



Utah Parent Center 2017

Programs for Individuals with Disabilities in Utah

CACHE COUNTY

- **Common Ground Outdoor Adventures:** Provides adaptive equipment and support which enable people with disabilities to participate in outdoor recreation alongside their peers.
Website: www.cgadventures.org **Phone:** (435) 713-0288
Location: Logan **Age:** All ages
- **Developments Skills Laboratory:** Provides day training for individuals, including functional academic, social, daily living, and other skills.
Website: www.ctdusu.org **Phone:** (435) 797-1981
Location: Logan
- **Logan Adaptive Aquatics:** People with disabilities are welcome to come utilize the Logan Aquatic Center. Families are encouraged to come and swim with their loved ones. Lifeguard is on duty. Noodles and lifejackets are available. The leisure pool is wheelchair accessible.
Website: http://www.loganutah.org/government/departments/parks_and_recreation/aquatic_center/adaptive_programs.php
Location: 451 South 500 West, Logan. **Phone:** (435) 716-9250
- **OPTIONS for Independence:** A nonresidential Independent Living Center where people with disabilities can gain more control and independence over their lives. They also offer weekly activities throughout the year.
Website: <http://www.optionsind.org/> **Phone:** (435) 753-5353
Location: Logan **Cost and Duration:** Vary based on program
Age: All ages
- **RISE Services Inc.:** Offers afterschool and summer programs as well as day programs. Summer programs provide children with enjoyable recreational activities that include skill development. The programs have a high staff-to-child ratio and offer a much needed break for parents while their child is out of school for the summer.

Website: <http://www.riseservicesinc.org>

Email: utfsplacements@riseservicesinc.org

Phone: (801) 752-2405

Office Location: Logan

- **TOP Sports Activities:** Addresses the recreational and leisure activities needs of children and youth with disabilities living in the Cache Valley area. Activities include: t-ball, soccer, bowling, and swimming, cycling, canoeing, rock climbing, and nature projects.

Website: <http://www.cpdusu.org/projects/lr/>

Phone: (435) 797-7461

Age: Swimming-all ages, others-start at age 2 ½

DAVIS AND WEBER COUNTIES

- **Hoofbeats to Healing:** Hoofbeats to Healing is dedicated to providing therapeutic horseback riding, using an effective natural approach to horseback riding therapy. They work with a variety of different disabilities. For more information check out their website.

Website: www.hoofbeats.us

Phone: (801) 836-4325

Cost: Call for fee information

Location: 1450 West 400 North Bountiful, UT

- **Freedom Riders:** Freedom Riders is a non-profit equestrian program specifically designed for physically disabled children. Freedom Riders uses well trained horses and specialized equipment to provide balance, coordination, endurance, and improve ambulatory skills to children with cerebral palsy and other physical challenges. These children, with the help of dedicated volunteers, meet each week during the summer months to learn horsemanship skills as well as stretching exercises and games on horseback.

Phone: 801-985-7074

Website: <http://freedomridersutah.com/>

Location: Ogden

- **LIL Flippers:** Children experience a wide variety of activities using equipment made specifically for this age group. We have a group specifically for special needs. Call the office for details.

Website: www.lilflippers.com

Phone: 801-593-8484

Age: Preschool

Location: Kaysville

- **South Davis Recreation Center Adaptive Swimming:** This special needs program provides individual and personalized instruction based on experience and ability in the water. When possible, students are placed into regular classes and appropriate swim levels. This is a unique opportunity for those with special needs to learn how to swim.

Website: <http://www.southdavisrecreation.com/aquatic/adaptive-aquatics/>

Phone: (801) 298-6220

- **Summer Constraint Induced Therapy Camp:** Constraint Movement Therapy (CIMT) is a type of therapy where a child's less affected/dominant arm is placed in a constraint and restrained over a period of time. While their dominant side is restrained, kids are encouraged engaged in tasks to retrain their affected upper extremity. Many studies have shown significant positive changes in the amount of functional use, improved quality of life and new motor movements of participants affected arm using this intervention. Camp is for kids ages 9-14 with one-sided hemiplegia of their upper extremity.

Location: Primary Children's Rehab Bountiful

Number: 801-292-8665

- **Superior Adaptive Swim School:** S.A.S.S. teaches swimming lessons based around safety, survival, technique, and fun. S.A.S.S. instructors each have their own way of teaching children and focus individually on what their swimming needs are. Morning and evening private, semi-private, and group classes are available. All levels are covered.

Website: www.swimsass.com

Phone: (801) 637-7140

- **TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. TURN will accept private pay and DSPD clients.

Website: <http://turncommunityservices.org>

Phone: (801) 359-8876 or (866) 359-8876

MILLARD, SEVIER, BEAVER, IRON, GARFIELD, KANE AND WASHINGTON COUNTIES

- **TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. TURN will accept private pay and DSPD clients.

