)

GiGi's Playhouse Twin Cities

Provides free programs that are educational, recreational, social, and therapeutic to individuals primarily with Down Syndrome Birth through Adulthood.

Phone: 952-926-3660

Location: 4740 Park Glen Road, St. Louis Park, MN 55416

Website: www.gigisplayhouse.org/twincities/

Hastings Community Education Fun, Friends and Fitness

Individuals with disabilities activities for persons 18 and over

Phone: 651-480-7673 – Jaci Hansey

Website: [Inclusive Programming for Persons with Disabilities | Community Education](#)

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 for ages Teens and young adults. Membership is required.

Phone: (651)340-0711

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

Website: www.highlandfriendshipclub.org

Meet-up.com – www.meetup.com

Meetup is a web-based social platform for finding and building local communities – use to meet new people, learn new things, find support, get out of your comfort zone, and pursue passions with like-minded people.

Minnesota Independence College and Community (MICC)

Offer a weeklong summer program for autistic and neurodiverse young adults(15-18 & 18-25).

Day camp – 8am-5pm Monday through Friday

Phone: 612-869-4008

Location: 7501 Logan Ave. So., Ste 2A, Richfield, MN 55423

Website: [Summer Program - MICC \(Minnesota Independence College and Community\)](#)

Mount Olivet Rolling Acres

Summer day camp and social/recreational programs for youth on the Autism Spectrum ages 8-17 years. Designed for children/teens that need an alternative to more traditional summer day camp programs including those with significant behavior challenges.

Phone: (612)859-7186

Location: MORA campus on Schutz Lake, Victoria, MN

Website: www.mtolivetrollingacres.org

Pathways to Community (PTC)

Licensed service provider funded through a waiver – **must be accessing their family services programs to utilize the Clubhouse-* clubhouse activities including cooking classes, exercise, crafts/games, movies, etc. as well as respite services in afternoon/evening and weekends as well as summer camp respite programs (1:4 staffing ratio). Primarily provided to adults and older teens.

Phone: 651-641-4009

Location: 475 Cleveland Ave N, Suite 100, St. Paul, MN 55104

Website: <https://pathwaystocommunity.com/family-services/>

River Valley Project Explore

Program designed to serve adults with disabilities(18+) by providing customized learning, social and recreational activities including things like cooking, crafts, bingo, dances, bowling leagues, exercise classes and more.

Phone: (651)423-7931

Location: Varies depending on activity – main office 15180 Canada Ave., Rosemount, MN 55068

Website: [Project Explore - Community Education](#)

Email: projectexplore@district196.org

ShareBuddies

Offer free online interactive social skills sessions to students facing social challenges grouping participants based on their current communication and social abilities-volunteer staff

Website: [Sharebuddies](#)

Snapology

STEAM-Focused classes – offer social skills connection and adaptive play connection for children with disabilities

Phone: 612-440-7627

Location: 2649 Lyndale Ave. So, Mpls, MN

Website: [Snapology of Minneapolis | Kids LEGO & Robotics Summer Camps & Parties](#)

St. David's Center Adventure Program and Destination Anywhere Program

Adventure Program: Community based therapeutic recreation program for teens and young adults with special needs, ages 11-21. Usually filled by individuals attending St. David. 1:2 staff ratio

Destination Anywhere Program: Therapeutic Recreation program for ages 18 and up with developmental disabilities that meets twice a month on Saturday. 1:3 staff ratio

Venture Forward Program: For adults 22+ who are ready to grow their independence – afternoon Program year round – 1:2 or 1:3 staff ratio.

All programs funded through waivers or private pay

Phone: 952-939-0396

Location: Varied throughout West Metro such as St. Louis Park, Brooklyn Park, Minnetonka, Mpls.

Website: <https://www.stdavidscenter.org/tr/>

The Tap

A place for everyone to come together, have a good time and make lasting friendships. Offers events throughout the school year. Family friendly and all ages welcome.

Location: Mostly at Woodland Hills Church in St. Paul - office address: 510 3rd Ave. So, #104, South St. Paul, MN

Website: <http://yourtap.org>

West Metro Learning Center

Year round –Social skills therapy/therapeutic recreation activities for children, teens and young adults with ASD to develop social understanding and social skills. Summer – Camp Connections Day Camp for ages 5+

Phone: (612)217-1461

Location: 8877 Aztec Drive, Eden Prairie, MN 55347

Website: [West Metro Learning Connections](#)

YMCA Day Camps

Summer youth programs offered for full day summer enrichment for children and youth. These programs do not offer special programs for children with intellectual disabilities. Yet a number of children with I/DD do participate and it can be a good integrated experience if supervision offered meets your child's needs.

Location: Various

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

*****Faith Based Resources within the Metro Area (not an endorsement – just possible resources)**

Constance Free Church

Work on providing support for children in Sunday and Wednesday activities; adult group of individuals with disabilities Bible study monthly (Disrupters Group), Bible Study for Moms of Children with Disabilities twice monthly

Location: 16150 Crosstown Blvd NW, Andover, MN 55304 Phone: 763-434-5995

Website: [Disability Ministry — Constance Free Church](#)

Grace Church Special Needs Programs

Special needs weekly programs offered. Also offer occasional respite nights for community members with special needs children.

Location: 9301 Eden Prairie Rd., Eden Prairie, MN 55347 Phone: 952-224-3000

Website: <https://grace.church/special-needs/>

New Hope Church

Specialized curriculum and club for Adults with disabilities, buddy's for children as available during Sunday programming – adult must attend with PCA/support if needed

Location: 4225 Gettysburg Ave. N., New Hope, MN 55428 Phone: 763-533-2449

Website: [Disabilities | New Hope Church](#)

South Cities Church

Offer visitation services for adults, “friend” support for children and adults with disabilities as available.

Location: 20700 Kenrick Ave, Lakeville, MN 55044 Phone: 952-373-1201

Website: [Disability & Special Needs Ministry — South Cities Church](#)

Treehouse

Faith based program serving teens to help build relationships -not specific to special needs.

Location: Throughout MN – main office is in Mpls – 952-238-1010 - currently have programs in Eagan, Hastings, Lakeville/Farmington

Website: [About us – TreeHouse Hope](#)

Wayzata Community Church

Parables Disability Ministry – specialized program September-May in chapel with activities throughout the year.

Location: 125 Wayzata Blvd. E., Wayzata, MN 55391 Phone: 952-473-8877

Website: [Parables Disability Ministry - Wayzata Community Church](#)

Woodbury Lutheran

Offer a disability ministry of Sunday School buddies, Faith and Friends Bible Study for adults and Hearts and Hands fellowship group for adults.

Location: Main campus at 7380 Afton Road, Woodbury, MN 55125 Phone: 651-739-5144

Website: [Care and Support Resources | Woodbury Lutheran Church - Local Lutheran Church In Minnesota](#)

Young Life Capernaum

Non-profit, non-denominational Christian ministry founded in 1941 for ages 14-21.

Location: 900 W. 128th St., Ste 207, Burnsville, MN 55337 – 952-736-7510

Website: www.younglife.org – local website <http://mnvalley.younglife.org>

Clubs locally in Burnsville(currently paused at HS), Lakeville, AV/Rosemount, Farmington

*Disability Ministry Network and Directory – Facilitate connections for churches/organizations to provide full inclusion and participation of persons with disabilities through conversation and training - [About Us | Disability Ministry Network](#)

*Minnesota Disability Ministry Connection (MDMC): Joni and Friends – interdenominational network designed for pastors, ministry leaders, lay leaders to advance inclusive/disability ministry and awareness to learn about resources, share ideas, collaborate, connect, etc.- [Minnesota | Joni and Friends](#)

Overnight Camps for Individuals with Autism

Camp Avanti – Sensory Integration summer overnight camp

Children 8-13 with 14&15 yr olds considered. Campers have average or above average IQ but diagnosed with a sensory processing dysfunction –O.T.'s staff the camp.

Phone: 715-375-1712 x 800

Location: Operated by Avanti Therapeutic Projects at True Friends Camp Courage
8046 83rd St. NW, Maple Lake, MN 55358

Website: [Camp Avanti | AvantiTheraProjects](#)

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

Designed for campers with autism who need more intensive supervision 1:1. Must be a member of the Autism Society to participate. Ages 10+. Campers selected on a lottery basis – Registration is in February. Camp Discovery is 1:4 staffing ratio.

