Dakota County

Recreational

Directory

Recreational Resources for
Children and/or Adults with Disabilities

March 2017
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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 in learning about various social/recreational options available for individuals with special needs. You will find that 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 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 integrated social activities. Also, you might wish to consult with the Adaptive Physical Education teacher/IEP case manager listed on your child’s IEP. They may be aware of local recreation programs specific to DD children 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. They are simply programs we have been made aware of through contact 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.

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 call Lura Jackson at (651)554-6403. Attempts to update this directory will be made every year, but is not guaranteed.
Day Camps/Day Respite Programs/Social Skills & Rec Programs
NOTE: Many camps end registration by late March, so call early!

Access Project – District 197 Community Education
Activities for adults with Developmental Disabilities
Phone: 651-403-8312
Website: www.tridistrict.thatscommunityed.com (Adult classes-Access Project)

Bridging Hearts
Provides social connections, both online and in person, for young adults in the Twin Cities area between the ages of 21-39 to connect with others with learning disabilities/low average intellectual disabilities who are interested in new friendships and fun. Must be able to be dropped off and left without supervision.
Phone: 952-237-6102
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.

Camp Avanti – Sensory Integration summer camp
Serves children 6-15 yrs – campers have average or above average IQ, but diagnosed with a Sensory processing dysfunction – O.T.’s staff the camp
Phone: 715-256-7727
Location: Operated by Avanti Therapeutic Projects at YMCA Camp Icaghowan 899 N. 115th St., Amery, Wisconsin 54001
Website: www.campavanti.com

Camp Butwin and Club Kulana (through the Jewish Community Center of the Greater St. Paul Area)
Serves children with all abilities K-8th grade. A limited number of DD children are integrated into the group. First come, first serve. Membership to the JCC may be required.
JCC also is offering Club Kulana. It is designed for individuals with developmental disabilities ages 16+ and utilizes both Camp Butwin and opportunities in the community.
Phone: (651)698-0751 (St. Paul JCC); (651)423-1485 (summer camp number at Butwin)
Location: 945 Butwin Road, Eagan, MN 55123
Website: www.campbutwin.org/
Come As You Are

Social entertainment activities for adults with Developmental Disabilities twice a month
Location: First Presbyterian Church Fellowship Hall, So. St. Paul, MN 55075
Phone: 651-455-5000
Website: sponsored by Neighbors – www.neighborsmn.org

District #196 Community Education/Dakota United Hawks Camp

ASD sports camp. CI Sports Camp and PI Sports camp – grades 3-12.
Location: Dakota Ridge School – coached by Brett Kosidowski – Dakota United Hawks coach
Website: https://district196.ce.feepay.com/course/youth-summer-2016-2015/dakota-united-hawks-camp-grades-3-12 - youth enrichment - highschool sports camps

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. – 5 days in August
Phone: (952)838-9000
Location: Pacer Center – Bloomington
Website: www.pacer.org/stc/exite/camp.asp

Fraser Connect for Recreation Respite Program
Two Saturdays a month (beginning 7/16/17) center-based respite care/recreational program from 9am-3pm for ages 5-12.
Phone: (612)767-5180
Location: 1801 American Blvd E, Bloomington, MN 55425
Website: www.fraser.org

Fun Times – PACER
Program designed to help teenagers and young adults with and without disabilities connect with one another outside of school for social events. Typically have quarterly activities.
Phone: (952)838-1325
Location: Varies depending on activity
Website: www.pacer.org

G.U.P.P.Y. (God's Unique People Praising Yahweh)
Music, fellowship and Bible Study for those of all ranges of abilities. Meet generally first and third Thursday of the month from September-May.
Phone: 651-457-3929
Location: Emanuel Lutheran Church – 2075 70th St. E, Inver Grove Heights, MN
Website: www.emanuellutheranchurch.org

Hastings Community Education CLUB program
Bi-monthly activities for Adults & Teens with Disabilities – also Teen Time – middle and highschool 1x week after school social program.
Phone: 651-480-7689
Website: https://hastingscommunityed.com/adults/ and https://hastingscommunityed.com/k-12/teen-time/
**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 – 14+.

**Phone:** (651)698-4096  
**Location:** P. O. Box 16437, St. Paul, MN 55116 (varies by activity)  
**Website:** [www.highlandfriendshipclub.org](http://www.highlandfriendshipclub.org)

**Links Social Skills Groups**
A social group time for teens and young adults – use games and activities to assist participants in recognizing cues in a social environment. Groups are led by Autism Specialists, Kim Busse and Amy Reid. Group times are typically held weekly in 8 to 10 week sessions.

**Phone:** (612)219-8633 for Kim Busse and (612)328-4248 for Amy Reid  
**Location:** 14162 Commerce Ave NE, Suite 400, Prior Lake, MN 55372  
**Ages Served:** Grades Elementary - 21  
**Website:** [www.bussereid.com](http://www.bussereid.com)

**Metro Center for Independent Living (MCIL)**
MCIL offers classes on easy and healthy cooking, preparing for the MN Driver’s Permit written test, finding affordable housing, find and keeping roommates, art for fun and relaxation, meet-ups out in the community and more.

**Phone:** 651-603-2028  
**Website:** [www.mcil-mn.org](http://www.mcil-mn.org)

**MN ZOO Day Camps**
These are classes for typically developing children – may need to provide additional supports on your own for children with special needs. Classes for Toddlers to 12th grade. The zoo also has teamed with the Autism Society of Minnesota offering specific camps for individuals with Autism.

**Phone:** (952)431-9200  
**Location:** 13000 Zoo Blvd., Apple Valley, MN 55124  
**Website:** [www.mnzoo.org](http://www.mnzoo.org)

**Mount Olivet Rolling Acres**
Therapeutic day programs for youth on the Autism Spectrum ages 5-8 & 9-16 years of age. Location on their campus on Schutz Lake in Victoria, MN. Designed for children/teens that need an alternative to more traditional summer day camp programs due to significant behavior challenges.