Website: <http://turncommunityservices.org>

Phone: (435) 586-1128 or (435) 673-5251

SALT LAKE CITY AREA

- **Angel Hands:** AHF provides monthly social outings for our families of children with rare disorders. Many of our children do not go out in public due to their conditions or physical limitations. AHF has taken families to professional hockey, basketball, and baseball games. We have had private swimming parties, pizza parties, Christmas parties, fishing parties, picnics, taken kids snow skiing, and we also have gone to movies and the circus. Many of these events are luxuries that our families cannot afford due to the financial hardships brought on by the diseases.

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

Phone: (801)280-1801

Location: Salt Lake

- **APEX ADVENTURE CLUB:** Learn, practice, achieve the skills to make and keep friends. They are now enrolling children and teens in Salt Lake, Davis and Weber Counties. Current classes are scheduled outside of school hours. A summer camp program is also available. Perfect for children on the autism spectrum or for kids with related behavioral disorders.

Website: www.apexbehavior.com

Phone: (801) 674-5352

- **Art Access/VSA Utah:** Provides a variety of programs year round for youth with and without disabilities

Website: www.accessart.org/programs

Phone: (801) 328-0703

Location: Salt Lake City

Age: 3-22

- **Bike Collective:** They offer a free summer earn a bike program. EAB is a rigorous six-week introductory bike mechanics course offered free to anyone ages 6-18. Each class is 1.5 hours long, twice a week, totaling 18 solid hours of instructional time. Upon graduation, students earn their own bicycle to keep and ride with pride. Walk into an EAB class and you will meet students that reflect the diversity of Salt Lake City: recently immigrated youth, institutionalized youth, homeless youth from all over the Mountain West, and youth from the Avenues - all in the same class, learning together, sharing experiences and skills. Achievements in the classroom translate into a Salt Lake City that is not only cleaner, healthier and safer through riding bicycles, but also empowering marginalized communities with skills, information, and experiences that improve the trajectory of their lives for the betterment of the entire community.

Website: <http://www.bicyclecollective.org> **Phone:** (801) FAT-BIKE (328-2453)

Ages: 6 through adulthood

Location: Salt Lake, Provo, Ogden

- **Bear-O-Care:** Offers year round respite care services for children and adults with significant disabilities. They may also be running some specialty summer programs. We have over 3000 sq. ft. in 3 large rooms and a sensory room, and children will have a variety of activities to choose from. Every session has a Manager, Respite leaders, and volunteers from local high schools and universities. Depending on need, an RN or LPN can be onsite to administer medications, deliver g-tube feedings, or assist with other needs (please specify your needs in the registration form).

Website: <http://www.bearocare.org/>

Phone: (801) 419-4731

Ages: 6 through adulthood

Location: Riverton

- **Boys and Girls Club of Murray:** Programs open to children of all abilities.

Website: www.bgcsv.org

Phone: (801) 322-4411

Location: Murray

Age: Grades K-12

- **Camp Hobé:** A special summer camp designed for children with cancer and their siblings, who are often forgotten in the cancer experience. Camp Hobé gives kids the opportunity to participate in camp activities just like healthy children whose families not affected by cancer. The camp program provides medical and psychosocial supervision to ensure children are safe both mentally and physically during camp.

Website: www.camphobekids.org **Location:** Salt Lake City

Phone: (801) 631-2742

Cost: Varies based on program

Dates: Dates through June, see website for age group

- **Camp Kostopulos:** Located in Emigration Canyon- enrolling children, teens, and adults with physical, developmental, and intellectual disabilities for Summer Camp and all its intrinsic therapeutic recreation programs. Each week of summer camp is targeted to a different age group and primary disability, with more than 11 weeks to choose from! Campers get to stay overnight for a week in our heated, bunk-style cabins; dine in the lodge, swim in the heated pool, ride horses, climb, paddle a canoe, traverse a high ropes course, fish, play games, perform, and make friends and memories to last a lifetime.

Website: www.campk.org

Location: Salt Lake City

Age: All ages

Phone: (801) 582-0700

Cost and Duration: Vary based on program

- **Camp Takoda:** This camp implements the Pelham Summer Treatment Program to serve children ages 8 - 12 with ADHD, learning disabilities, compliance issues, executive function disorders, low self-esteem, and/or high-functioning autism.
Website: <http://www.camptakoda.com/> **Phone:** (801) 808-8947
Location: Salt Lake City **Age:** 8-12
Cost and Duration: June 12-August 4, scholarships available
- **Children's Center:** Offers programs for children with social communication disorders, including autism spectrum disorders. Groups are designed for children ages 4 – 10. Groups meet one time per week for 90 minutes. Groups are small in size, typically 6 children with 2 therapists with parent observation and parent-to-parent interaction.
Website: www.tccslc.org **Location:** Salt Lake City and Kearns
Phone: (801) 582-5534 **Age:** 4-10
- **Granite Peaks Lifelong Learning:** Offers fun community education classes during the summer for children and young adults with disabilities.
Website: www.granitepeaks.org **Phone:** (385) 646-4666
Location: Salt Lake City **Age:** All ages
- **Easter Seals Camps:** Easter Seals-Goodwill offers individualized services and education for children of all ages living with a disability. They offer Handwriting Camp and Wiggly Worm Sensory Processing Class in the summer.
Website: <http://www.easterseals.com/esgw/our-programs/camping-recreation>
Phone: (801) 633-2091
- **Harmony Music Therapy:** All ability music groups. Individual and group music therapy. Individual adapted music lessons. There are also adaptive musical instrument lessons.
Website: <http://harmonymusictherapy.com/about-harmony-mt/for-parents/>
Phone: (801) 718-7637 **Location:** Sandy
- **Hydrotherapy with Liz Egan:** With plenty of options to fit a busy schedule, Liz Egan provides hydrotherapy each day of the week from 3-9pm and also on weekends. Liz has a wealth of experience helping children with disabilities move, stretch, and relax using water therapy techniques.
Location: Cottonwood Heights Recreation Center
Cost: \$20 per half hour session **Phone:** Liz Egan (801) 209-1521
- **Jewish Community Center Summer Camps:** Enrolls children and teens with special needs into their summer camps program depending on the needs.
Website: <http://slcicc.org/youth-a-teen/summer-camps>
Phone: (801) 581-0098 **Age:** 2 years-10th grade