Phone: (651)647-1083

Location: Hand in Hand - Camp Knutson, 1148 Manhattan Pt. Blvd, Cross Lake, MN 56442
Discovery – True Friends Camp Courage, 8046 83rd St. NW, Maple Lake, MN 55358

Website: [AuSM Summer Camps – AuSM](#)

Overnight Camp for Children with Epilepsy

Camp Ozawizeniba (Camp Oz)

For persons with epilepsy. RN's on staff 24 hours and able to accommodate Ketogenic diet. For ages 9-17 overnight and day camp for 6-12 year olds

Phone: (651)287-2300 or (800)779-0777

Location: YMCA Camp St. Croix, 532 County Road F, Hudson, WI 54016
Day camp is held at YMCA Camp Christmas Tree in Mound, MN

Website: <https://www.epilepsyfoundationmn.org/programs/youth/camp/>

Overnight Camp for Children with Speech and Hearing Issues

Camp Sertoma

One week camp experience where deaf and hard of hearing children come and meet people just like them. Ages 2nd-8th grade. Counselors are Deaf or Hard of Hearing themselves. Staffing ratio 1:5.

Phone: (218)828-2344

Location: Confidence Learning Center-1620 Mary Fawcett Memorial Drive, Brainerd, MN 56401

Website: www.campsertoma.com

Overnight Camps for Individuals with Mental Health/Emotional/Behavioral Disorder

Camp of Champs

Focuses on providing training and curriculum to youth with special needs and mental health Disorders such as Depression, Anxiety, RAD, FAS, ADHD, Developmental Disabilities and Autism.. High and low ropes Challenge Course, sports, swim, kayak, social connections and more. Ages 11-18

Phone: (218)760-8442

Location: 13218 County Road 40, Park Rapids, MN 56470

Website: [Camp of Champs | Special Needs Camp in Park Rapids, Minnesota](#)
(campofchampsmn.com)

General Overnight Camps for Children/Adults with Developmental Disabilities

True Friends(formerly Camp Courage, Friendship, and Edenwood)

Children and adults with all levels of Developmental Disabilities and support needs. Year-round respite weekend options also. Several focus camps to select from.

Phone: (952)852-0101 or 1-800-450-8376

Locations (three sites):

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

Camp Edenwood, 6350 Indian Chief Road, Eden Prairie, MN 55346

Camp Courage, 8046 83rd St. NW, Maple Lake, MN 55358

There is also the Ventures travel program for adults.

Website: www.truefriends.org

Ages Served: 5+ years

Camp Knutson (Lutheran Social Service)

Location of the AuSM camps (mentioned previously) and Down Syndrome Association camp – referred through these associations only. They do not staff camps of their own-provide staffing support for each camping partner group. Handicapped accessible. Organizations and families can book retreats September-May for groups of 20-80 people.

Phone: (218)543-4232

Location: 11148 Manhattan Pt. Blvd, Cross Lake, MN 56442

Website: <https://www.lssmn.org/services/camps-retreats-events>

Confidence Learning Center

Year-round camp location available to people with disabilities. Confidence Learning Center is different as our Campers come to Confidence Learning Center WITH their primary care provider. We provide the location and activities – you supply the staff.

Phone : 218-828-2344

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

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

Camp Omega

Christian based adult camp for individuals with disabilities.

Website: [Camp for People with Developmental Disabilities | Camp Omega - Waterville MN](#)

PATHFINDERS Camp at Inspiration Point

Christian camp experience in a resort like setting to adult guests with special needs 18+. If 1:1 Care is needed, personal care staff must accompany the camper.

Phone: 218-338-5379

Location: Twin Oaks, 16157 Co. Hwy 65, Vining, MN 56588

Website: [Pathfinders | Inspiration Point \(ipoint.org\)](#)

Special Needs Summer Camps in Minnesota: [Summer Camps in Minnesota For Individuals With Special Needs](#) and [Best Minnesota Special Needs Camps | Best Special Needs Camps .com | Best Minnesota Special Needs Camps 25-26 Directory](#)



PROGRAMS FOR THE ARTS/MOVEMENT/PHYSICAL HEALTH

smART pass

If you have a library card from one of the eight public library systems in the Twin Cities, you have the opportunity to reserve free and/or discounted admission to a wide range of arts experiences.

Website: [Home | MELSA smARTpass](#)

Adapted Yoga Live

Accessible and inclusive yoga chair-based classes for any mobility level – virtual

Website: [Adaptive Yoga LIVE](#)

Alliance Music Therapy and Recreational Therapy

Individual and group music therapy services for all ages. Services can be in-home/group/virtual.

Phone: 612-584-0919

Website: www.alliancemusictherapy.com

Ambition Taekwondo

Member of the Adaptive Martial Arts Association. Adaptive Martial Arts training for students with physical or cognitive challenges. Monthly fee – attend as often as you want. Family classes.

Location: 200 River Ridge Circle North, Burnsville, MN 55337

Phone: 651-600-3285

Website: <https://ambitiontkd.com/classes/Adaptive-Martial-Arts>

ArtShop

Lessons offer practical approaches to facilitate art exploration for children and adults with disabilities.

Phone: 612-251-0718

Location: 3692 Big Linden Curve, White Bear Lake, MN 55110

Website: [About ArtShop \(artshoptherapy.com\)](#)

ArtTherapy of Minnesota

Phone: 612-216-8606

Location: Ivy Arts Building, 2637 27th Ave. So., #248, Minneapolis, MN 55406

Website: [Contact Us – Minneapolis Art Therapy & Counseling \(arttherapymn.com\)](#)

Ballet Beyond Barriers (provided through Ballet Royale Minnesota)

Adaptive dance program for children of all abilities and needs. Ages 6-13.

Phone: 952-898-3163

Location: 16368 Kenrick Ave., Lakeville, MN 55044

Website: [Ballet Beyond Barriers — Ballet Royale Minnesota \(balletroyalemn.org\)](#)

Darby's Dancers

Non-profit organization that provides specialized classes for dancers with special needs. Each dancer is paired with a volunteer coach. There is no charge to dancer/families for the weekly classes. Annual membership with the national organization only. Ages 6 and up.

Locations: Woodbury-380 Rivertown Drive Ste #1100 (main) or 650 Commerce Drive Ste #100

Phone: 651-735-9252

Website: <https://woodburydance.com/darbys-dancers/>

Circus Juventas-Wings Program and Out of the Chair Program(all ages)

Circus arts program for youth and adults with disabilities

Phone: 651-699-8229

Location: 1270 Montreal Ave., St. Paul, MN 55116

Website: <http://circusjuventas.org/community-partnerships/>

Eagan Art House

Workshops and special events all year. All forms of art. Adaptive art classes for children can **potentially** be accommodated. Offer classes for an adult/child combination-adult could be PCA.

Phone: (651)675-5521

Location: 3981 Lexington Ave. South, Eagan, MN (Patrick Eagan Park)

Website: www.eaganarthouse.org

Ages Served: Preschool to adults

Elite Gymnastics

Provide adaptive recreational (non-competitive) gymnastics. Specific adaptive classes for under 10

Phone: 952-882-9012

Location: 12500 Chowen Ave So., Ste 100, Burnsville, MN 55337

Website: [Empowering Young Children with Special Needs Through Movement](#)

Farmington Adaptive Cheer (through Community Education)

Available for 6-12th grade and 1st – 5th grade

Phone: 651-460-3200 – Jen Kroshus – jkroshus@isd192.org

Website: [Adaptive Cheer Team - Farmington Community Education](#)

Gleason's Adaptive Gymnastics

1:1 instructor – Anna

Phone: 651-454-6203 or anna@gleasons.com

Location: 2015 Silver Bell Road, Eagan, MN 55122

Website: [ADAPTIVE CLASSES | gleasons](#)

Interact Center for the Visual and Performing Arts

Only visual and performing arts organization for artists with disabilities nationally and internationally. Best for older teens and adults. Visitors need to bring own supports.

Phone: (612)209-3575

Location: 1860 Minnehaha Ave. W, St. Paul, MN 55104

Website: <https://interactcenterarts.org>

Jan's School of Dance

Offer competitive and non-competitive dance classes. Offer All Abilities/Adaptive Dance – School age.

Phone: 651-438-3690

Location: 2610 Industrial Court, Hastings, MN 55033

Website: www.jansschoolofdance.com

JK Martial Arts

Specialize in teaching karate to children and adults with neurodiversity – 6-75 years of age.

