

Dakota County

Recreational

Directory

***Recreational Resources for
Children and/or Adults with Disabilities***

April 2019



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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 other year, but is not guaranteed.



CAMP/SOCIAL REC INFORMATION

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: 651-403-8313

Website: www.tridistrict.ce.eleyo.com (Adult classes-Access Project)

Ausm Social Skills Classes

See catalog at <https://www.ausm.org/classes/social-skills.html>

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: 612-424-1152

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—day and overnight camps based on age.

Phone: 715-256-7727

Location: Operated by Avanti Therapeutic Projects at YMCA Camp Icahowan
899 A 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 Sept-June

Location: First Presbyterian Church Fellowship Hall, 535 20th Ave. N., So. St. Paul, MN 55075

Phone: 651-455-5000

Website: sponsored by Neighbors – www.neighborsmn.org

Dakota County Library

Specialized sensory friendly hours, sensory friendly activities, Online Book Club

Website: www.dakotacounty.us/library

District #196 Community Education/Dakota United Hawks Camp

ASD sports camp, CI Sports Camp and PI Sports camp for Dakota Hawks – grades 3-12.

Location: Dakota Ridge School – coached by Brett Kosidowski – Dakota United Hawks coach

Website: www.district196.org/ce/DIST196/index.html - 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

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)838-9000

Location: Varies depending on activity

Website: <https://www.pacer.org/students/fun-times.asp>

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 – NOW OPEN IN APPLE VALLEY!

Dakota Valley Learning Center – 4679 144th St. W., Apple Valley, MN 55124

Website: www.gigisplayhouse.org/twincities/

<https://gigisplayhouse.org/twincities/south-of-the-river-satellite>

Grace Church Special Needs Programs(Barnabas)

Special needs weekly programs offered at Chaska and Eden Prairie Church locations. Also offer occasional respite nights for community members with special needs children.

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

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: <http://emanuellutheranchurch.org/ministries/guppy>

Hastings Community Education CLUB program

Bi-monthly activities for Adults with Disabilities – also Teen Time – middle and highschool
1x week after school social program.

Phone: 651-480-7689 – Tilden Community Center – Laurie Thrush coordinator

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

Website: www.highlandfriendshipclub.org

Links Social Coaching

A social group time for school age & young adults who may have challenges with ASD, ADHD, OCD, FAS, anxiety. Groups offer opportunities to practice social interaction and communication and generalizing skills across different environments. Group leaders are licensed counselors and special educators. Group times are typically held weekly in 10-12 week sessions offered 4 times per year.

Phone: (612)424-1886

Location: 6001 Egan Dr., Suite 140, Savage, MN 55378

Website: www.bussereid.com

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 their comfort zones and pursue their passions with like minded people who share interests.

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. Events are usually free or low cost

Phone: 651-646-8342

Website: <http://www.mcil-mn.org/programs/independent-living-skills>

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 through adults. 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 and <http://mnzoo.org/education/programs/ausm/>

Mount Olivet Rolling Acres

Summer day camp for youth on the Autism Spectrum ages 9-16 years. Designed for children/teens that need an alternative to more traditional summer day camp programs including those with significant behavior challenges.

Phone: (952)401-4872

Location: MORA campus on Schutz Lake, Victoria, MN

Website: www.mtolivetrollingacres.org

Pathways to Community (PTC)

Service provider (typically under waivers) that provides 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

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

Ages Served: 18+ typically – some activities appropriate for older high school

Snapology

STEM-Focused summer camps – adaptive/inclusive focused

Phone: 612-440-7627

Location: 2649 Lyndale Ave. So, Mpls, MN

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

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 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 ages 16 and up 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: 952-939-0396

Location: St. Louis Park, Brooklyn Park and Minneapolis

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

Summer Academy @ Academy of Whole Learning

Offers students entering kindergarten through grade 12 unique opportunities for enrichment, advancement and fun academics and essential social and life skills. Taught by Academy of Whole Learning's Trained staff to work with students with ASD or related learning differences – Summer Academy is open to all students whether enrolled with Academy of Whole Learning or not.