**Phone:** (952)401-4872  
**Location:** Schutz Lake, Victoria, MN  
**Website:** [www.mtolivetrollingacres.org](http://www.mtolivetrollingacres.org)

**River Valley Project Explore**
Social/recreation program serving people with developmental disabilities. They have a bowling league at Apple Place Bowl also.

**Phone:** (651)423-7931  
**Location:** Varies depending on activity – main office location is 15180 Canada Ave., Rosemount, MN 55068  
**Website:** [www.district196.org/projectexplore](http://www.district196.org/projectexplore)  
**Ages Served:** 18+ typically – some activities appropriate for older high school
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 10 and up. Through summer programming, participants engage in a variety of “adventures” that allow them to experience new activities in their community in a safe and therapeutic setting. Summer programs located in St. Louis Park, Brooklyn Park and Minneapolis.

**Destination Anywhere Program:** Therapeutic Recreation program for young adults with developmental disabilities that meets twice a month from 10am on Saturday to 4pm on Sunday, providing an opportunity for participants to head out on the town while giving their primary caretakers a 24 hour break. For participants 16 and up and must be able to demonstrate independent living skills.

**Phone:** 952-548-8700
**Location:** St. Louis Park, Brooklyn Park and Minneapolis
**Website:** [www.stdavidscenter.org](http://www.stdavidscenter.org)

Summer Academy @ Academy of Whole Learning

Offers students entering kindergarten through grade 12 unique opportunities for enrichment, advancement and fun in academics and essential social and life skills. We specialize in educating students with Autism Spectrum Disorder or Intellectual Disabilities, but Summer Academy is open to all students.

**Phone:** 952-737-6900
**Location:** 9400 Cedar Lake Road, Suite #7, St. Louis Park, MN 55426
**Website:** [www.academyofwholelearning.org](http://www.academyofwholelearning.org)

Wahode Day Camps

Day camps for individuals with autism ages 6-12 years old. Staffing 1:2. First come, first serve. Two sessions in July at Camp Butwin in Eagan – operated by the Autism Society of MN.

**Phone:** (651)647-1083
**Location:** 945 Butwin Rd, Eagan, MN 55123
**Website:** [www.ausm.org](http://www.ausm.org)

West Metro Learning Connections

Year round – Social skills therapy/therapeutic recreation activities for individuals with social deficits and related conditions. Most participants are on the Autism Spectrum of Aspergers/high functioning Autism. Summer – Camp Connections Day Camp for ages 4+

**Phone:** (952)474-0227
**Location:** 355 2nd Street, Excelsior, MN 55331-also a site in Edina-5215 Edina Industrial Blvd, Suite 400, Edina, MN 55439
**Website:** [www.wmlc.biz](http://www.wmlc.biz)

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 – Ages served – 4-14 years old
**Website:** [www.ymcatwincities.org/camps/](http://www.ymcatwincities.org/camps/)
Overnight Camps for Children with Autism

Camp Avanti Sensory Integration overnight camp
See camp Avanti information under day camps for location and website – the overnight camp options are a traditional camp for 8-12 years old and a Challenge Canoe Camp for 12-15 year olds.
Website: http://campavanti.com/programs.html

Camp Hand in Hand (Sponsored by the Autism Society of Minnesota)
Designed for campers with autism who need more intensive 1:1 supervision. Must be a member of the Autism Society to participate.
Phone: (651)647-1083
Location: Camp Knutson, 11169 Whitefish Ave., Cross Lake, MN 56442
Website: www.ausm.org
Ages Served: 9 through adulthood

Camp Discovery (Sponsored by the Twin Cities Society of Autism)
Designed for campers with higher functioning Autism or Aspergers Syndrome who can function with 1:4 staffing.
Phone: (651)647-1083
Location: Camp Courage, North Lake George near Bemidji
Website: www.ausm.org
Ages Served: 10 to 25 years

*See True Friends for specific Autism & Aspergers camps offerings.

Overnight Camp for Children with Epilepsy

Camp Ozawizeniba (Camp Oz)
For persons with epilepsy. Must be able to complete own independent living skills, follow directions and attend in an activity for up to 2 hours. RN’s on staff 24 hours and able to accommodate Ketogenic diet. Added a daycamp component 2017 at Camp Butwin in Eagan. Siblings who don’t have epilepsy are welcome to attend also.
Phone: (651)287-2300 or (800)779-0777
Location: YMCA Camp St. Croix, 532 County Road F, Hudson, WI 54016
Website: www.efmn.org
Ages Served: 9 to 17 years overnight; 6-10 years day 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. Counselors are Deaf or Hard of Hearing themselves. Staffing ratio of one staff per five campers.
Phone: (218)828-2344
Location: 1620 Mary Fawcett Memorial Drive, Brainerd, MN 56401
Website: www.campsertoma.com
Overnight Camps for Individuals with Mental Health/Emotional/Behavioral Disorder

Camp Buckskin
For young people with AD/HD, learning differences and Aspergers, Provide a structured, consistent, and supportive environment.
Phone: (763)432-9177
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 55731
Website: www.campbuckskin.com
Ages Served: 6 to 18 years

Camp Character/Camp of Champs
Focuses on providing training and curriculum to youth with special needs and mental health Disorders. Youth will learn life skills and social skills, have the opportunity to participate in a high and low ropes Challenge Course, play sports, swim, kayak and more. Staffing is 1:4.
Phone: (218)760-8442
Location: 13240 County Road 40, Park Rapids, MN 56470
Website: www.familyfoundationsmn.com
Ages Served: 7-17

General Overnight Camps for Children with Developmental Disabilities

True Friends(formerly Camp Courage, Friendship, New Hope and Edenwood)
Children and adults with all levels of DD 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 (five sites):
Camp Friendship, 10509 108th Street Northwest, Annandale, MN 55302
Camp Edenwood, 6350 Indian Chief Road, Eden Prairie, MN 55346
Camp New Hope, 53035 Lake Ave., McGregor, MN 55760 (near Duluth).
Camp Courage, 8046 83rd St. NW, Maple Lake, MN 55358
Camp Courage North, 37569 North Courage Drive, Lake George, MN 56458
There is also the Ventures travel program for adults.
Website: www.truefriends.org
Ages Served: 5+ years