Phone: 612-703-3348

Location: Trinity Presbyterian Church - 2125 Tower Drive, Woodbury, MN 55125. Also site in Minneapolis

Website: www.jk-martial-arts.com

KidStrong

Kids training program – not adapted program, but can be successful for kids with a lot of Energy that can follow group instructions – 2-11 years of age

Phone: 612-638-2777

Location: 4250 Lexington Ave. So. #101, Eagan, MN 55123

Website: KidStrong Eagan MN - We help kids win at life! | KidStrong

Lions United Fitness

A gym dedicated to professional health, fitness and sport-specific training in a state-of-the-art facility to people with disabilities or their families as well as be available to people without disabilities. Low monthly membership cost with personal training sessions available for purchase.

Phone: (651)342-3151

Location: 2535 Pilot Knob Road, Suite 126, Mendota Heights, MN 55120

Website: <https://lionsunitedfitness.com>

Living Spirit Therapy Services

Music therapy/adapted music lessons – throughout metro area-Melissa Spiess

Phone: 651-363-3936 – mailing address – 2518 Longview Drive, New Brighton, MN 55112

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

MacPhail Center for Music Therapy

An art center which provides community music classes, music therapy, private lessons on all instruments. MacPhail Center will provide assistants to help with inclusion.

Phone: (612)321-0100 for all locations

Location: 14200 Cedar Ave. Suite 102, Apple Valley, MN 55124 (main Minneapolis-other sites include online access, Chanhassen, Austin and White Bear Lake)

Website: Apple Valley Music Lessons & Classes | MacPhail Center for Music

Ages Served: 6 weeks +

Mini-Hops Gymnastics/Adaptive Dance/Adaptive Karate

Offer programming for everyone as well as specific adaptive classes for children and adults.

Phone: 952-933-2452

Location: 2600 Campus Drive, Plymouth, MN 55441

Website: <https://mini-hops.com/programming/adaptive/>

Musical Safari

Music therapy –contracts to provide group music therapy in daycares, preschools, Community Education, Senior Centers as well as 1:1 lessons and therapy in family homes. Apple Valley area.

Phone: (952)953-3944, Jennifer Ackland

Email: bjackland@frontiernet.net

Music For Healing LLC-Vocal Sound Healing

Cathleen Gempeler has had a successful music therapy career with over 30 years of experience.

Phone: 952-567-9117

Location: musicforhealing@cathleengempeler.com

Website: www.cathleengempeler.com

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. Ages 6+

Location: 2090 West 98th St., Bloomington, MN 55431

Website: www.necheer.com

Note-able Music Therapy

Individual and adaptive music therapy in home

Phone: (952) 378-4189

Location: clinic space 17645 Juniper Path, Ste 205, Lakeville, MN 55044

Website: <http://noteablemusictherapy.com/services/>

Stages Theatre CAST Program (Creative Accepting Sensory-Friendly Theatre)

For any student ages 7-17 who has been diagnosed with ASD to build confidence, awareness and perception through the context and practice of theatre.

Location: 1111 Mainstreet, Hopkins, MN 55343

Phone: 952-979-1123

Website: <https://www.stagestheatre.org/cast/>

Toneworks Music Therapy

Offers music therapy, adaptive instrument lessons of all abilities in the Twin Cities area. Provided in-home or at clinic in Edina

Location: 5666 Lincoln Drive, Ste 280, Edina, MN 55436 or 10913 Bren Rd E, Hopkins, MN 55343

Website: www.toneworksmusictherapy.com

Twin Cities Music Therapy Services

Individual or group music therapy sessions at center in Mpls or in the home or by video.

Location: 3754 Pleasant Ave. So, Ste #227W, Mpls, MN 55409

Website: www.TwinCitiesMusicTherapyServices.com

Twin Cities Trapeze Center

Offers Trapeze Lessons to all ages and abilities. Welcomes everyone from beginners to Professional students 6-Seniors. Must be able to hold your own weight while hanging from a bar.

Phone: 651-262-9477

Location: 719 E. Minnehaha Ave, St. Paul, MN 55106

Website: www.twincitiestrapeze.com

Twin City Twisters Gymnastics – SONIC – Special Needs Program

Phone: 651-421-3046 or 763-762-5330

Location: 12346 Business Park Blvd and 9001 123rd Ave. No, Champlin, MN 55316

Website: <https://www.twincitytwisters.com/sonic>

Upstream Arts, Inc.

Individuals of all abilities create together in a cooperative environment. Family members, aides and care providers are welcome to participate at no additional cost. Usually provide in group settings.

Phone: (612)331-4584

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

Website: www.upstreamarts.org

Uniquely Abled Dance (Raddatz Dance Studios)

Provides instruction in variety of styles for all abilities.

Phone: (651)274-4718 W. St. Paul

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

Website: Raddatz Dance

Young Dance-Transforming Lives Through Movement

Inclusive dance community. Ages 7+ - in person and virtual

Phone: 612-423-3064

Location: Fairview Business Center, 655 Fairview Ave. N., St. Paul, MN 55104

Website: Class Information - Young Dance

ADAPTED/RECREATIONAL SPORTS

Accessible Outdoor Playground Spaces near the Twin Cities

Augsburg Adventure Park – fenced

Location: 7000 Nicollet Ave. S., Richfield, MN 55423

Colvill Park with Universal Playground and wheelchair-accessible discovery garden-no fence

Location: 515 Nymphara Lane, Red Wing, MN 55066

Gideon Pond Elementary Playground

Location: 613 E. 130th St., Burnsville, MN 55337

Grand Prairie Park and Splash Pad (under construction)

Location: 7700 185th St. W., Lakeville, MN 55044

Hyland Play Area

Location: 10145 Bush Lake Road, Bloomington, MN 55438

Website: <https://www.threeriversparks.org/parks/hyland-lake-park/hyland-play-area.aspx>

Kings Park/Miracle League Playground

Location: 18350 Dodd Blvd, Lakeville, MN 55044

Lion's Park Fun for All Playground with splash pad

Location: 1103 Adams St. So., Shakopee, MN 55379

Madison's Place Playground with splash pad

Location: 4125 Radio Drive, Woodbury, MN 55129

Miller Park Barrier-Free Playground with splash pad

Location: 8200 Eden Prairie Road, Eden Prairie, MN 55347

Northwoods Park – also have a wheelchair accessible Ball field

Location: 7600 107th Ave. N., Brooklyn Park, MN

PK's place – near Allianz Field - fenced

Location: 1522 University Ave. W., St. Paul, MN 55104

Rambling River Park – no fence

Location: – 99 Pine St., Farmington, MN 55024

Red Oak Park- no fence

Location: 12100 River Hills Drive, Burnsville, MN 55337

Smith Park – some fencing

Location: 8155 Park Ave. So., Bloomington, MN

Thompson Lake Park - fenced

Location: 360 Butler Ave. E., West St. Paul, MN 55118

Woodhaven Park All Inclusive Playground – no fence

Location: 1950 Gold Trail, Eagan, MN 55122

Woodridge Park

Location: 9000 90th St. So, Cottage Grove, MN 55016

MN State Parks with All Terrain Wheelchairs and Adaptive Beach Chair:

[All-Terrain Track Chairs | Minnesota DNR \(state.mn.us\)](#)- Chairs can be reserved by calling the park ahead of time. The adaptive Beach Chair is available at McCarthy Beach State Park in Northern Minnesota.