- Just For Kids Pediatric Occupational Therapy:** JUST FOR KIDS provides Occupational Therapy services to children with Sensory Processing Disorder, Autism, and Developmental Delay. In the Summer JUST FOR KIDS provides intensive individual occupational therapy, social skills camp, writing camp, and field trips.

Phone: 801-231-9207
Fax: 801-953-1591
Website: otjustforkids.com
Email: <mailto:Susan@otjustforkids.com>
- Lifelong Learning Center:** Provides help for all participants ages 18+ to realize their individual and unique potential. Through supervised daily experiences, each person will benefit from the programs while giving back to their community.

Website: www.lifelonglearningut.com **Phone:** (801) 746-7251
Age: 18 and older
- Mommy and Me Playgroup:** Offers a free mommy and child playgroup for children ages 0-4. All abilities welcome! Includes activities and a treat for the children.

Phone: 385-646-4603 **Time:** Tuesdays and Thursdays 10:30-12:00
Location: GSD Community Center 2500 S State Street
- Miracle League Adaptive Baseball:** Miracle League Adaptive Youth Baseball. A new rubber softball field has been built. Meet new friends and learn new skills. There is a maximum of 12 players on each team. Each player is safe on base. Every player bats each inning. Volunteers and parents serve as “buddies” for players. Each team and player wins every game.

Website: <http://slco.org/gene-fullmer/baseball--t-ball--coach-pitch/Miracle-League-Baseball-Spring-and-Fall/>
Phone: (385) 468-1951 **Location:** West Jordan
Cost: \$35.00 for both Spring and Fall **Age:** 3 & up
- Murray Greenhouse Foundation:** Offers a solution for individuals with disabilities age 22 and older. Conceived as a safe and nurturing learning place whose cornerstone is their greenhouse, the Foundation provides the teaching of individualized independent living skills and employment skills for people with disabilities. Here, people can learn the skills necessary to be successful at work and in their personal lives to help build a better life for themselves and for their families. Space is limited, so please call early!

Website: <http://www.murraygreenhouse.org/>
Phone: (801) 266-0669 **Age:** 22 and older
- National Ability Center:** Offers a variety of recreational activities all year long. During the summer they offer several summer camps for children with disability

Website: www.discovernac.org/contact.htm
Phone: (435) 649-3991 **Age:** All ages

- Neighborhood House:** Neighborhood House provides a safe, home-like environment for non-aggressive individuals 18 years and older who need supervised care during the day. Since 1978, we've been a pioneer in adult day care services—not just in Utah, but in the nation. Our ability to provide a responsive and caring environment for both clients and caregivers sets us apart from other adult day care providers. Our programs ensure our clients receive the physical, mental and social services they need. We also have summer camps for children ages 6-14. Children with disabilities are welcome to apply!

Website: <http://nhutah.org/> **Cost:** \$420.00 for 10 weeks
Phone: (801) 363-4589
- Otters Swim Club:** Otters provides swimming instruction for youth with autism or intellectual disabilities. Programs are provided in 8-week sessions with an option of year-round participation. Otters is available at multiple locations throughout the SL Valley.

Website:http://slco.org/recreation/adaptive/aquatics/Otters_Swim_Club.html
Phone: Call Ivy at (385) 468-1681 **Email:** ihausknecht@slco.org
Location: Varies in SL County **Cost:** \$20 a session (8 weeks)
- Special Needs Bike Camp:** Cycle Ability offers a Special needs bike camp where kids with disabilities learn to ride a bike.

Website: <http://www.cycleability.org/>
Email:Doreen@cycleability.org **Phone:** 801-834-7503
Age- 8 and older **Dates:** June 19
- Salt Lake County Adaptive Recreation:** Offers a variety of programs and activities for individuals with disabilities including: wheelchair rugby, dances, aquatics, ice programs, bowling, archery, swimming , camps, clinics, basketball, track and field, softball, soccer, bocce, fitness, and more. There are programs for both adults and youth. They also offer sport programs for individuals with disabilities over the age of 5. Sports and socialization programs and activities are also available for adults. There are also two full day summer camps for those with more significant disabilities located at the Redwood recreation Center and Copperview Community Center.