Phone: 952-737-6900

Location: 3500 Williston Road, Minnetonka, MN 55345

Website: <https://www.academyofwholelearning.org/bridgethegap/>

The Tap

A place for every one to come together, have a good time and make lasting friendships. Offers events throughout the year. Also have a number of Guilds you can participate in. Family friendly and all ages welcome.

Location: Throughout the metro/facebook/online

Website: <http://yourtap.org>

Trinity Church

Special Journeys Program – No cost – church has trained volunteers who come alongside kids with various special needs so that they may participate in worship – also offer a monthly parents' night out (5:30-7:30pm the first or second Friday of each month) – for special needs kids as well as their siblings

Phone: 952-435-5548 – Carissa Le

Location: Trinity Church – 10658 210th St. W., Lakeville, MN 55044

Website: <https://trinitychurchmn.com/community/kids/>

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

West Metro Learning Connections

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 4+

Phone: (952)474-0227

Location: 355 2nd Street, Excelsior, MN 55331

Website: www.wmlc.biz

YMCA Day Camps

Summer youth programs offered for full day summer enrichment for kids in preschool-grade 8. Overnight camps for ages 7-17. 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 – Ages served – 4-14 years old

Website: www.ymcatwincities.org/camps/

Young Life Capernaum

Non-profit, non-denominational ministry founded in 1941. World wide organization. 14-21 yrs

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

Clubs locally in Burnsville, Lakeville and Rosemount – clubs typically meet at least 1x month

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/Camp Discovery (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. Discovery – 1:4 staffing – Headwater – 1:3 staffing with moderate activity for at least two hours

Phone: (651)647-1083

Location: Camp Knutson, 1148 Manhattan Pt. Blvd, Cross Lake, MN 56442
Camp Courage North, 37569 N. Courage Dr., Lake George, MN 56458

Website: <https://www.ausm.org/camp/ausm-summer-camps.html>

Ages Served: 9 through adulthood

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

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 1:5.

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 Character/Camp of Champs

Focuses on providing training and curriculum to youth with special needs and mental health Disorders such as Depression, Anxiety, FAS, ADHD, etc. 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. Ages 9-17

Phone: (218)760-8442

Location: 13240 County Road 40, Park Rapids, MN 56470

Website: www.familyfoundationsmn.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 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 Courage, 8046 83rd St. NW, Maple Lake, MN 55358

Camp Courage North, 37569 Courage North 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: <https://www.lssmn.org/services/camps-retreats-events>

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

Minnesota Camp

Christian Based camp for adults with disabilities

Location: Lake Geneva Christian Center in Alexandria

Office is located at 8829 Fenning Ave. NE, Monticello, MN 55362

Phone: 763-464-7054

Website: <https://minnesotacamp.wordpress.com/>

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:

Koronis Ministries – Paynesville, MN – children through adults – 855-622-1973

Northern Pines Camp – Park Rapids, MN – children through adults – 855-622-1973

Kowakan Adventures – Ely, MN – children through adults – 855-622-1973

Website: <http://www.campminnesota.org/campswithoutbarriers>



PROGRAMS FOR THE ARTS/MOVEMENT/PHYSICAL HEALTH

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(6 sites throughout Mpls)

Phone: 612-423-3064

Website: www.youngdance.org/all-abilities-overview

Alliance Music Therapy

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

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.

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

Phone: 651-600-3285

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

ArtShop

Lessons offer practical approaches to facilitate art exploration for children and adults with disabilities. Services can be offered in-home.

Phone: 651-698-2859

Location: 1817 Ford Parkway, St. Paul, MN 55116

Website: www.artshoptherapy.com

Darby's Dancers at the Woodbury Dance Center

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.

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 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)675-5521

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. 1:1 classes, open gym, etc. for Individuals of all ages and abilities. Specific adaptive classes for ages 5 and under

Phone: 952-882-9012

Location: 12500 Chowen Ave So, Burnsville, MN

Website: www.elite-gymnastics.com

Gleason's Gymnastics

Offers variety of gymnastics and tumbling for children of all abilities – no specific adaptive classes.