Indoor Playground Spaces near the Twin Cities –(not modified for wheelchairs)

Dakota County sites:

[Recreation in Apple Valley | Indoor Showroom & Playground | Millz House](#) - pay to play Monday-Friday

[Grand Slam Sports | Family Entertainment Center in Burnsville, Minnesota \(grandslammn.com\)](#)

[The Blast \(cityofeagan.com\)](#)

[Good Times Park | Minnesota Largest Indoor Park | Good Times Park, Northwood Circle, Eagan, MN, USA](#)

[Kids Gym Indoor Playground | We Rock the Spectrum - Eagan](#) | - also located in Woodbury

[Eagan Indoor Playground | Sky Zone Trampoline Park](#)

[Urban Air Adventure & Trampoline Park - Apple Valley, MN](#)

Big Air - [Burnsville - Home](#)

[Wild Things Indoor Playground | Lakeville, MN | Kids Play Area | Explore, Play, and Have Fun! | Play Space for Kids](#)

Outside of Dakota County sites:

[Indoor Play Place | United States | The Giggle Factory \(gigglefactorykids.com\)](#) (Hudson WI)

[Home | Hudson GNG / Jungle Gym & Blacklight mini Golf](#) (Hudson WI)

[Indoor Playground - Kids Ultimate Backyard Experience | City of Plymouth, MN \(plymouthmn.gov\)](#) (sensory room)

[InnerActive - Home \(inneractiveplayground.com\)](#) – MoundsView

[Kids Empire](#) - Bloomington

[Lookout Ridge and Birthday Parties | Woodbury, MN](#)

[Pay to Play | Indoor Playground Bloomington | Rainbow Midwest \(rainbowplaymidwest.com\)](#) – Monday-Friday

[PlayPark | Edina, MN \(edinamn.gov\)](#) – Edinborough Park

[ABOUT | Brookview Backyard](#) – Golden Valley

[Turf Tots | Hopkins, MN \(hopkinsmn.com\)](#)

[Maple Maze | Maple Grove, MN \(maplegrovern.gov\)](#)

[Eagles Nest Indoor Playground | New Brighton, MN \(newbrightonmn.gov\)](#)

[Indoor playground City of Shoreview - Community Center](#)

[Amusement Center & Action Park | Slick City Maple Grove, MN](#) – this is the newest indoor park in Minnesota – lots of unique and large slides.

*Many trampoline parks/SkyZones/etc similar to what is in Dakota County

Adapted and Recreational Sports

Ability 2 Believe (A2B) – The Brayden and Brooks Foundation

Working on building a dedicated campus near Hastings to support individuals with special needs through educational programming, respite care, therapies, day camps and adaptive sports. Currently offer sports camps in the Hastings Area in cooperation with area programs/schools.

Contact: info@ability2believe.org

Website: [Home | Ability 2 Believe](#)

Adaptive Recreation and Learning Exchange

Cities and school districts of Edina, Eden Prairie, Bloomington and Richfield work together to provide recreation and education for people with disabilities. Variety of activities for youth, teen and adults.

Phone: (952)563-8877 – Bloomington – <https://www.bloomingtonmn.gov/pr/adaptive-programming-and-inclusion-services>

(612)861-9361 – Richfield – [Richfield, MN \(richfieldmn.gov\)](http://Richfield, MN (richfieldmn.gov)) -Hyland Hills Adaptive Skiing

(952)826-0433 – Edina – <https://www.edinamn.gov/317/Adaptive-Recreation>

(952)949-8456 – Eden Prairie – [Disability and Inclusion Services | City of Eden Prairie](#)

Do not need to be a resident for activities but may be charged non-resident fee. Fees vary by activity. Supports vary by classes. PCA's are welcome at no additional charge.

Allina Health adaptive Sports and Recreation (Courage Center)

The Courage Center of Golden Valley offers a variety of adapted recreational sports mostly in the North metro region.

Phone: (612)775-2277

Website: www.allinahealth.org (put adaptive sports and recreation in search engine)

[Discover Abilities Resource Guide | Courage Kenny Rehabilitation \(allinahealth.org\)](#)

Ages Served: varies by activity – children-adults

Dakota County Adult Softball League (Organized by KOTA Connections)

KOTA supports teams in the league (depending on the year and interest). Teams are mainly residents from community homes. There are individuals living with their family that participate also. Parents would need to provide transportation and support as needed. Age 16 years and older.

Phone: (952)469-1555

Location: Games are played at Aronson Park in Lakeville.

Website: [Home | Kota Connections | Lakeville MN | 952.469.1555](#)

“Let Me Play” and Dare to Dream Grants for Girls

Provides grants for Minnesota girls(K-12th grade) to be used for participation fees for sports or arts activities. Applications open 2/1 and due April 1 for Spring and open 8/1 and due October 1 for Fall.

Phone: (612)338-5752 x191 – 2356 University Ave. W, Ste 404, St. Paul, MN 55114

Website: www.annbancroftfoundation.org

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 bowling(some areas), softball, soccer, and floor(poly) hockey.

Phone: Discuss local team information with your school's athletic director.

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

Website: www.mshsl.org

Ages Served: 7th to 12th graders

Dakota County Teams: *Dakota United Hawks* serves Hastings, W. St. Paul/Mendota Heights, Rosemount, Eagan, Apple Valley. *Blazing Cats* serves Farmington, Burnsville, and Lakeville (and sometimes New Prague). Can vary by sport

Minnesota Hockey Association & Minnesota Sled Hockey Association

Minnesota Hockey Association sponsors teams for Non-contact adaptive hockey. Teams currently available through Woodbury, Burnsville and Lakeville locally

PCA and family welcome. Contact President Jane Cashin for overall questions and specific coaches for local teams. 612-581-4483

Minnesota Sled Hockey Association sponsors teams for individuals with physical disabilities and utilize an adapted sled. Program is open to players aged 5 and above with physical and/or cognitive disabilities. There are two teams in Minnesota one for a younger age group and an adult age group.

Websites: www.mnspecialhockey.org and www.mnsledhockey.org

Padraig's Place

Adaptive ski and snowboard lessons to children with physical and cognitive disabilities.

Phone: 612-889-7001 – Brian Foley

Location: Buck Hill, Burnsville, MN

Website: www.padraigsplace.org

Reach for Resources

Offers a variety of adaptive recreation programs to meet the needs of people with developmental disabilities. Mostly residents of Brooklyn Center, Brooklyn Park, Edina, Chanhassen, Golden Valley, Maple Grove, Plymouth and St. Louis Park. Inver Grove Heights recently added. If from other cities, pay the non-resident fee.

Phone: 952-200-3030

Location: 5900 Green Oak Drive, Suite 303, Minnetonka, MN 55343

Website: www.reachforresources.org

Shockwaves Adaptive Ski Squad

Offer summer clinics to experience the joy of waterskiing – Shakopee-763-349-9259

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

South Metro 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 South Metro Miracle League Operations Coordinator

Phone: (952)486-2982

Location: Lakeville, MN

Website: www.miracleleague.com and [ML Program Information \(lakevillebaseball.org\)](http://MLProgramInformation(lakevillebaseball.org))

Ages Served: 3 and over

TOP Soccer

Community-based soccer program to meet the needs of children ages 8 and older with physical and/or mental disabilities. Athletes are placed on teams according to ability, not by age.

Phone: Teams in Brooklyn Park, Northfield, St. Paul, Owatonna and Chaska

Website: [TOPSoccer \(mnyouthsoccer.org\)](http://TOPSoccer(mnyouthsoccer.org))

Winter Special Adventures

Once a year event typically offered in February for children and adults (any age or disability) to experience the joy of snowmobiling/UTV riding. 2026 – Saturday, February 7th- sponsored by Dakota United Steelworkers of Hastings. Free event. Wheelchair accessible.

Website: <http://winteradventures.org/>

SPECIAL OLYMPICS

The State Special Olympics website is www.specialolympicsminnesota.org and Dakota County is in Area 12. Special Olympics is for ages 8 years and older. If your local area does not offer a particular sport, you are welcome to join other teams in the surrounding areas.

Special Olympics also offers a Young Athletes program for children ages 2-7 years old with and without intellectual disabilities in the community and through the schools. Check the website for upcoming events.

Main Contact: 900 2nd Ave. So, Ste 300, Minneapolis, MN 55402 – 612-333-0999

Dakota County has the following Special Olympic teams:

RAVE

Generally, participants are from Rosemount, Apple Valley and Eagan

Website: [The RAVE – The RAVE is a local Special Olympics organization that offers sport competition activity to athletes with disabilities.](#)

Burnsville Blast

Generally, participants are from Burnsville, Savage, Lakeville, but can live anywhere and join team of your choice. Contact form from above link under Find a Team list to contact the Blast

Farmington Tigers

Generally, participants are from Farmington.

Website: [About | Somn Farmington](#)

Hastings Sharks

Generally, participants are from Hastings and the surrounding area. Contact form from above link under Find a Team list to contact the Sharks.

South Region Stars

Generally, participants are from Inver Grove Heights, Mendota Heights, W. St. Paul, So. St. Paul and parts of Eagan.