Website: <http://www.recreation.slco.org/adaptive>
Phone: (385) 468-1515 **Cost and Duration:** Vary based on program
- SLCC Summer 2014 Reading Skills Program:** Offers a 5 week long summer program for struggling reader's grades k-12. They provide individualized attention, group instruction and engaging materials.

Website: <http://www.slcccontinuinged.com/youthread>
Phone: (800) 964-8888 **Age:** Grades K-12
Location: Taylorsville, Sandy, West Jordan, and West Valley City
- SLCO Adapted Aquatics:** Salt Lake County Parks and Recreation offers adapted swim lessons with National Certified Adapted Instructors. They offer programs at many different locations (including: Salt Lake City, South Jordan, Herriman, West Jordan, Holladay, and Sandy). **Blind Swim Team meets in Salt Lake at Sorenson Multicultural Center**

Website: <http://slco.org/holladay-lions/swim-team/Adaptive-Swim-Club/>
Age: 15 & Up **Phone:** (385) 468-1681

Dates and Times: Friday 3:00-4:30 PM, call for summer dates

- **Special Olympics:** Offers summer games where individuals with disabilities can compete in a variety of sports including things like cycling, track and field, soccer, and softball.
Website: <http://www.sout.org> **Phone:** (801) 363-1111 ex 223
Age: 8-Adulthood
- **Autism Spectrum Inclusive Scouts:** Scout troop 1910 for boys ages 11+ (can help with paperwork for those who are close to 18 to prevent them from aging out of the program) who are on the spectrum or who have close ties to a boy in the troop (family member, etc.). Every Scout has at least one parent registered as a leader or as an active member of the troop committee. Troop meets only on the 2nd and 4th Thursday of the month. Run by Scoutmaster David Lyon.
Email: dlyon98@hotmail.com **Phone:** 801-440-5070
Location: LDS church building at 5422 S Sarah Jane Dr. (5240 W)
Dates and Time: Second and fourth Thursday of the month 7:00-8:30 PM
- **SPLORE:** Provides outdoor adventures for people with disabilities. The magic of SPLORE is found through the life-enhancing experiences that occur only through their outdoor programs.
Website: www.splore.org **Phone:** (801) 484-4128
Location: Salt Lake City **Age:** All ages
- **Stable Place:** Dedicated to improving the lives of people and horses. They work to create an environment where horses and people can help heal each other, regardless of physical, mental or emotional challenges. By connecting people and horses, they provide opportunities to build trust, find hope, and improve the quality of life for people and horses alike.
Phone: (801) 860-3906 **Location:** West Valley City
- **Summer Social Skills Group:** The Children's Center and the University of Utah Speech and Language Clinic are hosting a summer social skills group for children ages 4-9. The group is geared towards children on the autism spectrum or who have social communication issues. Groups are held 1 day a week for 7 weeks. Small groups and lots of fun are provided! A play screening is required for children not already attending the Children's Center.
Phone: (801) 582-5534 **Location:** Salt Lake City
- **Superior Adaptive Swim School:** S.A.S.S. teaches swimming lessons based around safety, survival, technique, and fun. S.A.S.S. instructors each have their own way of teaching children and focus individually on what their swimming needs are. Morning and evening private, semi-private and group classes are available. With classes for infants to adults, S.A.S.S. offers Beginning/Introductory Classes, Technique Coaching, Swim Team Preparation, Water Survival, and Adaptive Needs Programs; every level is covered.
Location: 1044 E. Surgarmont Dr. SLC, UT **Phone:** (801) 637-7140
Website: www.swimsass.com
- **SwimKids:** Where Fun & Safety Meet. With over 30 years' - worth of experience teaching children 4 months and up, SwimKids can tailor lessons specifically to your child's needs and abilities. Our well-

trained, enthusiastic and caring instructors are eager to teach your child to swim.

Website: <http://swimkids.biz>

Email: info@swimkids.biz

- **TRAILS (Therapeutic Recreation and Independent Lifestyles):** TRAILS is an outreach program designed specifically for persons with spinal cord injuries. They facilitate recreational activities to help individuals return to the community. The services they provide are available year-round, including skiing, hand cycling, kayaking, canoeing, swimming, wheelchair tennis, and more.

Website: <http://healthcare.utah.edu/rehab/support-services/trails.php>

Phone: Tanja Kari (801) 581-2526

Location: University of Utah Health Care

- **TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. Turn accepts private pay and DSPD clients.

Website: www.turncommunityservices.org **Phone:** (801) 486-3778

- **TOPSoccer: A Program of Utah Youth Soccer Association:** Designed to bring the opportunity of learning and playing soccer to any boy or girls, ages 4-99 that has a mental or physical disability, to provide meaningful learning, development and physical participation opportunities through soccer.

Website: <http://www.utahyouthsoccer.net/programs/topsoccer/>

Phone: (801) 307-5150

Age: All ages

- **UAID (Utah Association for Intellectual Disabilities):** They hold activities throughout the summer including arts and crafts. Please contact Kathy Scott for information about their summer programs.