Camp Knutson
Location of the Ausm camps (mentioned previously) and Down Syndrome Association camp – referred through these associations only. Handicapped accessible.
Phone: (218)543-4232
Location: 11148 Manhattan Pt. Blvd, Cross Lake, MN 56442 (north of Brainerd)
Website: www.lssmn.org

Camp Winnebago
Specializes in accommodating all individuals with developmental disabilities. 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: 5-35 for camp – 18+ for vacations
Confidence Learning Center
   Camp Confidence is a 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.  
   Fishing has no boundaries: Speciality camp for individuals to obtain a supported fishing experience Phone: 218-828-2344  
   Location: 1620 Mary Fawcett Memorial Drive West, East Gull Lake, MN 56401  
   Website: http://www.campconfidence.com/page/show/1767202-specialty-camps

Minnesota United Methodist Camping Ministry
   Hired a special integration counselor to provide extra supports to accommodate the needs of people with specific types of disabilities. No extra cost to campers – three camps available:
   Website: http://www.campminnesota.org/campswithoutbarriers
PROGRAMS FOR THE ARTS/MOVEMENT

All Abilities
Program designed to give youth and adults living with physical disabilities a quality dance experience that emphasizes ability and redefines dance for our community.
Location: 3754 Pleasant Ave., Mpls, MN 55409
Phone: 612-423-3064
Website: www.youngdance.org/all-abilities-overview

Alliance Music Therapy
Individual and group music therapy services for all ages.
Phone: 612-584-0919
Website: www.alliancemusictherapy.com

ArtShop
Lessons offer practical approaches to facilitate art exploration for children and adults with disabilities.
Phone: 651-698-2859
Location: 1817 Ford Parkway, St. Paul, MN 55116
Website: www.artshoptherapy.com

Circus Juventas-Wings Program and Out of the Chair Program(all ages)
Circus arts program for youth and adults with disabilities ages 10+
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 year round. All forms of art. Adaptive art classes for children can potentially be accommodated.
Phone: (651)675-5500
Location: 3981 Lexington Ave. South, Eagan, MN (Patrick Eagan Park)
Website: www.eaganarthouse.org
Ages Served: Preschool to adults

Interact Center for the Visual and Performing Arts
Art gallery and theater productions. 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: www.interactcenter.com
Ages Served: licensed adult day program for 18 years and older
In the Company of Kids Creative Arts Center
Offer dance, art and theatre classes/activities for high functioning autistic and cognitive and/or physical disabilities for 7 years- young adults. Some supports available.
**Phone:** (952)220-1676  
**Location:** 1103 W. Burnsville Pkwy., Burnsville, MN (also sites in Maple Grove, Hopkins, Minnetonka and Richfield)  
**Website:** [www.cokartscenter.com](http://www.cokartscenter.com)

Jan's School of Dance
Offer competitive and non-competitive dance classes. Offer class Dance is for Everyone – it is a dance class for Special Needs Kids that brings the joy of dance to all ages and mobility levels.  
**Phone:** 651-437-1584  
**Location:** 2610 Industrial Court, Hastings, MN 55033  
**Website:** [www.jansschoolofdance.com](http://www.jansschoolofdance.com)

JCC (Jewish Community Center) Teen Theater Program
For teens of all abilities – support inclusion of all disabilities as much as possible.  
**Phone:** (651)255-4734 – Inclusion and Accessibility Service Coordinator  
**Location:** 1375 St. Paul Ave., St. Paul, MN 55116  
**Website:** [www.stpauljcc.org](http://www.stpauljcc.org)

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:** 14750 Cedar Ave. South, Apple Valley, MN 55124 (main Minneapolis-other sites online, Chanhassen, Golden Valley and White Bear Lake)  
**Website:** [www.macphail.org](http://www.macphail.org)  
**Ages Served:** 6 months and older

Millennium Center for Performing Arts
Creative adult day center for seniors and adults with special abilities.  
**Phone:** 651-452-0811  
**Location:** 1708 Meadow View Road, Eagan, MN 55121  
**Website:** [www.mcparts.org](http://www.mcparts.org)

Musical Safari
Music therapy –contracts to provide group music therapy in daycares, preschools, day programs, Community Education, Senior Centers, etc.  
**Phone:** (952)953-3944, Jennifer Ackland  
**Email:** bjackland@frontiernet.net

Music Medicine
In-home music therapy for children and adults.  
**Contact –** heidersc@augsburg.edu – Annie Heiderscheit PhD

Special Delivery Singers
Choir of disabled adults who perform around the area. No major contact listed but they do have a facebook page and events are organized through Gayle Lea
Special Music, Inc.
Center based program that provides pediatric neurologic music therapy services for children with special needs since 2001.
Phone: (651)-486-2017 - Beth Wiskus
Location: 2489 Rice St., St. Paul, MN
Website: www.specialmusicofmn.com

Stages Theatre CAST Program (Creative Accepting Sensory-Friendly Theatre)
For any student who has been diagnosed with ASD to build confidence, awareness and perception through the context and practice of theatre. (In cooperation with St. David’s and AuSm)
Location: 1111 Mainstreet, Hopkins, MN 55343
Phone: 952-979-1123
Website: https://www.stagestheatre.org/education/cast-program/

Toneworks Music Therapy
Offers music therapy, adaptive instrument lessons of all abilities in the Twin Cities area. Provided in-home or at clinic in Minneapolis.
Location: 8401 Golden Valley Road, Suite 301, Minneapolis, MN 55427
Website: www.toneworksmusicterapy.com