Website: www.southregionstars.com

Special Olympics-Minnesota-Unified Champion Schools

Special Olympics Unified Champion Schools is aimed at empowering a generation of student leaders to change their school culture to be more inclusive. The model offers activities that equip students with tools and training to create teams, classrooms and entire schools of acceptance. Unified Champion Schools are schools where students with disabilities feel welcome and are meaningfully included in all school activities, opportunities and functions. [Unified Champion Schools - Special Olympics Minnesota](#)



HORSEBACK RIDING

PATH International – list of certified equine-assisted services - [Find a Therapeutic Riding Center | PATH Int!](#)

Freedom Farm

Adaptive riding lessons. Participants call for a phone interview.

Phone: 952-955-2505

Location: 11500 Ferman Ave. SW, Waverly, MN 55390

Website: [About](#)

Haven Acres

Faith based healing horse program. The design pairs one at risk youth with a mentor and a horse that work together, free of charge, each week for a 90-minute session. The child will help do chores around the farm –occasionally includes bible study – now have mentors who are ASL fluent. Not certified.

Phone: 651-460-6929

Location: 2820 245th St. E., Hampton, MN 55031

Website: www.havenacresmn.org/

Hold Your Horses

Year round with heated indoor facilities. Mental health therapy – not adapted horseback riding.

Phone: 763-498-0007

Location: 5265 Woodland Trail, Greenfield, MN 55357

Website: [Home - Hold Your Horses](#)

Majestic Hills Ranch

Provides therapeutic recreational horseback riding for those 4+ years of age with emotional, developmental disabilities, and physical handicaps. Available May – October.

Phone: (952)426-5688(cell)

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

Website: www.majestichillsranch.org

RideAbility

Family focused therapeutic and recreational equine related activities for persons with disabilities, their siblings and peers. Volunteer intensive organization supports.

Phone: 507-271-8908

Location: 10038 County Road 5 NW, Pine Island, MN 55963 (North of Rochester)

Website: www.rideability.org

RiverValley Riders

Provides therapeutic recreational horseback riding to children with developmental disabilities. Ages 4 and older.

Phone: 651-439-2558

Location: 8362 Tamarack Village, Ste 119-440, Woodbury, MN 55125-office
2007 Neal Ave. So, Afton, MN 55001 – riding center

Website: www.rivervalleyriders.org

St. Croix Trail Blazers

Therapeutic horseback riding year-round. Minimum age 8 years.

Phone: 651-348-2786

Location: 6659 Jasmine Court North, Stillwater, MN 55082

Website: www.stcroixtrailblazers.org

True Strides Therapeutic Horseback Riding – part of True Friends organization

Year-round therapeutic Riding Program. Initial Consult is free.

Phone: 952-852-0101

Location: Camp Courage in Maple Lake, MN – 8046 83rd St. NW, Maple Lake, MN 55358

Website: Therapy and Adaptive Riding - True Friends

We Can Ride

Therapeutic horseback riding provided for children and adults with developmental disabilities. Accepts all skill levels and can be non-ambulatory. Carriage and driving lessons available.

Phone: (952)934-0057

Location: Mailing PO Box 463, Maple Plain, MN 55359 – locations in Medina and Marine on St. Croix

Website: www.wecanride.org



SWIMMING

Aqua Tots

Special Needs lessons.

Phone: 651-212-2144

Location: 2115 Cliff Road, Eagan, MN 55122

Website: Swimming Lessons in Eagan, MN: Aqua-Tots Swim School for Kids

AtlantisSwim Academy

1:1 instruction.

Phone: 952-224-4068

Location: 12500 Chowen Ave. So., Ste 110, Burnsville, MN 55337

Website: www.atlantisswimacademy.com

Foss Swim School

Private lessons, but teachers do not necessarily have experience specifically with Autism.

Location: Have sites in Apple Valley and Burnsville in Dakota County – several other sites metro

Website: Private Swim Lessons - Foss Swim School

Swimpossible

Provide private lessons at partner pools in various locations in the Minneapolis metro area, primarily in the West and South suburbs. Provides private lessons based on students individualized needs. Use massage, focused breathing associated with yoga and calming effects of water to help student become comfortable. WISE and community ed. in Lakeville local facility partners (current waitlist)

Phone: 612-440-8496

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

Wise Swim School

Swim school is designed for all family members. Offer private/semi-private and Special Needs lessons.

Locations: 5992 149th Street West, Apple Valley, MN 55124 – 952-953-7946

10491 165th St. W., Lakeville, MN 55044 – 952-435-1898

Website: www.wiseswim.com

Other Swimming Resources/Outdoor Recreational Facilities

***Many school districts in the County offer adapted swimming lessons through their community Education Programs – some have hydraulic lifts to assist with those with physical disabilities. Refer to the Community Education page that lists websites.**

***Many YMCA's also offer adaptive swim lessons as instructors are available. Refer to the YMCA page that lists websites.**

***Other Swim schools in Dakota County, but do not specify providing adaptive lessons with trained special needs instructors**

Goldfish Swim School – location in Eagan - [Swim Lessons in Eagan, MN | Goldfish Swim School](#)

Recreational Facilities in Dakota County

Aquatics Center in Hastings (outdoor)

Phone: (651)480-2392

Location: 901 Maple Street, Hastings, MN 55033

Website: [Aquatic Center - Visit Hastings MN](#)

Eagan Cascade Bay (outdoor)-reopening in 2026

Phone: (651)675-5577

Location: 1360 Civic Center Drive, Eagan, MN 55122

Website: <https://www.cityofeagan.com/cascade-bay-waterpark>

Family Aquatics Center (outdoor)

Phone: (952)953-2300

Location: 14421 Johnny Cake Ridge Road, Apple Valley, MN 55124

Website: <http://www.ci.apple-valley.mn.us/Facilities/Facility/Details/37>

The Grove (indoor)

Phone: (651)450-2500

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

Website: [Aquatic Center | Inver Grove Heights, MN - Official Website](#)

Outside of Dakota County:

Webber Natural Swimming Pool: The Webber Natural Swimming Pool mimics the natural cleaning mechanisms of a pond or lake and is not chlorinated. Zero depth entry

Location: 4330 Webber Parkway, Minneapolis, MN 55412

Website: https://www.minneapolisparcs.org/activities-events/water-activities/webber_natural_swimming_pool/

***Some of the local health clubs/fitness centers also have indoor and outdoor recreational facilities – must be a member to access.**

***Also, visit individual cities Park and Recreation page for a list of outdoor pool facilities for each individual city. Refer to the appendix list of Dakota County Park and Recreation websites and city websites for beaches.**

Splash Pads in Dakota County

Central Park

Location: 2893 145th St. W., Rosemount, MN 55068

Central Park and Splash Pad

Location: 1507 Central Parkway, Eagan, MN

Cliff Fen Park

Location: 120 E. Cliff Road, Burnsville, MN 55337

Harmon Park

Location: 230 Bernard St. W., W. St. Paul, MN 55118

Kelley Park

Location: 6855 Fortino St., Apple Valley, MN 55124

Lake Byllesby Regional Park

Location: 8150 295th St. E., Cannon Falls, MN

Lorraine Park Splash Pool

Location: 756 3rd Ave. S., South St. Paul, MN 55075



FISHING & HUNTING

Capable Partners-Making the Outdoors Accessible

Capable Partners' purpose is to provide opportunities for personal growth and independence for physically challenged persons and able-bodied partners through participation in fishing, hunting, and related outdoor activities.

Phone: 612-299-1329

Website: www.capablepartners.org

Fishing Has No Boundaries

National organization for disabled fishing. Two chapters in Minnesota.

Phone: (218)444-3292 (Bemidji)

info@brainerdlakesfhn.org (Brainerd/Nisswa)

Website: www.fhnbinc.org

Let's Go Fishing

Free fishing and boating excursions for Seniors (55+), Adults with physical and developmental disabilities, and Military members/veterans and intergenerational youth. See website for chapters.

Phone: 320-403-5550

Location: main office – 1025 19th Ave. SW, Willmar, MN 56021

Website: <https://lqfws.com/>

**Free 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. An unlicensed person may assist a disabled angler who has a disability license provided that only the number of lawful lines are in use. Call the info Center at (651)296-6157 or website:

<https://www.dnr.state.mn.us/regulations/fishing/exemptions.html>

Resource for adaptive fishing equipment: [Fishing - Move United \(moveunitedsport.org\)](http://moveunitedsport.org)



VACATION/TRAVEL

Hammer Travel

Phone: 952-277-2461

Location: 1909 E. Wayzata Blvd., Wayzata, MN 55391

Website: www.hammertravel.org

Search Beyond Adventures/Off the Beaten Path

Provide all-inclusive escorted vacations for travelers with special needs, ages 17 and up.