Website: www.uidutah.org

Phone: (302) 990-UAID

- **U Can Learn Center:** A non-profit learning/tutoring center specializing in evaluating and treating the 'blockages' to learning, in particular, central auditory processing, visual processing, language delays, ADD and ADHD, and Dyslexia, located in a cottage in the Murray area with a second location in South Jordan. Karla Jay has a Master's in Speech pathology and has 23 years of experience in a private practice setting. Her emphasis is learning disabilities, central auditory processing disorders, and speech and language delays.

Website: <http://ucanlearn.net>

Phone: (801) 553-6480

Location: 6308 South 900 East Murray, UT 84106

- **UFIT:** The U-FIT Special Physical Activity at University of Utah for children with special needs requiring one-on-one support provides fun, noncompetitive physical activities that will help children and youth with disabilities reach individual goals.

Website: www.health.utah.edu/ess/ufit/index.html

Phone: (801) 581-7964

Ages: 3-18

- **U of U Reading Clinic:** Offers Reading Assessment and Intervention, Professional Development, Mobile Reading Clinics, and Consultation Services. The clinic helps students become successful readers and is a resource for parents, teachers, and struggling readers-especially those students in grades one through three. Children who qualify for services are enrolled on a "first come, first served basis" when space is available. Programs are available in the summer.

Website: www.uurc.utah.edu

Location: Murray, Utah

Phone: (801) 265-3951

Email: uurc@ed.utah.edu

- **U of U Life Skills Clinic:** Offers a variety of classes and groups to assist people with gaining life skills with an occupational therapy focus. They work in collaboration with other professionals to help determine and meet the needs of children of all ages who are experiencing challenges with developmental and functional performance. Classes range from 3-6 participants so register early.
Location: Salt Lake City, Utah **Cost:** Ranges from \$150-\$275
Phone: (801) 585-5722 **Email:** mary.wood@health.utah.edu
- **Utah Independent Living Center:** Dedicated to assisting persons with disabilities to achieve greater independence by providing services and activities to enhance independent living skills and promote the public's understanding, accommodation, and acceptance of their rights, needs, and abilities.
Website: www.uilc.org **Location:** Salt Lake City
Phone: (801) 265-3951 **Age:** 14-22
Cost and Duration: Vary based on program
- **Virginia Tanner Creative Dance Program:** Is a pioneer in the world of children's dance. They take a holistic approach to teaching and learning, respecting each dancer's individual development level and needs. They offer dance classes for children with disabilities all year long, including during the summer.
Website: <http://www.tannerdance.utah.edu/summer-camps-dancers-with-disabilities/>
Phone: (801) 581-7374 **Location:** Salt Lake City
Age: 5-18 years **Cost and Duration:** \$158 for one week session, July 17-20
- **Wasatch/Snowbird Adaptive Sports:** Has many different programs including nature hikes, fishing, adaptive biking, Snowbird activities (Tram rides, bungee jumping, alpine slide and Zip Rider rides), mine and water tunnel tours, GPS/orienteering classes, boundless playground, and hippotherapy.
Website: <http://wasatchadaptivesports.org/summer-programs/>
Phone: (801) 933-2188 **Email:** info@wasatchsports.com
- **Wasatch Speech and Language:** A full-service clinic for the evaluation and treatment of childhood communication disorders. The intensive summer stuttering therapy program allows children and parents to learn more about their stuttering and learn management techniques all in the spirit of fun social activities and outings.
Website: www.wasatchspeechandlanguage.com
E-Mail: info@wasatchspeech.com **Phone:** (801) 308-0400
Location: Holladay
- **West Valley Family Fitness Center:** Offers summer camp programs that include field trips. Kids yoga and kids Zumba, rock climbing, silly games, swimming, yummy lunch, snacks, and more.
Website: www.wvc-ut.gov/fitnesscenter
Location: West Valley **Phone:** (801) 955-4000
- **Wheelchair Tennis Camp:** Offers Friday night wheelchair play. There is also a 2 day summer camp.
Website: http://www.utahtennis.com/wheelchair_tennis/
Phone: (801) 944-8782 x 12 **Ages:** Teens and adults

- **Zoo for You:** Hogle Zoo offers hands on animal classes for children with a variety of special needs. There are classes for children with autism, students that are deaf/blind and children with general special needs. Cost includes an accompanying adult. Visit the website for details and times.
Website: https://www.hoglezoo.org/education_programs/zoo_classes/
Phone: (801) 584-1700 **Age:** 6-18
Cost and Duration: \$10.00, classes are single-day and posted website

SUMMIT COUNTY

- **National Ability Center (NAC):** The NAC is committed to the development of lifetime skills for people of all ages and abilities by providing affordable outdoor sports and recreational experiences in a nurturing environment. Some of the programs available are day camps, swimming, horseback riding, and many more. Please visit their website for a complete listing of what is available.
Website: <http://discovernac.org/>
Phone: (435) 649-3991 **Location:** Park City