Twin Cities Music Therapy Services
Individual or group music therapy sessions at center in Mpls or in the home.
Location: 3754 Pleasant Ave. So, Studio #105, Mpls, MN 55409
Website: www.TwinCitiesMusicTherapyServices.com

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. Usually provide in group settings.
Phone: (612)331-4584
Location: 3501 Chicago Ave. South, Minneapolis, MN 55407
Website: www.upstreamarts.com
Ages Served: All ages

Uniquely Abled Dance
Provides instruction in variety of styles. Volunteer program designed to encourage dance among disabled population. Child should come with 1:1 supervision. Contact Nancy Raddatz.
Phone: (952)892-4718- W. St. Paul or 952-891-1080 for Eagan
Location: 120 Butler Ave. East, West St. Paul, MN/1654 Diffley Road, Suite 102, Eagan, MN 55122
Ages Served: 7 years and older
Website: www.raddatzdance.com/uadc.html

V.S.A. (Vision Strength Access) MN
An organization which works to ensure accessibility for persons of all ages with disabilities. Not a direct service – will assist you in accessing arts programs and accommodating existing programs to offer access to individuals with disabilities. No charge for the service.
Phone: (612)332-3888
Location: 528 Hennepin Ave., Suite 305, Minneapolis, MN 55403
Website: www.vsamn.org
Ages Served: All ages.
Yoga Calm
Provides classes for ages 7-12 and adults. Otherwise, provides consult/training at program locations such as day programs, recreation programs, camps, residential programs, etc
Contact: Katie Thune – 651-216-2155
Website: www.madhatteryogawellness.com

LOCAL CIVIC/DISABILITY ORGANIZATIONS

ARC Greater Twin Cities
Have a number of parent, sibling and caregiver networking and support groups and activities as well as trainings on a number of disability related topics throughout the year. Sib-Shops and Sibling Connections programs are designed as support group and recreational resource for brothers and sisters of children with developmental disabilities.
Phone: (952)920-0855
Location: 2446 University Ave. West, Suite 110, St. Paul, MN 55114 (Main Office)
Website: www.arcgreatertwincities.org

Boy Scouts of America
B.S.A. programs are open to boys 6-21 and girls 14-21. Do not provide any additional supports to facilitate participation. Contact Special needs Executive Tammy Kvidera at 763-231-7244
Phone: (763)231-7201 (central switchboard)
Location: Metro area- see website for specific district coverages.
Website: www.northernstarbsa.org

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. The Tornadoes club specifically has members with and without FAS in it.
Phone: (651)480-7758-4-H Coordinator -
Location: Organized by the Dakota County Extension Office. U of M Extension Dakota County, Suite 101, 4100 220th Street West, Farmington, MN 55024
Website: http://www3.extension.umn.edu/county/dakota/4-h/article/join-dakota-county-4-h-today

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 situation.
Phone: (800)845-0787
Location: Metro area.
Website: www.girlscoutsrv.org/


Disability Linkage Line (DLL) – 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 – [http://www.minnesotahelp.info/](http://www.minnesotahelp.info/)

**ADAPTED/RECREATIONAL SPORTS**

**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 including Bowling, skiing, fitness, basketball, swimming, softball, and social programs to name a few. Edina has also offered the DREAM adapted ice skating program the last couple of years.

**Phone:** (952)563-8877 – Bloomington – [www.ci.bloomington.mn.us](http://www.ci.bloomington.mn.us)

**Location:** Various locations in above cities.
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.

**Courage Center**
The Courage Center of Golden Valley offers a variety of adapted recreational sports mostly in the North metro region including golf, wheelchair sports, aquatics, skiing, dance, volleyball, rugby, soccer, softball, track & field, martial arts, archery, curling, etc.

**Phone:** (612)775-2277

**Website:** [www.allinahealth.org](http://www.allinahealth.org) (put adaptive sports and recreation in search engine)

**Ages Served:** varies by activity – children-adults

**Dakota County Adult Softball League** (Organized by KOTA Connections)
KOTA supports two teams in the league consisting of about 11 teams (depending on the year and interest). Teams are mainly residents from group homes or clients of Social Service agencies. 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:** [www.KOTAlogin.com](http://www.KOTAlogin.com)

**Elite Gymnastics**
Provide adaptive recreational (non-competitive) gymnastics. 1:1 classes, open gym, etc. for Individuals of all ages and abilities.

**Phone:** 952-882-9012

**Location:** 12500 Chowen Ave So, Burnsville, MN

**Website:** [www.elite-gymnastics.com](http://www.elite-gymnastics.com)

**GiGi’s Playhouse Twin Cities**
Provides free programs that are educational, recreational, social and therapeutic to individuals with Down Syndrome.

**Phone:** 952-926-3660

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

**Website:** [www.gigisplayhouse.org/twincities/](http://www.gigisplayhouse.org/twincities/)

**Ages Served:** Birth – Adulthood
Gleason’s Gymnastics
Offers home school and adaptive recreational (non-competitive) gymnastics programs.
Phone: 651-454-6203
Location: 2015 Silver Bell Road, Suite 108, Eagan, MN 55122
Website: http://www.gleasons.com/

“Let Me Play” Grants for Girls
Provides grants for Minnesota girls to be used for participation fees for sports or arts activities.
Applications due April 1 and October 1. Ages K-12th grade
Phone: (612)338-5752 – Mpls, MN
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. Games are with other teams throughout the metro area.
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

Minnesota Hockey Association & Minnesota Sled Hockey Association
Minnesota Hockey Association sponsors teams for Non-contact adaptive hockey. Teams currently available through Woodbury and Burnsville hockey associations. (Other teams in Moorhead, Duluth, Alexandria, Blaine, New Hope, Plymouth, Edina and Rogers). PCA and family welcome. Contact President Jane Cashin for overall questions and specific coaches for local teams.