Phone: 651-454-6203

Location: 2015 Silver Bell Road, Suite 108, Eagan, MN 55122

Website: <http://www.gleasons.com/>

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 adaptive dance, art and theatre classes/activities - for 7 years- young adults. Some supports available. No specific site – go where requested by groups – some specific summer programs

Phone: (952)220-1676

Location: classes primarily held in Minnetonka and Richfield area, but possibly willing to go to other locations if venue allows/offers

Website: 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

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 Minneapolis

Website: www.jk-martial-arts.com

Lions United Fitness

A gym dedicated to provide professional health, fitness and sport-specific training in a state-of-the-art facility at little or no cost 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)348-7278

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

Website: <https://lionsunitedfitness.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: 14750 Cedar Ave. Suite 102, Apple Valley, MN 55124 (main Minneapolis-other sites online, Chanhassen, Austin and White Bear Lake)

Website: 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

Mini-Hops Gymnastics/Adaptive Dance/Adaptive Karate

Offer programming for everyone as well as specific adaptive classes

Phone: 952-933-2452

Location: 2600 Campus Drive, Plymouth, MN 55441

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

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 For Healing LLC

Cathleen Gempeler has had a successful music therapy career with over 24 years of experience.

Phone: 952-567-9117

Location: 4011 Highway 13 West, Savage, MN 55378

Website: www.cathleengempeler.com

Nick Boyer – Fitness/Personal Training and Nutrition Support

Nick specializes in fitness and nutrition support for adolescents and adults with disabilities and special needs including but not limited to Autism, Cerebral Palsy and Down Syndrome – 60 minute sessions – Nick brings the equipment needed

Phone: 651-246-0259

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

Note-able Music Therapy

Individual and adaptive music therapy – ages 5-23 – Ericha Rupp

Phone: (507)581-2957

Location: In and around South Metro – Dakota County

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

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

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/education/cast-program/>

Studio 4 Dance

Offers adaptive dance classes for children ages 5 to 18 (also have regular competitive and non-competitive dance as well as tumbling classes. All classrooms are wheelchair accessible and classes are supported by licensed physical and occupational therapists.

Phone: 952-736-5472

Location: 12264 Nicollet Ave., Burnsville, MN 55337

Website: <http://studio4dancers.com/adaptive.html>

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.toneworksmusictherapy.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

Twin Cities Trapeze Center

Offers Trapeze Lessons to all ages and abilities. Welcomes everyone from beginners to Professional students. Mission is to provide a safe and fun environment for children 6 to Seniors (have had a 75 year old woman they worked with) learn and practice Trapeze skills. They have Worked with individuals with a range of physical and intellectual challenges.

Phone: 651-262-9477

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

Website: www.twincitiestrapeze.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

Uniquely Abled Dance (Raddatz Dance Studios)

Provides instruction in variety of styles. Volunteer program designed to encourage dance among disabled population. Child should come with 1:1 supervision.

Phone: (651)274-4718 W. St. Paul or 952-891-1080 for Eagan

Location: 120 E. Butler Ave., 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.

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.

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

(612)861-9361 – Richfield – www.cityofrichfield.org/arle

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

(952)949-8456 – Eden Prairie – <https://www.edenprairie.org/city-government/departments/parks-and-recreation/access-for-all>

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.

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.aftonalps.com

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)

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

“Let Me Play” and Dare to Dream Grants 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

Dakota County Teams: *Dakota United* serves Hastings, W. St. Paul, Inver Grove Heights, So. St. Paul, Rosemount, Eagan, Apple Valley and Eastview High School. *Blazing Cats* serves Farmington, Burnsville, and Lakeville(and sometimes New Prague).

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, St. Cloud, Brainerd, Maple Grove, Waconia and Rogers). 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

1st Northern Elite Adaptive Cheer Team- Explosion

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.

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

Website: www.necheer.com

Ages Served: 7 years and up

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.padraigspplace.org

Shockwaves Adaptive Ski Squad

Offer summer clinics to experience the joy of waterskiing - Shakopee

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 www.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. Current local teams in Eagan and Northfield.

