

Recreational Opportunities

for youth and young adults with special needs

Fox Valley Region*

2011-2012 Edition

Aquatics

- **Adaptive Aquatics** – Collaborative effort between the UW-Oshkosh Physical Education Department, Oshkosh Recreation Department, and Oshkosh YMCA. Classes are offered during the fall semester in the evening. Contact Mary DeMunck to sign up or to get more information at 920-424-1389 or demunck@uwosh.edu
- **Appleton Parks and Recreation Department** – The Special Needs Beginner Class is great for children ages six to thirteen who may have mild to moderate disabilities or who may require more of an intimate learning environment to maximize their potential. Participants will be given time to practice skills while positive and corrective feedback are given on how to improve. Please contact the Program Supervisor at 920-832-3926 for any special requests prior to the start of the class.
- **The Aquatic Center at CP** - Offers aquatic swim and exercise at the Greater Green Bay Area CP Center. Individual and group aquatic exercise, swim instruction and personal training in two warm water pools are available. Classes include Special Needs Instructional, a swimming skills class providing basic water skills along with therapeutic exercises for children and young adults with disabilities. The facility and pools are equipped with a variety of handicap-accessible features. Pools are open to the public, no membership is required. For more information or to register for a class call 920-403-POOL (7665), or visit www.cp-center.org
- **Fox Cities YMCAs** – Provide open swim and private swim instruction for children with special needs. Call Erin Choudoir at 920-954-7628 or email her at edecleene@ymcafoxcities.org with questions or for information on how to register at the Appleton location. To find out details about open swim and private lessons at Heart of the Valley YMCA, contact Belinda Price-Dejany at 920-830-5707. The Neenah location offers a “Helping Hands” class on Wednesday nights for various ages, skills, and disabilities. Purchase a punch card and attend when you can. The Neenah YMCA also offers private swim lessons and open swim. Contact Kelli Briski for more information at kbriski@ymcafoxcities.org or 920-886-2132.
- **Oshkosh YMCA** – Offers year round swim instruction for children with special needs in two different formats – group lessons for children ages 3 – 13 on Saturday mornings or private lessons. For additional information contact Roxanne Lee at 920-230-8449 x106 or roxannelee@oshkoshymca.org
- **Swimtastic Swim School** - Swimtastic provides private, semi-private, and group lessons for children with disabilities all year round. Parents appreciate the easy registration process, flexible class times, small class sizes, individual attention, and professional loving staff. Swimtastic is a fun and relaxing environment with 90-degree water, palm tree shower, and water slide! For more information contact 920-722-7946 (SWIM) or www.swimtastic.com

Baseball/Softball

- **Discovery League** – Part of Neenah Baseball, Inc., Discovery League provides an “organized baseball opportunity” for people ages four and up with special needs. Games are played on Sunday evenings from 6:00 – 7:30pm at Southview Park in Neenah from mid-May through July. For more information, contact Kathy Delchambre at 920-734-5641.
- **Miracle League of the Fox Valley** – The Miracle League of the Fox Valley is an organized baseball league for kids ages 4-19 with mental and/or physical disabilities. Two unique features of the league are that the player is paired with a volunteer buddy and the games are played on an accessible rubberized field. Games are played on weeknight evenings at John Wollner Fox Cities Miracle League Field in Memorial Park in Appleton. Registration opens on December 1, 2011 and will close on March 20, 2012. Register early for a spot on a team roster. For more information about the league, visit www.foxvalleymiracleleague.com or email mlfoxvalley@yahoo.com

Basketball

- **Horizons Sports Organization** – Horizon Sports serves as a sponsor for a local wheelchair basketball team. Horizon’s offers a junior league for ages 10-19 (with enough interest) and an adult league for ages 18-40 plus. The team practices one time a week in Green Bay and plays 1-2 games a month with the season typically running October through March. The team competes as an independent team in the National Wheelchair Basketball Association. Contact Bruce Makhholm at 920-731-5195 or Kevin Whatley at 920-469-8250 for further information.

Bowling

- **Sabre Lanes Wheelchair Bowling Leagues** – The “Roll On” wheelchair league is for people who are physically handicapped and is offered for 10 weeks in the summer, starting in June. The “Walk and Roll” league pairs up an individual in a wheelchair with someone who can walk and occurs in the fall. Both leagues are available to people of all ages throughout the Fox Valley. Adaptations such as using a bowling ramp or special ball or having a helper assist in carrying the ball to the alley are made as needed. For more information, contact Sabre Lanes at 920-739-9161 or Jane Reinl at 920-450-2408.

Clubs

- **4-H** – Provides children ages 5 years – High School with a positive educational opportunity to learn new skills and contribute to their community. Accommodations are made as needed. Call Cooperative Extension at 920-832-5123 for more information about a group in your area.