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

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.
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
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 Brian Roseen.
**Phone:** (612)387-8437  
**Location:** Lakeville, MN  
**Website:** [www.miracleleague.com](http://www.miracleleague.com) and [www.lakevillebaseball.org](http://www.lakevillebaseball.org)  
**Ages Served:** 3 to 19 years

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. Current local teams in Eagan and Northfield.
**Phone:** (952)252-0226 or (800)366-6972 – Ivan Woyno  
**Website:** [www.mnyouthsoccer.org](http://www.mnyouthsoccer.org)  
**Ages Served:** 8 and older

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. Typically held in the Farmington area.
**Website:** [http://winteradventures.org/](http://winteradventures.org/)
Fishing & Hunting

Fishing Has No Boundaries
National organization for disabled fishing. Four chapters in Minnesota.

Phone: (218)751-5328 (Bemidji) (507) 530-5530 (Cottonwood)
       (218)828-2344 (Brainerd/Nisswa) (325) 433-9236 (St. Cloud)
       (651)214-0124 (St. Croix Valley, Hudson, WI)
       (800)243-3462 (National Organization, located in Hayward, WI)

Website: www.fhnbinc.org

Let’s Go Fishing
Free fishing and boating excursions for Seniors (55+), Persons with physical and developmental disabilities, and Military members/veterans. Closest chapter is St. Croix Valley with launch site in Bayport, MN.

Website: http://stcroixvalley.lgfws.com/about-us/

Free fishing license available to those 16 years and over whom are developmentally disabled or 100% disabled veterans. Obtain through the Minnesota Department of Natural Resources. Call the info Center at (651)296-6157 or website: www.dnr.state.mn.us

Horseback Riding

Courage Riders
Therapeutic horseback riding. Must be physically disabled or have sensory integration issues. Assessment completed at beginning of first application to determine appropriate class and level of assistance needed. For ages 5-21. Serves the metropolitan area.

Phone: (651)241-3342
Location: Washington County Fairground, Highway 5 & Manning Ave. North, Lake Elmo, MN 55042
Website: www.allinahealth.org/Horseback-riding/

Haven Acres
Faith based healing horse program. The design pairs one child, ages 9-17, 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 including working in a garden and caring for chickens and learn basic horsemanship. We serve kids with challenges like autism, fetal alcohol, ADHD, depression, etc..

Phone: 952-898-3497
Location: 2604 Loop Rd. N, Burnsville, MN 55306
Website: www.havenacresmn.org/

Hoofbeats and Heartbeats, Inc.
Equestrian learning center dedicated to providing therapeutic riding and horse care to individuals with emotional and physical disabilities, elderly and youth.

Phone: (763)441-2274
Location: 12301 95th Street NE, Elk River, MN 55330-7422
Website: http://www.hoofbeatsheartbeats.com/index.htm
Majestic Hills Ranch
Provides therapeutic recreational horseback riding to children with emotional, developmental disabilities, and physical handicaps.
**Phone:** (952)426-5688(cell)
**Location:** 24580 Dakota Ave., Lakeville, MN 55044 (250th & Dakota Ave.)
**Website:** [www.majestichillsranch.org](http://www.majestichillsranch.org)

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.
**Phone:** Jeanie: (507)356-8154
**Location:** 10038 County Road 5 NW, Pine Island, MN 55963 (North of Rochester)
**Website:** [www.rideability.org](http://www.rideability.org)

RiverValley Riders
Provides therapeutic recreational horseback riding the children with developmental disabilities.  
**Contact:** Joan Berg
**Phone:** (651)439-2558
**Location:** 2007 Neal Ave. South, Afton, MN  and Rick-A-Shay Ranch, 24520 Lofton Ave, Scandia, MN
**Website:** [www.rivervalleyriders.org](http://www.rivervalleyriders.org)

This Old Horse/Wishbone Ranch
Retired horse sanctuary-nonprofit. Have had some families take lessons here or ride and funds benefit the non-profit.
**Phone:** (651) 437-1889
**Location:** 19025 Coates Blvd., Hastings, MN 55033
**Website:** [www.thisoldhorse.org](http://www.thisoldhorse.org)

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:** 14300 Co. Rd. 62, Minnetonka, MN 55345 and Marine on St. Croix
**Website:** [www.wecanride.org](http://www.wecanride.org)

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.
**Phone:** (763)355-0017
**Location:** 961 Garrison Ave. NE, Buffalo, MN 55313
**Website:** [www.westmetrohorsecamp.com](http://www.westmetrohorsecamp.com)
KARATE

JK Martial Arts
Specialize in teaching karate to children and adults with ADD/ADHD, Autism and Learning Disabilities.
**Phone:** 612-703-3348
**Location:** 2125 Tower Drive, Woodbury, MN 55125. Also site in Robbinsdale
**Website:** [www.jk-martial-arts.com](http://www.jk-martial-arts.com)

Northwest Martial Arts
Adaptive Kids and Adult Classes.
**Phone:** (612)719-7500
**Location:** 14696 Dory Court, Apple Valley, MN 55124
**Website:** [www.northwestmartialarts.org](http://www.northwestmartialarts.org)

SKIING

Afton Alps Adaptive Skiing
Have a couple of trained adaptive ski instructor/s and individual lessons are available. Up to one to one instruction supports are available.
**Phone:** (651)436-1320 ext 278 for the ski school
**Location:** 6600 Peller Ave. So, Hastings, MN 55033 -Afton Alps
**Website:** [www.aftonaips.com](http://www.aftonaips.com)

Padraig’s Place
Adaptive ski and snowboard lessons to children with physical and cognitive disabilities.
**Phone:** 952-435-7174 X 709 – Buck Hill Ski School
**Location:** Buck Hill, Burnsville, MN
**Website:** [www.padraigsplace.org](http://www.padraigsplace.org)

NOTE: Courage Center offers adaptive skiing for individuals with physical disabilities at Hyland Ski and Welch Village. Most ski lodges offer sit-skis for special needs children and adults and offer individual lessons based on ability.
SWIMMING

Atlantis Swim Academy
1:1 instruction.
Phone: 952-224-4068
Location: 12500 Chowen Ave. So., Burnsville, MN 55337
Website: www.atlantisswimacademy.com