Website: <http://www.searchbeyond.com/sb/Enter.aspx>

True Friends Travel (formerly Ventures travel)

Provides vacations for developmentally disabled ambulatory adults.

Phone: (952)852-0101

Website: [Programs & Services - True Friends](#)

Wilderness Inquiry

Provides canoe, kayaking, dog sledding, snowshoeing, hiking, backpacking, cross country skiing, horse packing, and rafting inclusive outdoor adventures for families and individuals.

Phone: (612)676-9400

Location: 930 E. 80th St., Bloomington, MN 55420

Website: www.wildernessinquiry.org

Ages Served: All

Autism on the Seas—works with Royal Caribbean, Celebrity, Carnival, Norwegian —(not just Autism, but several disabilities)- staff assisted Cruises.

Website: [Home - Autism On The Seas](#)

The **National Parks** offer a variety of pass options – the Access Pass can be obtained in person, with proper documentation as well as via mail order from USGS. The Access Pass is a free, lifetime pass available to US citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not require 100% disability). It provides access to the pass owner and accompanying passengers in a single, private, non-commercial vehicle at Federal operated recreation sites across the country. The Pass also can provide the pass owner a discount on expanded amenity fees such as camping, swimming, boat launching and guided tours. It can be issued to a person of any age that have been medically determined to have a permanent disability (physical, mental, or sensory impairment) that severely limits one or more major life activities. The pass is free but there is a \$12.50 shipping and handling fee.

<https://store.usgs.gov/access-pass>

The Minnesota Council on Disability has a list of Travel Resources available for individuals with disabilities.

Website: <https://www.disability.state.mn.us/information-and-assistance/travel-resources/>

Explore Minnesota: Accessible Travel Website - [Accessible Travel | Explore Minnesota](#)

Minnesota Department of Natural Resources: Accessible Outdoors website - [Accessible outdoors | Minnesota DNR \(state.mn.us\)](#)

DisabledTravelers – [Disabled Travelers Guide to the World](#)

Comprehensive list of accessible travel specialists including Travel Agents, Tour Operators, Equipment and van rentals, etc.

*The airport provides airport tours for individuals with Autism to help the child prepare for flights. Find out more information through [Navigating MSP Program | MSP Airport](#)

Other travel resources and equipment:

Morgan's Wonderland – accessible amusement park/waterpark in Texas - [Contact - Morgan's Wonderland \(morganswonderland.org\)](#)

<https://wheelchairtravel.org>

LOCAL CIVIC/DISABILITY ORGANIZATIONS

ARC Greater Twin Cities

Advocacy, online and in person training events, and statewide public policy work regarding support of people with disabilities and their families.

Phone: (952)920-0855 – Toll free # 833-450-1494

Location: mailings – PO Box 64007, St. Paul, MN 55164

Website: www.arcminnesota.org

Website: [Greater Twin Cities Region - The Arc Minnesota](#)

Autism Society of Minnesota (AuSM)

Valuable resource for Autism related supports and activities. Have a summer recreation catalog and year-round activities including a Guide to Sensory Friendly Minnesota.

Website: www.ausm.org

Boy Scouts of America

B.S.A. programs are open to boys and girls 5-21. Scouts with Special Needs programs available depending on staffing and volunteers – [How We Support Scouts with Special Needs](#)

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

Location: Metro area- see website for specific district coverages.

Website: [Northern Star Scouting > About Us](#)

Dakota County 4-H

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

Phone: (651)480-7700

Location: Organized by the Dakota County Extension Office. U of M Extension Dakota County, Suite 101, 4100 220th Street West, Farmington, MN 55024

Website: [Dakota County | UMN Extension](#)

Girl Scouts of America-River Valleys

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

Phone: (800)845-0787

Location: Metro area.

Website: www.girlscoutsrv.org/

Disability Hub MN – free, statewide information and referral resource that provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions. There is no wrong question! 1-866-333-2466 – <https://disabilityhubmn.org/>

OUTDOOR RECREATIONAL EQUIPMENT

Adapted Bicycle Resources: A guide to adaptive Bicycles from AmeriDisability – [Adaptive Bicycles Pave the Way for Riders with Disabilities - The Latest National Disability News \(ameridisability.com\)](http://www.ameridisability.com)

Another guide from the UK: [Guide to adapted cycles for inclusive cycling | Cycling UK](http://www.cyclinguk.org)

I Can Shine/I Can Bike camp program – Bike teaching camps – locations change from year to year depending on host site volunteers – currently 2026 hosted by the Down Syndrome Association is 6/8-6/12/2026 at Hamline University in St. Paul. [Camp Locations - iCan Shine](http://www.icanshine.org)

Adaptive Mall - <https://www.adaptivemall.com/specneedtric.html>

AmTryke – www.amtrykestore.org

Blackbird Bikes

Phone: (612)991-0078 – Side-By-Side Bicycles for Two

Location: 12721 Apple View Lane, Burnsville, MN 55337

Website: [Blackbird Bikes Go4-E side-by-side bicycles - BLACKBIRD BIKES](http://www.blackbirdbikes.com)

Burley Kazoo Tag Along Bike - [Kazoo™ | Burley Design](http://www.kazoo.com)

Fat Wheels-Training wheels designed to fit larger bikes. www.fatwheels.com

FlagHouse – www.flaghouse.com

Freedom Concepts USA, LLC - www.freedomconcepts.com

GB Kids, Inc.

Phone: (612)250-9799

Location: 1470 Kingsview Lane N., Plymouth, MN 55447

Website: <https://gbkids.com/>

Go Baby Go

Founded by Professor Cole Galloway as part of a research project at the University of Delaware. Instructions to modify toy cars to give children with mobility disabilities a chance to play with peers. PACER has a car available to try out through the Simon Technology Center. Local Robotics School Teams have also modified them for children (including Farmington)

Kazam Co-Pilot Ride Along Bike – available on Amazon.com as well as Target.com

Low step bikes – available on a variety of sites – for individuals who have difficult swinging their leg over the high bar on most retail products sold.

Mobility and Access - Orion Twin Tandem Cycle, Duet Wheelchair Bike combination, Josi stroller and Benecykl stroller(jogger/bike trailer) - <https://www.mobilityaccess.com/>

Rifton – www.rifton.com

Strauss Skates and Bicycles – have done bicycles adaptations in the past.

Phone: 651-770-1344

Location: 1751 Cope Ave. E., St. Paul, MN 55109

Weehoo bicycle trailers – www.rideweehoo.com

Wheeleez – All Terrain Beach Wheels and conversion kits – [- Wheeleez, Inc. | Wheeleez™ low-pressure wheels](#)

Wike – large special needs bike Trailer - [Special Needs – Wike Inc](#)

Other Equipment Resources:

Creating Ability – adapted kayak designs and paddle adaptations/sled hockey

Website: [Creating Ability – Adaptive Equipment](#)

COLE (Children’s Organization of Lending Equipment)

Providing Children with Special Needs the Equipment They Need to reach their Maximum Potential – Out of Woodbury - [Non-Profit Organization | Welcome to The Cole Foundation](#)

Disabilitease – Blog that contains guides, tools, tips for people with disabilities. Use search tool

Website: [Disabilitease – Information and products recommendations for elderly and disabled](#)

Freedom tent – wheelchair-accessible tents for camping – internet search will pull up many options if you search “wheelchair accessible Tent”

Living Spinal – Resources and product vendor for people who live in wheelchairs

Website: [About Us \(livingspinal.com\)](#) – left hand corner click on Shop for viewing of available products

PACER used equipment facebook page/Simon Technology Center Lending Library –

people looking for used equipment and selling or giving away used equipment. Search Facebook for the group MN Special Needs Equipment for Sale.

Simon Technology Center Lending Library-over 1700 items available to experiment with and/or check out and trial assistive technology for basic items to more advanced - toys/switches/applications/communication/etc on select days each month – no longer an annual membership fee – FREE! - <https://www.pacer.org/stc/library/>

Relax Swing – swing that can be hooked up to regular playground swing for someone with physical disabilities - <https://relaxsling.com/>

Scandia Kicksled

Adapted sled for individual able to hold trunk upright independently

Phone: (507)896-3715

Location: 7155 State 76, Houston, MN 55945

Website: www.scandiakicksled.com

Other adapted sled resource – KHW Adaptive Snow Sled (Green) – search web for best price

STAR Technology Adapted Equipment Lending Library - [Minnesota STAR Program - A System of Technology to Achieve Results / STAR](#)

WhisperGlide

Wheelchair accessible lawn swing and glider.