Phone: (952)252-0226 or (800)366-6972 – Ivan Woyno

Website: 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/>

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: laura.brunner@somn.org – 763-270-7174

Dakota County has the following Special Olympic teams:

RAVE

Generally participants are from Rosemount, Apple Valley and Eagan. Events include aquatics, Athletics(track and field), Bocce, Basketball, Bowling, Poly Hockey, Power lifting, Tennis, Soccer and Softball.

Phone: (952)432-7672

Website: www.theravesp.com

Burnsville Blast

Generally participants are from Burnsville, Savage, Lakeville, but can live anywhere and join team of your choice.

Email: Anitagroen1@gmail.com

Farmington Tigers

Generally participants are from Farmington.

Email: ftigerpaws12@gmail.com

Hastings Sharks

Generally participants are from Hastings and the surrounding area

Email: seiben.kennedy@comcast.net

South Region Stars

Generally participants are from Inver Grove Heights, Mendota Heights, W. St. Paul, So. St. Paul and parts of Eagan. Current sports include alpine sports, poly floor hockey, aquatics, basketball, track and field, bowling, unified flag football and coming soon, bocce ball and softball.

Phone: (952)953-2312 – Marcie Padgett – mpadgett@ci.apple-valley.mn.us

Website: www.southregionstars.com

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)241-3337

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 at risk 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 –occasionally includes bible study – now have mentors who are ASL fluent.

Phone: 651-460-6929

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

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 for those 4-25 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

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

RiverValley Riders

Provides therapeutic recreational horseback riding to children with developmental disabilities. 2019 lesson times are full. Ages 4 and older.

Location: 2007 Neal Ave. South, Afton, MN and
Rick-A-Shay Ranch, 24520 Lofton Ave, Scandia, MN

Website: www.rivervalleyriders.org

Stable Pathways

Therapeutic horse activities for people with physical and cognitive challenges.

Location: Mailing address PO Box 436, Cedar, MN 55011. Riding occurs in Oak Grove.

Website: <https://stablepathways.org/contact-us/>

St. Croix Trail Blazers

Therapeutic horseback riding year round. Minimum age 8 years. Driving Program coming soon for those unable to ride a horse.

Phone: 651-230-2581

Location: 6659 Jasmine Court North, Stillwater, MN

Website: www.stcroixtrailblazers.org

This Old Horse/Wishbone Ranch

Retired horse sanctuary-nonprofit. Have had some families take lessons here or ride or volunteer to help care for the horses.

Phone: 651-437-1889

Location: 19025 Coates Blvd, Hastings, MN 55033

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

Website: www.wecanride.org

West Metro Horse Camp

Year round riding. Summer Camp accommodates children with attention disorders, autism, and other special needs – camp runs M-Th. Supports depend on riders needs.

Phone: (763)355-0017

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

Website: www.westmetrohorsecamp.com



SWIMMING

AtlantisSwim Academy

1:1 instruction.

Phone: 952-224-4068

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

Website: www.atlantisswimacademy.com

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.

Phone: 612-708-8733

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

10491 165th St. W., Lakeville, MN 55044 (old Family Swim School location)

1571 Century Point, Eagan, MN 55121

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 for their programs. For sure, Farmington, Lakeville and Apple Valley/Rosemount/Eagan districts offer private/adapted lessons.

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

Aquatics Center in Hastings

Phone: (651)480-2392

Location: 901 Maple Street, Hastings, MN 55033

Website: <https://www.hastingsmn.gov/city-government/city-departments/parks-recreation/hastings-family-aquatic-center>

Central Square Community Center

Open swim and family swim at various schedules and lessons.

Phone: (651)306-3690

Website: <https://mn-southstpaul2.civicplus.com/171/Aquatics>

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

Eagan Cascade Bay

Phone: (651)675-5577

Location: 1360 Civic Center Drive, Eagan, MN 55122

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

Family Aquatics Center

Phone: (952)953-2399

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

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

The Grove

Phone: (651)450-2500

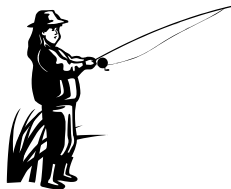
Location: 8055 Barbara Ave E., Inver Grove Heights, MN

Website: <http://www.ci.inver-grove-heights.mn.us/97/Aquatic-Center>

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.