Family Swim School
Lessons in heated 90 degree pool with only 1-4 children per instructor
Phone: (952)435-1898 for Lakeville location  (651)686-6225 for Eagan location
Website: www.familyswim.com

Farmington Community Education Adaptive Swimming
Classes tailored to individual’s skills and needs. Program sponsored by Farmington School District, but no residency requirement. Hydraulic lift at pool for entry and exit.
Phone: Community Education in Farmington: (651)463-5000
Location: Farmington Dodge Middle School, 4200 208th Street West, Farmington, MN
Website: www.farmingtonCE.com (look at current catalog)
Ages Served: All

ISD #194 Adaptive Swimming
Adaptive swimming tailored to individual’s skills and needs.
Phone: (952)232-2150
Website: www.LakevilleAreaCommunityEd.net

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: (952)431-8777 general number or 952-431-0030 swim info line
Website: www.district196.org/CE Search Aquatics Program/swim lessons adapted

Wise Swim School
Swim school is designed for both DD and non-handicapped children. Offer very small classes (4 students or less) for DD students.
Phone: (952)953-7946
Location: 5992 149th Street West, Apple Valley, MN 55124
Website: www.wiseswim.com

Other Swimming Resources

Besides the specific adapted district programs listed previously, most school districts offer aquatics programs and may or may not have specific adapted lessons and adapted pool access. Call for specific information and inquiries or visit the district websites.

The County YMCA’s also typically offer aquatics programs and may or may not have specific adapted lessons and adapted pool access. Refer to the appendix list of Dakota County Area YMCA’s.
Central Square Community Center  
Open swim and family swim at various schedules and lessons.  
**Phone:** (651)306-3690  
**Website:** [www.southstpaul.org](http://www.southstpaul.org)  
**Location:** 100 7th Ave. North, South St. Paul, MN

The Grove  
**Phone:** (651)450-2500  
**Location:** 8055 Barbara Ave E., Inver Grove Heights, MN  
**Website:** [www.funatthegrove.com](http://www.funatthegrove.com)

### Summer Pool Outdoor Recreational Facilities in Dakota County

**Aquatics Center in Hastings**  
**Phone:** (651)480-2392  
**Location:** 901 Maple Street, Hastings, MN 55033  
**Website:** [www.hastingsmn.gov](http://www.hastingsmn.gov)

**Eagan Cascade Bay**  
**Phone:** (651)675-5577  
**Location:** 1360 Civic Center Drive, Eagan, MN 55122  
**Website:** [www.cityofeagan.com](http://www.cityofeagan.com)

**Family Aquatics Center**  
**Phone:** (952)953-2399  
**Location:** 14421 Johnny Cake Ridge Road, Apple Valley, MN 55124  
**Website:** [www.ci.apple-valley.mn.us](http://www.ci.apple-valley.mn.us)

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.
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.

Dakota County and surrounding area 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, swimming, soccer, basketball, softball, tennis, bocce, poly hockey and track and field. Participants are responsible for own supports. PCA's are welcome.
Phone: (952)432-7672
Website: www.theravesp.com
Email: info@theravesp.com

Burnsville Blast
Email: Anitagroen1@gmail.com
Location: Burnsville, Savage, Lakeville, Apple Valley and Eagan. (can live anywhere and participate)

Hastings Sharks
Email: seiben.kennedy@comcast.net
Location: Hastings and surrounding areas.

Savage/Prior Lake Lakers
Email: jill.zalesky64@gmail.com

South Region Stars
Contact Marcie Padgett.
Phone: (952)953-2312
Location: Inver Grove Heights, Mendota Heights, West St. Paul, South St. Paul, parts of Eagan (and other areas)
Website: www.southregionstars.com

Tiger
Email: 12tigerpaws@gmail.com
Location: Farmington and some Lakeville sites

TriCounty Chargers
Email: tricountychargers@yahoo.com
Location: Scott County

The Woodbury Blazing Stars
Participants are responsible for own supports. PCA’s are welcome. Contact Kathy Barton
Email: woodburyblazingstars@gmail.com
Website: https://sites.google.com/site/woodburyblazingstars/
Hammer Travel
Phone: 1-877-345-8599
Location: 1909 E. Wayzata Blvd., Wayzata, MN 55391
Website: www.hammertravel.org

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: (800)221-3155
Location: P. O. Box 853, Faribault, MN 55021
Website: www.otbp.info
Ages Served: 18 years and older

Ventures Travel Program
Provides vacations for developmentally disabled ambulatory adults. For clients who can travel with a
1:4 staff supervision ratio and can typically complete own self-cares and do not have significant
behavioral or medical needs. The program also will assist families arrange travel as travel agents for
family trips where members have special needs and may need accommodations.
Phone: (866)692-7400
Location: 3600 Holly Lane N. #95, Plymouth, MN 55447
Website: www.venturestravel.org
Ages Served: 18 years and older and will assist arranging family trips

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
Location: 808 14th Ave. SE, Minneapolis, MN 55414
Website: www.wildernessinquiry.org
Ages Served: All

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 more
than 2,000 recreation sites managed by five Federal agencies. 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. If you order by mail, there is a $10 processing fee and there is a processing fee if you ever
need to replace it.
Adapted Bicycle Resources: The following website gives a nice description of different types of adapted bikes available today and help in determining the best option for your situation: http://dingdingletsride.com/adaptive-bikes

AmTryke – www.amtrykestore.org

Bikes For Everybody
   Phone: 651-468-7370
   Location: 1070 Putnam Ave., Redwing, MN 55066

Blackbird Bikes
   Phone: (612)991-0078
   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, Unit B, Fort Collins, CO 80524
   Website: www.cycletote.com

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

FlagHouse – www.flaghouse.com

Frank Mobility – wheelchair bicycle tandem – www.frankmobility.com

Freedom Concepts USA, LLC
   Phone: (800)661-9915
   Website: www.freedomconcepts.com