Website: www.whisperglide.com

Zot Artz

Adapted art products for individuals that utilize a wheelchair – expensive, but for a creative person/parent can provide ideas for do-it-yourself projects - [Zot Artz – ARTS FOR ALL](#)

Additional adapted equipment suggestions: Beep baseball (bases and bat sets), ramps for bowling, ScrambleStick golfball retriever, EZ-Tee golf ball setter, Adaptive ice skating products (skates and walkers), <https://www.glidingstars.org/> Versa Paddle and Gamut Paddle Holder for kayaking, Creating Ability adapted kayak paddling seat, Liquid Access adaptive ski and wakeboard seats, wheelchair accessible camping tents, Kettler (Adapted) Snow sled – some resources can be found at Move United adaptive equipment website:

[Adaptive Equipment - Move United \(moveunitedsport.org\)](http://AdaptiveEquipment-MoveUnited(moveunitedsport.org))

ADDITIONAL COMMUNITY RESOURCES

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

Movie Theatres offering sensory friendly films:

Alamo for All – Woodbury - <https://drafthouse.com/program/alamo-for-all> - [Alamo Drafthouse Cinema](#)

AMC Theatres

AMC Theatres and The Autism Society have teamed up to bring families affected by autism a special opportunity to enjoy their favorite films in a safe and accepting environment. Theatre locations currently in Inver Grove Heights in Dakota County www.amctheatres.com/programs/sensory-friendly-films

*Can check with other movie theatres in Dakota County to see if they offer any sensory friendly programs.

Bell Museum of Natural History

Do offer show monthly with open captioning and ASL interpretation. Have a quiet room. PCA's get in free while working. Discounted or free admission for person receiving MA/public assistance.

Website: [Accessibility - Bell Museum \(umn.edu\)](#)

Caponi Art Park

Variety of programs throughout the summer free or with a small donation. Mission of the park is to make art accessible for all members of the community.

Location: Caponi's Art Park – 1220 Diffley Road, Eagan, MN

Website: [Accessibility - Caponi Art Park](#)

Children's Theatre Company

The Children's Theatre Company has paired with AuSM for a series of sensory friendly performances at the Children's Theatre Company. Social Stories and other resources available at [Accessibility | Children's Theatre Company \(childrenstheatre.org\)](#) or call 612-874-0400.

Chuck E Cheese (Woodbury location only) – Sensory sensitive Sundays - [Sensory Sensitive Sundays for Kids w/ SPD | Chuck E. Cheese \(chuckecheese.com\)](#)

Como Park/Zoo/Conservatory

sensory friendly activities/resources/classes – early entry options – in collaboration with AuSM

Website: [Sensory Friendly Mornings - No Registration Required - Como Zoo Conservatory](#)

Dakota County Libraries

Book clubs, early learning activities and events

Website: [Accessibility Services | Dakota County](#)

Dakota County Parks

Visit websites for activities/facilities: All-terrain track chairs at Lebanon Hills, Lebanon Hills Park at Schulze Lake has an accessible watercraft launch dock with a wheelchair to craft transfer station and ADA curbing and rails.

Website: [Parks & Trails | Dakota County](#)

Dodge Nature Center

Properties are open to public sunup to sundown.

Location: 365 Marie Ave. W., W. St. Paul, MN 55118

Phone: 651-455-4531

Website: [Making strides in access | Dodge Nature Center](#)

Many of the local bowling alleys offer largely discounted summer passes for children - Farmington Lanes

Have wheelchair ramp availability and ramp for balls – ask at desk or request beforehand

Location: 27 5th Street, Farmington, MN 55024

Website and Phone: 651-463-7811 – www.farmingtonlanes.com

Bowlero Bowl in Lakeville

Bowling is wheelchair accessible

Location: 11129 162nd St. W, Lakeville, MN 55044

Website: <https://www.bowlero.com/location/bowlero-lakeville>

Bogart's Entertainment Center/Apple Place Bowl

Have wheelchair ramp availability

Location – 14917 Garrett Ave., Apple Valley, MN 55124 – Phone: 952-432-1515

Website: [Bogart's Entertainment Center | League Bowling, Open Bowling](#)

Children's Theatre Company

Provides sensory friendly performances. Also have "ACT pass program" for low income.

[Accessibility | Children's Theatre Company \(childrenstheatre.org\)](#)

The Park at Mall of America – number of entertainment venues including Nickelodeon Universe, SEA LIFE Minnesota, Moose Mountain Adventure Golf, Lego Store, Crayola Experience, FlyOver America, BlackLight Mini Golf, movie theatre, escape room, Xscape Arcade, Universe of Light, The Fair on 4 (with ¼ go kart track), 5D Extreme Attraction by Matrix Technology, Amazing Mirror Maze, Build-A-Bear Workshop, ClimbZone, Adventure Course, M&M's, Dream Riders, Museum of Illusions, Star Express train, Super Neon, Activate, Aim Point, Human Crane, Great Big Game Show, etc.

Phone: (952)883-8800 (Mall Information)

(952)883-8800 (Nickelodeon Universe) – certified Autism Center – resource guide available on website - [Sensory Guide – Nickelodeon Universe](#)

(952)883-0202 (Sea Life Minnesota) – [Accessibility Guide | SEA LIFE at Mall of America \(visitsealife.com\)](#)

Website: [Attractions | Mall of America®](#)

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. See the appendix for the websites.

Guthrie Theater

Offers relaxed performances/sensory friendly performances throughout the year

Website: [Accessibility Offerings | Guthrie Theater](#)

James J. Hill House

Website: [Accessibility | Minnesota Historical Society](#)

Mill City Museum

National historic Landmark built within the ruins of the world's largest flour mill.

Location: 704 So. 2nd St., Minneapolis, MN 55401 (part of Museums for All Program)

Website: www.mnhs.org/millcity

Minneapolis Institute of Art

Offer social narratives designed for members of the neurodiverse community.

Location: 2400 3rd Ave. So., Minneapolis, MN 55404

Website: [Accessibility and Inclusion — Minneapolis Institute of Art \(artsmia.org\)](http://accessibilityandinclusion.org)

Minnesota Orchestra

Offer relaxed family concerts as well as Sensory Friendly Concerts during the year.

Location: 1111 Nicollet Mall, Minneapolis, MN 55403

Website: [Accessibility at Orchestra Hall - Minnesota Orchestra](#)

Minnesota Streetcar Museum

Welcome neurodiverse riders at all times. They have neurodiverse volunteers, members & guests.

Location: PO Box 16509, Minneapolis, MN 55416-0609

Website: www.trolleyride.org

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. Offer Zoo Access Program – free admission to guests with limited incomes and with an MA card. Teamed with AuSm – sensory guide-

<http://mnzoo.org/mnzoo4all-sensory-guide/>

Location: 13000 Zoo Blvd., Apple Valley, MN 55124

Phone: (952) 431-9200 or (1-800) 366-7811

Website: www.mnzoo.org

Minnesota Children’s Museum

Children ages 6 months through 10 years and their adult guests can explore with extraordinary hands-on adventures. PCA can accompany eligible child for free. “All Play” Program.

Phone: (651)225-6000

Location: 10 West 7th Street, St. Paul, MN 55102

Website: www.mcm.org

[Accessibility at the museum - Minnesota Children's Museum \(mcm.org\)](#)

Minnesota Miss Amazing Pageant

Provides opportunities for girls and women ages 5+ with disabilities to build confidence in a supportive environment during an annual pageant. No entrance fee other than food shelf donations. 2026 annual event is being held 3/28/26 in Hopkins, MN.

Website: <http://mn.missamazing.org/>

Minnesota Premier WWII Aircraft Museum

Open to the public Wednesdays and Saturdays from 9:30am – 5:30pm. Admission is free.

Location: Fleming Field, 310 Airport Rd. Hangar 3, South St. Paul, MN 55075

Website: [Commemorative Air Force Minnesota Wing - Home \(cafmn.org\)](http://cafmn.org)

Northrup Auditorium – University of MN

Website: [Accessibility | Accessibility Services at Northrop](#)

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)221-9444

Location: 120 West Kellogg Blvd, St. Paul, MN 55102

Website: www.smm.org

[sensory-visitor \(ctfassets.net\)](#)

Fees: Family memberships are available; add another adult at a reduced rate. Individuals with Medical Assistance, SSI, SSDI, free or reduced meals or Section-8 housing may enter exhibits for a significantly discounted cost. Admission is free for working PCAs when they are visiting with a client.