- **Boy Scouts – Bay-Lakes Council** – Provides unique programs for individuals with physical, cognitive, or emotional disabilities. The Cub Scouting program is for boys in grades 1 – 5; the Boy Scouting program is for boys in grades 6 - 8; the Venturing program is for young men and women in grades 9 - 12. The upper age limit is waived for individuals with cognitive disabilities. With parental involvement, youth with disabilities can be mainstreamed into traditional scouting groups or special needs groups either where groups exist or can be organized. Contact Dan Donovan at 920-734-5705 ext 136 or dan.donovan@scouting.org

Dance

- **Marcia’s School of Dance** – Provides dance classes for children, teens, and young adults with special needs. Classes typically begin in September if there is enough interest. Call 920-733-1552 or visit <http://www.marciasschoolofdance.com/> for more information.

Day Camps

- **Camp Hope** – Sponsored by the Appleton YMCA and held at Plamann Park in Appleton during the summer, Camp Hope is a two week day camp for children ages 6-15 who have cognitive or physical disabilities. Activities include swimming, arts/crafts, singing, guest speakers, and sports. For further details, leave a message for Scott Peeples at 920-882-3668.
- **Empower Me!! Camp** – Provides a 5-day summer camp for children living with ADHD and High Functioning Autism. This day camp provides opportunities for the development of social skills in a fun environment. It is offered by Theda Care Behavioral Health. Contact Chris Stanaszak (chris.stanaszak@thedacare.org) for more information by email or by calling 920-720-2300 or visit www.thedacare.org/empowerme

Fishing/Hunting

- **Adaptive Sportsman** - Adaptive Sportsman Inc. has a mission of providing outdoor recreation for physically challenged people. They feature fishing, target shooting, ATV rides and hunting. Participants can borrow adaptive equipment or inquire about resources to help acquire their own. More information is available at www.adaptivesportsmen.org
- **Challenge the Outdoors, Inc.** – "Dedicated to serving the recreational needs and desires of the physically challenged sportsperson." Provides numerous adaptive sportsman activities for those who love the outdoors including deer hunts, turkey hunts, fishing events, archery shoots, etc. Most events include provision of needed equipment, mentors, and food. They also attend events such as Timber Rattlers baseball games, Green Bay Gamblers hockey games, car races, etc. For more information or a calendar of events call 920-525-1123 or visit their website <http://www.ctoforme.org/>

- **Fishing Has No Boundaries** – Started in 1986, this organization hosts annual fishing events “to open up the great outdoors for people with disabilities through the world of fishing.” Annual events are scheduled each summer throughout Wisconsin (Chippewa Valley, Eagle River, Fond du Lac, Hayward, Madison, Milwaukee, and Oshkosh). Specialized equipment is provided at each event. For more information about the event in Oshkosh on May 19 – 20, 2012, contact Chuck DeMunck at demunckc@uwosh.edu. If you are interested in events in other areas, contact the headquarters in Hayward, Wisconsin at 1-800-243-3462 or visit their website www.fhnbinc.org

Football

- **Challenger Football League** – Sponsored by Fox Valley Pop Warner Football, Inc., this opportunity provides a no contact, flag football experience for boys and girls ages 6 – 16 who have special needs and are unable to participate in other football divisions. Teams are made up of 8-12 players and are individualized to the players needs with parents/buddies assisting as needed. Five games are played beginning in September. For additional information contact Sue Hipple at shipple@new.rr.com or visit www.appletonfootball.org and click on Challenger League.
- **Xavier Hawks Football Camp** - This co-ed camp sponsored by the Autism Society of the Fox Valley is held every August or September for individuals with autism of all ages and playing abilities in cooperation with the Appleton Xavier High School Football team. This special day-long camp starts with stretching and warm ups, continues with skill work at ten different stations, and concludes with an awards ceremony and picnic lunch for all participants and their families. Interested in participating? Contact Bob Olson by phone (920-788-5298) or email (bob.olson1976@gmail.com).

Hockey

- **Wisconsin Warriors** - This sled hockey program is for both girls and boys interested in playing sled hockey. Sled Hockey is a type of ice hockey where players sit in adaptive sleds and propel themselves up and down the ice with sticks. The program attracts individuals from around the state. Participants can practice/play as much or as little as they want. The team will also offer three open skate sessions in September and October 2011 in Green Bay. Kids are provided with sticks and sleds and the program does have additional equipment to use on an as needed basis. If you are interested in learning more, please contact Brad Roethlisberger at 920-592-0986 or hockeyrefbar@sbcglobal.net

Horseback Riding

- **CHAPS Academy, Inc.** – The Special Gifts Program provides equine assisted counseling services to youth ages 5 – 17 struggling with Autism, Aspergers, Attention Deficit Disorder and other behavioral disorders and their families. Located in Shiocton, sessions are 50-60 minutes and are conducted based on an individualized treatment plan, which is developed with input from the parents, child and a counselor. Youth work on issues such as social skills, problem solving, anger management, sensory

integration, and family struggles. For more information, contact CHAPS Academy, Inc. at 920-986-3003.