GB Kids, Inc.
   Location: 1470 Kingsview Lane N., Plymouth, MN 55447
   Website: https://gbkids.com/

Rifton – www.rifton.com

Strauss Skates & Bicycles
   Phone: 651-770-1344
   Location: 1751 E. Cope Ave., Maplewood, MN
   Website: www.straussskatesandbicycles.com

Weehoo bicycle trailers – www.rideweehoo.com
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 209, Minneapolis, MN 55406
Website: www.blueskydesigns.us

Crown of Minnesota
Outdoor play equipment/play systems
Phone: 612-781-6505
Location: 1200 Central Ave. NE, Minneapolis, MN 55413
Website: www.crownofminnesota.com

MobilitySports
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
Phone: 952-884-4040
Location: 900 West 80th Street, Bloomington, MN 55420
Website: www.swingsetsminnesota.com

Scandia Kicksled
Adapted sled.
Phone: (507)896-3715
Location: 7155 State 76, Houston, MN 55945
Website: www.scandiakicksled.com

Superior Play Systems MN
Play system company in Apple Valley – www.playsystemsmn.com

WhisperGlide
Wheelchair accessible lawn swing and glider.
Phone: (800)944-7737
Location: 10051 Kerry Court, Hugo, MN 55038
Website: www.whisperglide.com
Transportation


Access Able Travel Source
Worldwide travel information. Over 400 links for travel with special needs.
Website: [www.access-able.com](http://www.access-able.com)

Access Amtrak
15% discount for one companion (18 and over) traveling with a mentally or physically disabled individual. 14 day reservation notice recommended, but not required.
Phone: (800)872-7245
Website: [www.amtrak.com](http://www.amtrak.com)

DisabledTravelers – [www.disabledtravelers.com](http://www.disabledtravelers.com)
Comprehensive list of accessible travel specialists including Travel Agents, Tour Operators, Equipment and van rentals, etc.

Greyhound
Discounts are offered for travel companions, priority seats in front of bus and 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](http://www.greyhound.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 may or may not be specifically for children with disabilities.

Movie Theatres offering sensory friendly films:

**AMC Theatres**  

**Marcus Theatres** – currently available at Oakdale Cinema.  

**Regal Theater Eagan** – Free admission for PCA’s and support staff if they are attending with somebody they are working with. May need to show your business card or paystub for proof of employment.

**Bell Museum of Natural History**  
Sensory-Friendly select Saturdays offered during the school year. Provide a Touch and See room, Mini planetarium show all with lowered lighting, quieter sounds and fewer visitors. Families are welcome.  
**Website:** [www.bellmuseum.umn.edu/programs-events/sensory-friendly](http://www.bellmuseum.umn.edu/programs-events/sensory-friendly)

**The Blast Indoor Playground – Eagan Community Center**  
**Location:** 1501 Central Parkway, Eagan, MN 55121  
**Phone:** 651-675-5550  
**Website:** [http://www.cityofeagan.com/the-blast-indoor-playground](http://www.cityofeagan.com/the-blast-indoor-playground)

**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:** [www.caponiartpark.org](http://www.caponiartpark.org)

**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 [www.childrenstheatre.org](http://www.childrenstheatre.org) or call 612-874-0400. (go to plan your visit on the website)

**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. Visit websites for activities/facilities: [www.co.dakota.mn.us](http://www.co.dakota.mn.us)  
**Phone:** (952)891-7000
Dodge Nature Center
Properties are open to public sun up to sun down.
Location: 365 Marie Ave. W., W. St. Paul, MN 55118
Phone: 651-455-4531
Website: www.dodgenaturecenter.org

Farmington Lanes
Summer pass – enjoy up to 4 games per day and shoe rental over the summer for one low price. (Around $30 for the whole summer)
Location: 27 5th Street, Farmington, MN 55024
Website and Phone: 651-463-7811 – www.farmingtonlanes.com

Brunswick Bowl(now Bowlero Bowl) in Lakeville
Last summer offered a summer pass program. Now under new management, check closer to summer if any specials. Bowling is wheelchair accessible.
Location: 11129 162nd St. W, Lakeville, MN 55044
Website: https://www.bowlero.com/location/bowlero-lakeville

Goodtimes Park
Year round indoor play environment offering a broad assortment of unstructured family activities, all inclusive price and fully secured – must enter an entrance code to access.
Location: 3265 Northwood Circle, Suite 100, Eagan, MN 55121
Website: www.goodtimespark.com

Hyland Play Area
Award winning structure with a section designed for children with disabilities
Location: 10145 Bush Lake Road, Bloomington, MN 55438
Website: https://www.threeriversparks.org/parks/hyland-lake-park/hyland-play-area.aspx

The Park at Mall of America (Nickelodeon Universe, Water Park of America, SEA LIFE Minnesota, Moose Mountain Adventure Golf, Amazing Mirror Maze, Lego Land, Crayola Experience, FlyOver America, SMAASH and MN Children’s Museum at the Mall)
Phone: (952)883-8000 (Mall Information)
(952)883-8800 (Nickelodeon Universe)
(952)854-8700 (Water Park of America)
(952)883-0202 (Sea Life Minnesota)
(952)883-8777(Moose Mountain Adventure golf)
(952)854-5345 (Amazing Mirror Maze)
(651)225-6000(MN Children’s Museum at the Mall)
(952)858-8949(Lego Land)
(952)851-5800(Crayola Experience)
(952)853-6000 (Fly Over America)
(952)405-8107 (SMAASH – go carts/virtual gaming)
Website: www.mallofamerica.com

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.
**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](http://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.

**Website:** [www.dakotacounty.us/library](http://www.dakotacounty.us/library)  
**Phone:**
- (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)

**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.

**Location:** 13000 Zoo Blvd., Apple Valley, MN 55124  
**Phone:** (952) 431-9200 or (1-800) 366-7811  
**Website:** [www.mnzoo.org](http://www.mnzoo.org)

**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)225-6000  
**Location:** 10 West 7th Street, St. Paul, MN 55102  
**Website:** [www.mcm.org](http://www.mcm.org)  
**Fees:** Qualifying families, grandparents and foster care families can get membership for reduced cost.