Schubert Music Club/Museum

Offer sensory-friendly family concerts designed for all ages – Schubert club is a vibrant music organization that enriches Minnesota with dynamic concerts/recitals, music education programs and music museum exhibits. Located in the St. Paul historic Landmark Center – museum is free and amazing for music lovers

Website: <https://schubert.org/event/sensory-friendly-family-concert/>

Service Animals resources/information

Website: [Service Animals | Minnesota Council On Disability \(state.mn.us\)](#)

Skateville – 201 South River Ridge Circle, Burnsville, MN 55337 - [About Skateville | Skateville](#)

Stages Theatre Company – 1111 Mainstreet, Hopkins, MN 55343 – offer sensory friendly performances. “Open Door program” provides free or reduced cost tickets to low-income families.

[Stages Theatre Company Ticket 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. See website for parks currently offering Track Chairs - [Track Chairs | Minnesota DNR \(state.mn.us\)](#)

Website: https://www.dnr.state.mn.us/state_parks/index.html

Fees: annual pass discount with Minnesota handicapped license or sticker and proof of ownership.

Valleyfair

Boarding Pass Program and Access guide available – website offers Tips for Guests with Autism. Pool lift available for the Rapids and water wheelchairs available at the waterpark.

1 Valleyfair Drive, Shakopee, MN – www.valleyfair.com

[Valleyfair - Accessibility | Page | Valleyfair](#)

Walker Art Center

Gallery admission is free on the first Saturday of each month, Sensory Friendly Sundays and every Thursday night 5-9pm.

Website: www.walkerart.org

Works Museum

Hands on engineering and design museum for kids and their grown-ups. Lots of hands-on activities where kids touch, try and build as they explore how things work (legos, robots, kinetics, etc).

Gateway program provides discounted admission for those receiving assistance.

Website: <https://theworks.org/>

There are many other numerous entertainment centers and parks in the metro area – examples include trampoline parks, Aquatic Parks, Themed design parks, rock climbing centers, (for example, Base Camp Inspiring Active Learning at Fort Snelling can adapt all activities for those with disabilities including the indoor climbing wall – basecamp@northernstarbsa.org). For a resource listing a variety of family and child activities available, visit the following websites:

www.minnesotaparent.com/directory

[Family Fun | Explore Minnesota](#)

[Twin Cities Frugal Mom - Living well and centsibly in the Minneapolis/St. Paul area](#)

[WhereCanWeGoPlay.pdf \(dakota.mn.us\)](#)

[MINNESOTA TOY LIBRARY | reducing waste, fostering development, building community - ages Birth to 5](#)

FaceBook Groups: Numerous groups available with Minnesota focus for support, events, equipment resources, Accessibility Issues (such as Mn wheelchair accessible places, Special Needs Hacks, MN Special Needs Equipment for Sale, MN ASD Parents to Parents Support, etc.)

CHILD CARE RESOURCES

Various school districts offer before school, after school, and summer day care programs. Supervision is usually 10 to 15 children per staff, but some districts have offered more intense supervision on a case-by-case basis. Many families also advertise for and obtain care, particularly in the summer, at local high schools, through local special education programs, churches, and colleges.

Finding childcare is difficult. The Center for Inclusive Child Care can offer an Inclusion Consultation and possibly coaching and other resources for childcare providers if they are a part of the Parent Aware Program. You can call 1-888-291-9811 or search www.childcareawaremn.org. To utilize the Center of Inclusive Child Care to help a provider learn how to serve or maintain a child in the daycare setting, call 651-603-6295 or go to [Center For Inclusive Child Care - Resources, Training, Support - Minnesota](#).

If you have a child that wants to get certified through the American Red Cross babysitter training program, go to <http://www.redcross.org/take-a-class/babysitting-child-care>

The Department of Human Services understands there is currently a shortage of skilled workers. They have a page dedicated to Direct Care Workforce resources. [Direct support workforce resources / Minnesota Department of Human Services](#)

Currently there are stipends available (while funds last) for staff/PCA's who provide services under State Plan PCA/CFSS or CDCS – website for more information - [Home Care Stipends and Bonuses \(seiuhealthcaremn.org\)](#)

There are also numerous websites to locate child/adult care (regular and special needs). www.care.com; www.joshin.com; www.sittercity.com; www.aupaircare.com (live in childcare) as well as others. Most require a membership fee. Some parents have also used *Indeed* to locate care providers.

Child Care Resources at Dakota County Schools:

School District	Program	Contact Person	Telephone Number, email, or website
#191 – Burnsville, Eagan, Savage	Project Kids K-5th	Community Education	Project KIDS (K-5) - 191 Community Education (isd191.org)

#191 – Burnsville, Eagan, Savage (also open to Lakeville and Farmington)	The Edge (grades 6-9) or age 16-summer	Community Education	(952) 707-3908 The Edge - One91 Community Education (isd191.org)
#192 – Farmington	Kid Connection K-5 th Stepping Stones-private center for preschool	Community Education	(651)460-3200 Kid Connection Child Care - Farmington Area Community Education
#194 – Lakeville	Kid Zone-K-5 th - /WonderZone – 3yrs to K	Community Education	Kid Zone - (952)232-2150 Wonder Zone – 952-232-3000 Child Care - Lakeville Area Community Education
#196 – Apple Valley, Rosemount, Eagan	K-5 th grade	Through YMCA	(612)230-9622 Before & After School Care In Apple Valley For ISD 196 - Local Child Care (ymcanorth.org)
#197 – West St. Paul, Mendota Heights, Eagan	Extra Innings (K-4 th) Encore (5 th -8 th) Summer K-8 th		(651)403-8052 School-Age Care - School District 197 (isd197.org) Inclusion Manager – 651-403-8034
#006 – South St. Paul	Kids Choice K-5 th	Community Education	(651)306-3631(So. St. Paul) Kids' Choice - South St. Paul Community Education at Central Square (sspps.org)
#199 – Inver Grove Heights	Spartan's K-5 th		(651)306-7502(IGH) - Spartan Kids' Care - Inver Grove Heights Schools
#200 – Hastings	Kids Campus(K-6)school year Camp Horizons/Camp Bigshots (K-6 th) summer programs	Community Education	(651)480-7671 Home - Hastings Community Education (eleyo.com)

APPENDIX

Community Education:

Apple Valley, Rosemount & Eagan – https://ce.district196.org	(651)423-7920
Burnsville – www.communityed191.org	(952)707-4150
Farmington - www.farmingtonce.com	(651)460-3200
Hastings – www.hastingscommunityed.com	(651)480-7670
Inver Grove/West & South St. Paul/MHeights– www.tridistrictce.org ...	(651)306-3632(So. St. Paul) (651)306-7502 (IGH) (651)403-8520 (W. St. Paul)
Lakeville – www.lakevilleareacomunityed.net	(952)232-2150

Park & Recreation

Apple Valley – Parks and Recreation Apple Valley, MN - Official Website	(952)953-2300
Burnsville – http://www.ci.burnsville.mn.us/142/Parks-Recreation	(952)895-4500
Eagan – https://cityofeagan.com/parks-recreation	(651)675-5500
Farmington – Parks & Recreation Farmington, MN	(651)280-6851
Hastings – Parks and Trails City of Hastings	(651)480-6175
Inver Grove Heights – Parks & Recreation Inver Grove Heights, MN - Official Website	(651)450-2480
Lakeville – http://lakevillemn.gov/783/Parks-Recreation	(952)985-4600
Mendota Heights– Parks & Facilities Mendota Heights, MN	(651)255-1354
Rosemount– https://www.rosemountmn.gov/191/Parks-and-Recreation	(651)322-6000
South St. Paul – Parks & Recreation South St. Paul, MN - Official Website	(651)366-6200
West St. Paul – Parks & Recreation West St. Paul, MN - Official Website	(651)552-4100

Dakota County Area YMCA – [YMCA of the North](#)

Burnsville	(952)898-9622
Eagan	(651)456-9622
Hastings.....	(651)480-8887

Many of the YMCA's offer free summer gym memberships as well as local fitness centers like Planet Fitness and others.