Fishing & Hunting



Fishing Has No Boundaries

National organization for disabled fishing. Five chapters in/near Minnesota.

Phone: (218)444-3292 (Bemidji) (507) 530-5530 (Cottonwood)

(218)963-3401 (Brainerd/Nisswa) (320) 247-3807 (St. Cloud)

(651)214-0124 (St. Croix Valley, Hudson, 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 and intergenerational youth. Closest chapter is St. Croix Valley, Scott County (New Prague) and Eden Prairie

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>



VACATION/TRAVEL



The following programs all have home bases in Minnesota:

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>

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

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: 808 14th Ave. SE, Minneapolis, MN 55414

Website: www.wildernessinquiry.org

Ages Served: All

The following are other programs based in other States that provide assisted travel programs –

New Directions Travel is based out of California - <http://www.newdirectionstravel.org/>

Autism on the Seas—works with Royal Caribbean –(not just Autism)- <https://autismontheseas.com/>

Exceptional Vacations is based out of Florida - <http://exceptional-vacations.com/>

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 \$10 processing 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/>

DisabledTravelers – www.disabledtravelers.com

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 <https://www.ausm.org/events/ausm-events/navigating-msp-airport.html>

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 www.arcminnesota.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: <https://local.extension.umn.edu/local/dakota/4-h>

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 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/> also, to find list of potential providers for State Plan services, can use the following website - <http://www.minnesotahelp.info/>

OUTDOOR RECREATIONAL EQUIPMENT

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>

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: www.blackbirdbikes.com

Challenged Athletes Foundation

Provides physically challenged athletes with special sporting equipment or coaching

Website: <http://www.challengedathletes.org> – limited application window annually

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/>

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.

Website: <https://sites.udel.edu/gobabygo/>

Higley Welding

Offer wheelchair Rocker Platform, Adult-Senior Large all terrain tricycle and Special Needs 3 Wheel Bicycles and Axle Conversion Kits – out of Rogers, MN

Website: <https://higleywelding.com/buy-shop-all-catagories?olsPage=products>

My GYM Challenged America

Provides direct vendor payment for equipment up to \$500

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

Rifton – www.rifton.com

Stepping Stones for Stella

Nonprofit whose mission is to provide Buggies to children with disabilities

Device works at the beach and in snow

Website: www.steppingstonesforstella.org/

Strauss Skates & Bicycles

Phone: 651-770-1344

Location: 1751 E. Cope Ave., Maplewood, MN

Website: www.straussskatesandbicycles.com

TagAlong Bikes – can do a web search – available at local retailers(REI, Dicks) as well as Amazon/EBay

The Bikechair – currently not available in North America, but coming soon – adapted bike that allows a non-mobile person or person no longer cognitively able to ride a bike safely (like Alzheimers) to ride in a seat on the front of the bike and still enjoy getting out and riding - <http://www.thebikechair.com.au/>

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

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

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

- 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 – annual membership of \$50/year if you want to check out items - <https://www.pacer.org/stc/library/>

Scandia Kicksled

Adapted sled.

Phone: (507)896-3715

Location: 7155 State 76, Houston, MN 55945

Website: www.scandiakicksled.com

Wheel Blades – skis for Wheelchairs

Attaches to wheelchair so blades run over the ground with very little pressure and prevents the small Front wheels from sinking into the snow.

Website: www.epicalsolutions.com/shop/mobility/wheel-blades-skis-for-wheelchairs-or-strollers

WhisperGlide

Wheelchair accessible lawn swing and glider.

Phone: (800)944-7737

Location: 10051 Kerry Court, Hugo, MN 55038

Website: www.whisperglide.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:

Alamo for All – Woodbury - <https://drafthouse.com/program/alamo-for-all>

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 Eden Prairie and Rosedale. www.amctheatres.com/programs/sensory-friendly-films

Marcus Theatres – currently available at Oakdale Cinema.

www.marcustheatres.com/marcus-specials/sensory-specific-films/reel-movies-for-real-needs

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: <https://www.bellmuseum.umn.edu/event/sensorysaturday20apr19/>

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>

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

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 or call 612-874-0400. (go to plan your visit on the website)

Chuck E Cheese Sensory Sensitive Sundays

Restaurants open 2 hours early on the first Sunday of every month specifically for children with Autism and other special needs. Available at their Maple Grove and Woodbury locations.