**Minnesota Miss Amazing Pageant**
Provides opportunities for girls and women with disabilities to build confidence in a supportive Environment during an annual pageant. No entrance fee other than food shelf donations.  
[www.mnmissamazing.org](http://www.mnmissamazing.org)
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](http://www.smm.org)  

**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.

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](http://www.dnr.state.mn.us)  
**Phone:** (651)296-6157  
**Fees:** annual pass discount with Minnesota handicapped license.

Valleyfair

1 Valleyfair Drive, Shakopee, MN – [www.valleyfair.com](http://www.valleyfair.com)

Walker Art Center

Gallery admission is free on the first Saturday of each month. Recommended ages 6-12  
**Website:** [www.walkerart.org/free-first-saturdays](http://www.walkerart.org/free-first-saturdays)

Woodbury Playground – Madison’s Place

accessible playground - outdoor  
**Location:** 8217 Enclave Rd, Woodbury, MN 55125 – 612-670-1568

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 website: [www.minnesotaparent.com/directory](http://www.minnesotaparent.com/directory)
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 child care is difficult. The Center for Inclusive Child Care can offer an Inclusion Consultation and possibly coaching (up to 20 hours) for child care providers if they are a part of the Parent Aware Program. You can search data bases at www.Parentawareratings.org, 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, go to http://www.inclusivechildcare.org/.

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

There are now numerous websites to locate child/adult care (regular and special needs). Some sites do background checks on all individuals they list. Some have a fee to access specific data information on potential employees: www.care.com; www.nanniesheartland.com; www.4sitters.com; www.sittercity.com; www.care4hire.com; www.mndaycare.com;

<table>
<thead>
<tr>
<th>School District</th>
<th>Program</th>
<th>Contact Person</th>
<th>Telephone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>#191 – Burnsville, Eagan, Savage</td>
<td>Ready to Grow - 6 wks-5 years</td>
<td>Lyndsay Griffin(Beck)</td>
<td>(952)707-4146</td>
</tr>
<tr>
<td>#191 – Burnsville, Eagan, Savage</td>
<td>Project Kids K-6th</td>
<td>Community Education</td>
<td>(952) 707-3508</td>
</tr>
<tr>
<td>#191 – Burnsville, Eagan, Savage (also open to Lakeville and Farmington)</td>
<td>The Edge (grades 6-9)</td>
<td>Community Education</td>
<td>(952) 707-3908 <a href="mailto:theEDGE@isd191.org">theEDGE@isd191.org</a></td>
</tr>
<tr>
<td>#192 – Farmington</td>
<td>Kid Connection/Stepping Stones-3 yrs-5th</td>
<td>Sarah Sandvik</td>
<td>(651)460-3206 <a href="mailto:ssandvik@farmington.k12.mn.us">ssandvik@farmington.k12.mn.us</a></td>
</tr>
<tr>
<td>#194 – Lakeville</td>
<td>Kid Zone/WonderZone – 3yrs-5th grade</td>
<td>Community Education</td>
<td>(952)232-2154</td>
</tr>
<tr>
<td>#196 – Apple Valley, Rosemount, Eagan</td>
<td>2 yrs -8th grade</td>
<td>Through YMCA’s</td>
<td>(612)230-9622</td>
</tr>
<tr>
<td>#200 – Hastings</td>
<td>Kids Campus(K-5) Oasis(middle school) Camp Horizons (K-4th grade) &amp; Camp Big Shots (5th – 8th grade) summer programs</td>
<td>Community Education</td>
<td>(651)480-7670</td>
</tr>
</tbody>
</table>
APPENDIX

Community Education:
Apple Valley, Rosemount & Eagan – www.district196.org/ce ..................(651)423-7920
Farmington - www.farmingtonce.com ..................................................(651)460-3200
Hastings – www.hastingscommunityed.com .......................................(651)480-7670
...........................................................(651)306-7870 (IGH)
Lakeville – www.lakevilleareacommunityed.net ...............................(952)232-2100
West St. Paul & Mendota Heights – www.tridistrictce.org ...............(651)403-8313

Park & Recreation
Apple Valley –www.ci.apple-valley.mn.us ...........................................(952)953-2300
Burnsville – www.ci.burnsville.mn.us ..................................................(952)895-4500
Eagan – www.ci.eagan.mn.us .............................................................(651)675-5500
Farmington - www.ci.farmington.mn.us ..............................................(651)280-6800
Hastings – www.hastingsmn.gov .........................................................(651)480-2350
Inver Grove Heights – www.ci.inver-grove-heights.mn.us ...............(651)450-2480
Lakeville – www.ci.lakeville.mn.us .......................................................(952)985-4600
Mendota Heights – www.mendota-heights.com ..............................(651)255-1354
Rosemount – www.ci.rosemount.mn.us .............................................(651)322-6000
South St. Paul – www.southstpaul.org ..............................................(651)306-3690
West St. Paul – www.wspmn.gov .........................................................(651)552-4100

Dakota County Area YMCA – www.YMCAtwincities.org
Burnsville .........................................................................................(952)898-9622
Eagan ..................................................................................................(651)456-9622
Hastings ............................................................................................(651)480-8887
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 - #’s of special services directors
Apple Valley – School District 196 www.district196.org .......................(651)423-7629
Farmington School District 192 www.farmington.k12.mn.us ..............(651)463-5020
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
Mendota Heights/West St. Paul School District 197 ..........................(651)403-7004
.................................................................www.isd197.org
Randolph School District 195 www.randolph.k12.mn.us ..................(507)645-4773
South St. Paul School District 006 www.sspps.org ................................(651)457-9466
Special Education District 917 www.isd917.k12.mn.us .....................(651)423-8229