- **Exceptional Equestrians** – Offered at Country Kids in De Pere, Exceptional Equestrians is a program for children with special needs ages 3-18 (depending on height & weight). The riding program provides therapeutic benefits as well as teaches horsemanship skills and social skills. Group sessions are offered April through November and are 5 weeks in duration. Fall and spring classes usually run 3:30pm - 6:00pm with summer sessions running 9:00am – 3:00pm. Call Donna Sebo at 920-339-0700 with questions or to receive an information packet.
- **Free SPIRIT Riders** – Founded in 1987, Free SPIRIT (Special People in Riding Therapy) Riders has a mission to enrich the lives of children and adults with disabilities through safe, therapeutic interaction with horses. Located in Fond du Lac, it's open to anyone over two years of age with a diagnosed developmental, physical, visual, cognitive, emotional, or social disability. Both riding and grooming classes are offered beginning in May and running through November. For more information or to download Rider Registration forms, visit www.freespiritriders.org or call 920-924-9920.

Martial Arts

- **ATA Black Belt Academy** - Teaches life skills and the art of self defense quickly and easily through Taekwondo. Welcomes all ages and abilities. One of their instructors teaches from his wheelchair and another has autism. Call 920-882-7887 or visit their website www.appletonata.com to learn more.
- **Karate Evolution**- Offers karate class for children with social and learning challenges such as autism, ADHD, and ADD. Staff meets with parents and children to set up goals that are specific to that child. To learn more, call 920-759-0044.

Music

- **Appleton & Oshkosh VSA Choirs** – For those who like music, this is a great opportunity. Run through VSA Wisconsin: the State Organization on Arts and Disabilities, the choir invites anyone age 18 and over, with or without a disability, to be a part of their group. The Appleton group meets each Tuesday from September – December and February – May at First English Lutheran Church in Appleton. They meet from 6:00 – 7:00 each week with a concert in December and May. Contact Tiffany Vollrath at 920-716-1018 for more information. The Oshkosh choir rehearses on Mondays from 6:00 – 7:00 at Our Savior Lutheran Church. For information about the Oshkosh choir contact Anna Lussier at 920-851-4969.
- **Music for the Very Young – Special Needs** – A part of Lawrence Academy of Music's well known Music for the Very Young Program, children will “participate in musical activities that focus on interaction and socialization skills as well as fine and gross motor skills.” A board-certified therapist teaches 30 minute classes for three different age groups: ages 1-4, ages 5-11, and ages 12-18. Class size is limited, so early registration is recommended. One 10-week session is offered each fall, winter and spring, and a summer session is offered that lasts six weeks. To register your child, call the Academy of Music at 920-993-6278.

Soccer

- **TOP Soccer** – TOP Soccer stands for The Outreach Program of Soccer, which is available for children ages 6 – 16 that have special needs. Each special needs player is assigned a buddy who encourages, supports, and participates with the child with special needs. The league plays for a total of 18 weeks over the course of the school year with three six week sessions running September – October, January – February, and April – May. Games are played from 10:00 – 11:00 a.m. on Saturdays at Janssen Elementary in Combined Locks. Hosted by the Kimberly Area Soccer Association, Inc. but open to all Fox Valley youth, contact Wayne Stoflet at 920-788-5840 for more information.

Sports Activities

- **Adapted Sports Program** – The Adapted Sports Program is a cooperative program between the Oshkosh Recreation Department, the University of Wisconsin – Oshkosh and the Oshkosh YMCA. The Sports Development Program allows individuals with all ability levels within the Fox Valley Region to participate in quality sports development programs. Instruction is provided to individuals from the elementary age through adults with an emphasis on adapted physical education and is held on a weeknight evening. To learn more, please contact Chris Stratton at strattonc@uwosh.edu
- **Special Olympics** – Provides year-round sports training and athletic competition in a variety of sports. Interested individuals over eight years of age with a cognitive disability are eligible to participate in the program. Sports offered include: aquatics, basketball, bocce, bowling, gymnastics, power lifting, softball, t-ball, and track & field. Any children between the ages of 2-7 are welcome to participate in the Young Athletes Program, which is an inclusive sports-play program open to children of ALL abilities. For either program, contact Linda Kay Catenacci for additional information at 920-725-0943.