Website: https://www.chuckecheese.com/docs/default-source/default-document-library/q2_2019_sss_stores_web.pdf

Como Park/Zoo/Conservatory

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

Website: <http://www.comozooconservatory.org/education/kids/>

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, canoeing, bird hikes, skiing and snow shoeing. Visit websites for activities/facilities:

Website: <https://www.co.dakota.mn.us/parks/Pages/default.aspx>

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

Past couple summers has offered a 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

Offer a summer pass program. Bowling is wheelchair accessible. All summer for one low cost of 32.00 for ages 15 and under. 48.00 for 16 and over.

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

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

Gideon Pond Elementary Accessible Playground

Inclusive and barrier-free playground

<http://www.isd191.org/isd191/news/201706/gideon-pond-elementary-has-new-accessible-playground-support-community>

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, SEA LIFE Minnesota, Moose Mountain Adventure Golf, Lego Land, Crayola Experience, FlyOver America, BlackLight Mini Golf, movie theatre, escape room, SMAASH go carts and virtual gaming, 5D Extreme Attraction by Matrix Technology, XD Ride interactive simulation – visit website for more information -

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

(952)883-8800 (Nickelodeon Universe) – certified Autism Center – resource guide available on website - <https://nickelodeonuniverse.com/>

(952)883-0202 (Sea Life Minnesota) – annual pass is best deal – family of 4 -179+tax – under 3 is free

(952)851-5800(Crayola Experience)-annual pass 31+tax

Website: www.mallofamerica.com - entertainment

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.

InnerActive Playground

Indoor playground open 365 days a year – secure – similar to Good Times park in Eagan, but located in Minnetonka and Mounds View

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

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. Dakota County libraries now offer sensory friendly hours and programming.

Website: 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) (currently under remodeling)

Madison's Place Playground

16,000 square foot all inclusive playground offers sun shade covered play decks, swings, sensory play equipment and ramps for wheelchair access.

Website:

https://www.woodburymn.gov/healthest_sports_center/madison_s_place_playground.php

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

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 with extraordinary hands-on adventures.

Phone: (651)225-6000

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

Website: www.mcm.org - <https://mcm.org/accessibility/>

Fees: Flex member – free admission for unnamed person on membership as long as they attend with a named person on the membership card, adult or child.

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.

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

Rockin Jump

Indoor Trampoline Park.

Phone: 651-419-9020

Location: 2015 Silver Bell Road, Suite 195, Eagan, MN 55122

Website: <https://rockinjump.com/eagan/>

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

<https://www.smm.org/sites/default/files/public/downloads/program/sensory-visitor.pdf>

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.

Shakopee Fun For All Playground

Inclusive playground – Currently in process of obtaining funds to renovate Lions Park –

Website: <http://www.funforallplayground.com/>

Schubert 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

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

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

Fees: annual pass discount with Minnesota handicapped license.

Tebow's Night to Shine

Unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older.

Website: <https://www.timtebowfoundation.org/ministries/night-to-shine>

Tony's Place – Inclusive Play Places for Children with Autism and Other Abilities

Currently open in Northtown Mall, Blaine, MN – New location in the Burnsville Center opening August 1st, 2019!

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

Valleyfair

Boarding Pass Program and Access guide available – website offers Tips for Guests with Autism.
1 Valleyfair Drive, Shakopee, MN – www.valleyfair.com
<https://www.valleyfair.com/help/accessibility>

Walker Art Center

Gallery admission is free on the first Saturday of each month. Sensory friendly Sunday is the second Sunday of each month.

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). Offer a variety of camps/classes and sensory-friendly kits

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

Minnemama Adventures

Mother of 3 who developed a Minnesota adventure directory of places to go with children and tips that can make the overall experiences more positive and memorable.