UTAH COUNTY

- **Adaptable Art:** Come and read stories and do art projects with us! Students will get to make something to take home each day. This class is designed for special needs students. Art projects will be adapted so that each student will be successful. Let's make art special together! Parents are invited to stay in this class. Ages 3-6. If there is enough interest they will open a class for older children.
Website: <http://spanishfork.org/dept/parkrec/arts/youthartsfestival.php>
Class Time: 11a-12noon **Cost:** \$30.00 plus \$9.00 material fee
Location: Spanish Fork High School **Phone:** 801-804-4600
- **Adapted Swim Class with Sheila Morrison:** Sheila has been providing swimming lessons for 42 years and recently opened her own facility. She offers a class (not lessons) dedicated to learning through play! Sheila has had multiple newspaper articles written on her work in the area of aquatics instruction and service to our community. Limited space, contact Sheila for times.
Email: sheila@theswimminhole.com
Location: Pleasant Grove **Ages:** 5-16
- **American Fork Recreation Adaptive Summer Program:** Adaptive activities for children ages 5-12 with cognitive and/or physical disabilities and/or moderate behavior disorders. Theme Activity Sessions: include arts and crafts, socialization, games, functional skills, and fun! Sports Sessions include an introduction to sports, rules, basic skills, socialization, and fun outside!
Cost: \$30-\$45 **Phone:** Rebecca (801)763-3080 ext. 406
- **Athletic Connection:** This program connects BYU Student Athletes with individuals with Down Syndrome to learn skills through fun games and activities. The program usually meets at the UPC (University Parkway Center).
Website: <https://yserve.byu.edu/programs/athletic-connection>
Phone: Brian (208) 971-7191 **Email:** athleticconnection@byu.edu

Location: BYU Campus

Cost: Call for fee information

- **Beyond Limits:** The Company is located in Eagle Mountain and provides aquatic therapy with a licensed PT at the Lehi Legacy Pool Tuesday and Thursday mornings. Beyond Limits will set up an individualized program to meet your health and fitness goals/needs.

Website: <http://beyondlimitspt.com/aquatic-therapy>

Phone: (801) 251-6976

Cost: Call for fee information

- **Bike Collective:** They offer a free summer earn a bike program. EAB is a rigorous six-week introductory bike mechanics course offered free to anyone ages 6-18. Each class is 1.5 hours long, twice a week, totaling 18 solid hours of instructional time. Upon graduation, students earn their own bicycle to keep and ride with pride. Walk into an EAB class and you will meet students that reflect the diversity of Salt Lake City: recently immigrated youth, institutionalized youth, homeless youth from all over the Mountain West, and youth from the Avenues - all in the same class, learning together, sharing experiences and skills. Achievements in the classroom translate into a Salt Lake City that is not only cleaner, healthier and safer through riding bicycles, but also empowering marginalized communities with skills, information, and experiences that improve the trajectory of their lives for the betterment of the entire community.

Website: <http://www.bicyclecollective.org/>

Phone: 801-FAT-BIKE

Ages: 6 through adulthood

- **BYU Adapted Aquatics:** Swimming programs that focus on cognitive development, along with motor and social skills through aquatics. Participants are matched one-on-one with volunteers. BYU Aquatics is provided: Thursday and Friday 11:00-11:45 a.m.

Website: <https://yserve.byu.edu/programs/adaptive-aquatics>

Phone: Jeffery Mella (801) 787-2689 **Location:** BYU Campus – Richards Building

- **Courage Reins Therapeutic Riding Center:** Horseback riding lessons to people of all ages and abilities.

Website: www.couragereins.org

Phone: (801) 756-8900

Location: Highland

- **The Dance Club:** The Dance Club offers a free weekly dance class to those with both physical and cognitive disabilities. The classes help your little dancer to improve movement and rhythm. There is an open enrollment held Saturdays 10:00-11:00 am.

Website: <http://www.thedanceclub.com/special-needs.html>

Phone: (801) 224-4400

Location: Orem, UT

- **Eaton Alliance:** Provides around the clock living solutions to people with Autism and other developmental disabilities in all aspects of life in a variety of programs. Programs include: residential, day programs, supported living, host homes, and professional parenting.

Website: www.eatonalliance.com **Phone:** (801) 766-8541

- **Hoofbeats to Healing:** Hoofbeats to Healing is dedicated to providing therapeutic horseback riding, using an effective natural approach to horseback riding therapy. They work with a variety of different disabilities. For more information, check out their website.

Website: www.hoofbeats.us

Phone: (801) 836-4325

Cost: Call for fee information

Location: Saratoga Springs, UT

- **Lehi Adaptive Sports Program:** This program provides basketball, volleyball, and bowling for athletes 8 and older. Activities in the program are designed and modified for each athlete and allow opportunities to participate in live games and competitions. These programs offer skill development along with social development, teamwork, and building friendships.

Website: <https://www.lehi-ut.gov/legacy-center/adaptive-programs/>

Phone: Michelle Holbrook (801) 768-8851

Location: Lehi Legacy Center **Cost:** Varies by program

- **Lehi Judo Club:** This club offers judo classes Tuesday and Thursday night at 6:45. Adult classes run on the same night right after at 7:45. These classes are open for those with disabilities. The instructor is certified to teach visually impaired athletes.

Website: www.lehijudo.com

Phone: Danny Huntsman (801) 592-7318

- **North Eastern Services:** Supports opportunities for people to achieve independence, enhance self-esteem, and sustain a full quality of life. Programs include: residential, day services, behavior supports, afterschool and summer programs, finance support, and supported living.