Variety

- **Appleton YMCA** – In addition to their aquatic activities, the Appleton YMCA provides other activities for individuals with special needs ages 18 and older from September - May. Tuesday Twisters is an exercise class offered on Tuesdays from 7:00-8:00pm. Additionally, bingo is held on Thursdays from 6:45-8:00pm. Contact Jan Heifner at 920-954-7616 for exercise information and Sue Grosenick at 920-954-7610 for information about bingo.
- **Building for Kids** - The Building for Kids Children's Museum in Appleton opens its doors one hour early on the second Saturday of each month for children with autism and their families. Guests are invited to explore the museum's exhibits and connect with other families from 8am-9am, prior to the museum's opening to the general public. These events are free for children with autism and their families. For more information please call The Building for Kids Children's Museum at 920-734-3226.
- **Creative Play** – Sponsored by The Arc Fox Cities for children 3 – 12 years of age who have a developmental disability, Creative Play provides an opportunity for educational and social activities every 4-6 weeks. Kids can spend a day having fun and learning with others while parents get a break from care giving. Contact Lisa McCallister at 920-725-0943 or mccallister@arcfoxcities.com for additional information.

- **Kidz Klub** - An after school program held once a month for elementary school age youth with and without disabilities. Youth take part in circle time along with large and small group activities. This program is held at one of the local elementary schools and anyone is welcome to come. Contact Lisa McCallister at 920-725-0943 or mccallister@arcfoxcities.com for more information.
- **Learning for Life** – Provides unique programs for individuals with physical, cognitive, or emotional disabilities. The Learning for Life program serves boys and girls in grades K – 12 through an in-school or agency based program. The educational programs are designed to help youth with disabilities meet the challenges of growing up by teaching character and good decision making skills and linking those skills to the real world. Contact the Bay-Lakes Council for more information at 920-734-5705.
- **Open Gym at Monkey Joe's** - Held the first Saturday of every month, the Autism Society of the Fox Valley (ASFV) hosts a family social activity at Monkey Joe's. The facility is open exclusively for ASFV from 9-10 am. Kids on the autism spectrum get a great social and recreational activity, siblings get a chance to meet other siblings, and parents have an opportunity for networking. It's free for ASFV members, and non-member families may attend for a \$5.00 fee. For more information, visit <http://www.focol.org/asfv/monthly.htm> or email Michele Matz at Michele@verhagen.us
- **Reel Movies for Real Needs** – Enjoy a movie in the theater in a setting that might be more comfortable for children with special needs – with the lights up and the sound at a lower volume. One Saturday morning a month, a 'first run' movie is played at the Appleton East Cinema for the regular matinee price. For more information and to see the movie for the month, visit <http://www.marcustheatres.com/promotion>
- **Shining Star Story Time** – A 45 minute program offered the third Thursday of each month at 6:30 p.m. at the Appleton Public Library for children on the autism spectrum. It includes singing, clapping, reading, musical movement, crafts and free play. The program is designed developmentally for 4 to 8 year olds and uses visual supports and high interest activities to engage the children. A "break" room will be provided for children having difficulty participating in the program. Fidget sensory toys and seating cushions will be available as well. For more information call 920-832-6187 or email athiem-manning@apl.org
- **Teen Social Activity** - The Autism Society of the Fox Valley organizes a monthly community outing for teens (age 12-18) with high functioning autism or Aspergers' syndrome. The activities are adult directed and supervised by a licensed Speech Pathologist and Autism Consultant/occupational therapist. Examples of past events include trips to Old Country Buffet, Funset Boulevard and the EAA museum. For more information, contact Peggy Bartman at 3bartman@gmail.com or 920-725-8613.
- **Teen Stop** - An after school program for youth in the middle school age range. This group does age appropriate cooperative activities which encourage positive interaction between youth with and without disabilities. Contact Lisa McCallister at 920-725-0943 or mccallister@arcfoxcities.com for more information.
- **Teens United for Fun and Support (T.U.F.F.S.)** – Organized by Easter Seals, T.U.F.F.S. is a group created for teens with a physical disability with little to no cognitive delay. This newly formed group meets monthly to do typical teen activities, meet peers, and just have fun! To find out more, contact Jill Gretzinger at 920-832-0344 or jgretzinger@eastersealswisconsin.com
- **YArc** – Sponsored by the Arc Fox Cities, YArc serves youth with and without disabilities ages 13-23. Bimonthly meetings, as well as additionally scheduled

educational, social and recreational activities, provide a number of opportunities for fun, community service, and socializing! Contact 920-725-0943 to speak with Lisa McCallister (mccallister@arcfoxcities.com).

This list is provided to you by:



Easter Seals Disability HelpLine

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920-832-0344

www.eastersealswisconsin.com

Creating solutions, changing lives.

A huge thank you to Easter Seals' volunteer Alyson Krokosky who is responsible for updating this important family resource each year!

*This list is provided for informational purposes only. The fact an organization is listed or not listed is not an endorsement or lack of endorsement of the program. Updated August 2011.