Website: <https://www.minnemamaadventures.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 and other resources for child care 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, 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>

The Department of Human Services understands there is currently a shortage of skilled workers. They also now have a website to try to assist in locating care providers. <https://directsupportconnect.com>

There are also numerous websites to locate child/adult care (regular and special needs). www.care.com; www.joshin.com; www.nanniesheartland.com; www.sittercity.com; www.care4hire.com;

School District	Program	Contact Person	Telephone Number
#191 – Burnsville, Eagan, Savage	Ready to Grow (6 weeks-3) and Ready to Learn— 33 months-5 years	Lyndsay Griffin	(952)707-4146
#191 – Burnsville, Eagan, Savage	Project Kids K-6th	Community Education	https://www.communityed191.org
#191 – Burnsville, Eagan, Savage (also open to Lakeville and Farmington)	The Edge (grades 6-9) or age 16	Community Education	(952) 707-3908 theedge@isd191.org
#192 – Farmington	Kid Connection school year K-5 th and summer entering K- entering 6 th - Stepping Stones-3 to kindergarten— yr. round	Kim Lester	(651)460-3209 klester@farmington.k12.mn.us
#194 – Lakeville	Kid Zone-K-5 th - /WonderZone – 3yrs to K	Community Education	Kid Zone - (952)232-2154 Wonder Zone – 952-232-3013
#196 – Apple Valley, Rosemount, Eagan	2 yrs -8 th grade	Through YMCA's	(612)230-9622
#197 – West St. Paul,	Extra Innings (K-	Missy	(651)403-8052 – inclusion specialist-

Mendota Heights, Eagan	4 th Encore (5 th -8 th)	McGinty	Charlie Davis-Charlie.Davis@isd197.org https://www.tridistrictce.org/page/2571
#006 – South St. Paul & #199 – Inver Grove Heights	Kids Choice K-7th Spartan’s K-5th	Community Education	(651)306-3631(So. St. Paul) (651)306-7502(IGH)
#200 – Hastings	Kids Campus(K-4) Camp Horizons (K-4 th grade) and Camp Big Shots (5 th – 8 th grade) summer programs	Community Education	(651)480-7670

APPENDIX

Community Education:

Apple Valley, Rosemount & Eagan – www.district196.org/ce	(651)423-7920
Burnsville – www.communityed191.org	(952)707-4150
Farmington - www.farmingtonce.com	(651)460-3210
Hastings – www.hastingscommunityed.com	(651)480-7670
Inver Grove Heights & South St. Paul – www.tridistrictce.org	(651)306-3632(So. St. Paul) (651)306-7870 (IGH)
Lakeville – www.lakevilleareacommunityed.net	(952)232-2150
West St. Paul & Mendota Heights – www.tridistrictce.org	(651)403-8313

Park & Recreation

Apple Valley – http://www.ci.apple-valley.mn.us/35/Live	(952)953-2300
Burnsville – http://www.ci.burnsville.mn.us/142/Parks-Recreation	(952)895-4500
Eagan – https://www.ci.eagan.mn.us/places-to-play	(651)675-5500
Farmington - http://www.ci.farmington.mn.us/government/departments/parks_recreation	(651)280-6851
Hastings – www.hastingsmn.gov	(651)480-6175
Inver Grove Heights – www.ci.inver-grove-heights.mn.us	(651)450-2585
Lakeville – http://lakevillemn.gov/783/Parks-Recreation	(952)985-4600
Mendota Heights– https://www.mendota-heights.com/parksrecreation	(651)452-1850
Rosemount – https://www.ci.rosemount.mn.us/191/Parks-and-Recreation	(651)322-6000
South St. Paul – http://www.southstpaul.org/170/Parks-Recreation	(651)366-6200
West St. Paul – www.wspmn.gov	(651)552-4150

Dakota County Area YMCA – www.YMCAtwincities.org

Burnsville	(952)898-9622
Eagan	(651)456-9622
Hastings.....	(651)480-8887
West St. Paul.....	(651)457-0048
Other branches in nearby areas – St. Paul, Prior Lake, Woodbury	