Website: www.northeasternservicesutah.com

Phone: (801) 426-4961

- **Provo Recreation Adaptive Activities:** Offers a summer camp for special needs students. Camps include swimming, activities, and a weekly field trip. They are also offering adaptive tennis this summer for children 8-17 with physical or cognitive disabilities. They have new sports wheelchairs that are available for use if needed. They also offer adaptive swimming groups, yoga, soccer, Special Olympics, and more!

Website: <http://www.provo.org/departments/recreation/adaptive-programming>

Phone: (801) 852-6600

Ages: 6-12 for summer camps

- **Recreation and Rehabilitation Services (RAH):** RAH helps individuals with disabilities rise to new heights of personal achievement and development. All activities and programs are designed to meet the needs and enhance the lives of participants. There is also has Day-Timers groups, bowling, dinners, swimming, social skills, and special needs scouts.

Website: www.rahservices.org

Office Hours: Tuesday-Friday

Phone: (801) 374-8074

Location: Provo

Age: 16-Adulthood

- **Rise Services:** Community based summer programs. Summer programs provide children with enjoyable and fun recreational activities that include skill development. The programs have a high staff-to-child ratio and offer a much-needed break for parents while their child is out of school for the summer. Our summer programs are supervised and directed by a highly skilled and credentialed team including our Licensed Clinical Social Worker. Structured programs focus on positive behavioral supports and behavior plans which are developed and directed by our Master's level behavioral team.

Website: <http://riseservicesinc.org/utah-cat/family-services/summer-programs/>

Email: utfsplacements@riseservicesinc.org

Phone: (801) 676-8940

- **Special Needs Bike Camp:** Cycle Ability offers a Special needs bike camp where kids with disabilities learn to ride a bike.
Website: <http://www.cycleability.org/>
Email: Doreen@cycleability.org **Phone:** 801-834-7503
Age: 8 and older **Dates:** June 20-23
- **Special Olympic Swimming:** This program focuses on swim competition for ages 8 & over. Athletes will have an opportunity to practice swim strokes and compete in the Special Olympics games.
Phone: Michelle Holbrook (801) 768-8851
Email: michelle.holbrook@msn.com **Location:** Lehi Legacy Center
- **Turn Summer Camps:** Beginning the first week of June, 30-40 Utah County students with disabilities will begin a 2-month adventure that is often remembered, and anticipated, throughout the other ten months! Summer Camp is an 8-10 week, full day program that offers ongoing learning opportunities, outdoor discovery, and community experiences for young people age 6-22. Summer Camp sessions often blend creative academics and crafts in the mornings, with community outings and field trips in the afternoons.
Website: <http://turncommunityservices.org/>
Phone: (801) 343-3900 ext. 122 **Email:** hollysumsion@turndreams.org
- **Utah County Parks and Recreation Adapted Aquatics:** Programs are provided year round with swimming instruction for children with cognitive and physical disabilities.
Phone: Chad Barth (801) 229-7159 in Orem or Joey Byington (801) 763-3084 in American Fork
- **Utah Valley University Life Skills Clinic:** Offers a variety of classes and groups to assist people with gaining life skills with an occupational therapy focus. They work in collaboration with other professionals to help determine and meet the needs of children of all ages who are experiencing challenges with developmental and functional performance. Classes range from 3-6 participants so register early.
Location: Utah Valley University, Autism Building **Cost:** Ranges from \$150
Phone: (801) 585-5722 **Email:** mary.wood@health.utah.edu
- **VIP Adaptive Baseball and Soccer:** Available in Mapleton for children ages 5-22 with disabilities.
Website: <https://mapletoncity.sportsiteslabs.com/player#Root0>
Phone: (801) 806-9114 **Location:** Mapleton
Cost: \$15, includes shirt and hat **Age:** 5-22 years
Email: parksandrec@mapleton.org
- **Yoga Heals Us:** LeAnne integrates persons with disabilities into her general yoga classes. She is a great resource in the county for yoga and how to modify and adapt yoga for all people. She also provides private lessons.
Email: sraddhayoga@comcast.net

Location: Lehi, UT

Cost: Contact LeAnne for class times and fee

STATEWIDE

- **Accessible Wildlife for People with Disabilities:** The Utah Department of Natural Resources (DNR) encourages people with disabilities to take advantage of our natural resources. DNR's Divisions and other public and private agencies have developed parks, campgrounds, trail systems, fishing piers, and other programs to enable access to our natural resources throughout the state.
Website: <http://wildlife.utah.gov/disabled/>
Age: All Ages
- **Adaptive Adventures:** Based out of Boulder and Chicago, Adaptive Adventures has multiple Lake Powell adaptive water "sport weeks" where participants can enjoy fishing, kayaking, water skiing, boating, etc. Programs are for all ages and abilities.
Website: <https://adaptiveadventures.org/>
Email: Dave Dave@adaptiveadventures.org or Chris Chris@adaptiveadventures.org
Cost: Prices vary but price will include food, lodging, and equipment.
- **Autism on the Seas:** Autism on the Seas has been in collaboration with Royal Caribbean International since 2007 in developing cruise vacation services to accommodate adults and families living with children with special needs, including but not limited to Autism, Asperger syndrome, Down syndrome, Tourette syndrome, cerebral palsy, and all cognitive, intellectual, and developmental disabilities. We provide cruises with our staff that assist adults and families in accommodating the typical cruise services, as well as providing specialized respite and private activities/sessions that allow our guests the use of the ships entertainment venues in an accommodated and assisted manner.
Website: www.autismontheseas.com **Phone:** 1-800-516-5247
- **AYSO VIP Soccer – Where Everyone Plays®:** Provides a quality soccer experience for children and adults with physical or mental disabilities that make it difficult to successfully participate on mainstream teams. VIP Buddies ensure that every player has a great AYSO experience.
Website: www.ayso.org/For_Families/AYSO_Soccer_Programs/VIP.htm#.U2Ks1WHnbyA
- **Best Buddies:** is dedicated to enhancing the lives of people with intellectual disabilities by providing opportunities for one-on-one friendships and integrated employment.
Website: www.bestbuddiesutah.org **Phone:** (801) 468-1200
- **Camp Roger:** Provides a residential summer camp with counselors trained in the needs of campers with disabilities. Other day and holiday camps are available.
Website: <http://www.ymcautah.org/camps>
Phone: (877) 690-9622 **Age:** 4-18
- **Care About Childcare:** Offers summer childcare guides for counties throughout the state. The website offers a handy comparison chart of different programs as well as general summer tips. The website also helps match parents with childcare providers.
Website: <http://careaboutchildcare.utah.gov/resources/default.aspx?list=7>

- **CAST- Catch a Special Thrill:** Designed to join volunteers who love to fish with disabled and disadvantaged children for a day of fishing in the outdoors. The CAST for kids event was designed to create an environment where both children and adults could benefit. Children and adults can leave their problems on the shore and share a day of fun on the water.

Website: www.castforkids.org **Date:** August 9th
Phone: (425)251-3214 **Location:** Strawberry Reservoir
- **Common Ground Outdoor Adventure:** Common Ground's mission is to provide life-enhancing outdoor recreational opportunities for youth and adults with disabilities. Activities include canoeing, cycling, snowshoeing, skiing, hiking, climbing, and fishing with all necessary equipment provided.

Website: <http://cgadventures.org/> **Phone:** (435) 713-0288
Location: Logan, UT
- **Easter Seals Goodwill Northern Rocky Mountains:** Offers a variety of programs including summer and Saturday Camps.

Website: www.easterseals.com/site/PageServer?pagename=ntl_camping_and_recreation
Phone: 1-800-221-6827 **Age:** All ages
- **Hiking Utah Mountains:** Enjoy the great outdoors as a family on wheelchair accessible trails. TrailLink has a list of accessible, paved hiking trails in Utah. Each trail will be short in length, surfaced for accessibility, and provide descriptions of the hike. You can look at the website or they all can be downloaded from the Apple App Store (look for TrailLink).

Website: www.traillink.com/stateactivity/ut-wheelchair-accessible-trails.aspx
- **Megaplex :** Offers a sensory friendly summer movie series for children. Just \$10.00 for 10 weeks!

Website: <http://www.megaplextheatres.com/KidsMovies>
Phone: Call your local theater for details
- **National Ability Center:** National Ability Center is definitely worth the drive up to Park City. They offer just about every kind of outdoor recreational activity a person could do (including: rock climbing, swimming, archery, sledge hockey, cycling, water-skiing, kayaking, wakeboarding, paddle board, snowboarding, snowshoeing, and Nordic skiing, (to name some activities). It empowers individuals of all abilities by building self-esteem, confidence, and lifetime skills through sport, recreation, and educational programs. Forms and a complete list of programs can be found on their website.

Contact Information: www.discovernac.org
Location: Park City, UT **Number:** 435.649.3991 x625
- **National Parks and Federal Recreation Lands:** Free Access Pass is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults, not to exceed 4 adults, at per person fee areas (children under 16 are admitted free). The pass can only be obtained in person at the park.

Website: <http://www.nps.gov/findapark/passes.htm>

- **UFB Summer Camps:** A variety of camps are available between the first week in June through the first week in August. Students may attend as many camps as are appropriate for them.
Website: www.ufbvi.org/camps.html
Location: Lehi Legacy Center
- **UFB Sports Programs:** Variety of sports for visually impaired including goalball, beep ball, track and field, soccer, and more. Locations of programs vary; please check the website calendar for up-to-date information and times of practices and tournaments.
Cost: Please call or check website (www.ufbvi.org)
Email: laynie123@aol.com **Location:** Location varies
- **Utah's National Parks:** Utah's National Parks do not have specific programs for those with disabilities. They still offer junior ranger programs that can be tailored to the needs of your child. Stop by the visitor center as soon as you get to the park to talk with a ranger about such accommodations. Some parks offer "kits" or ranger-led programs that allow children of all abilities to experience Utah's great natural resources. Check park websites or visitor centers for wheelchair accessible trails and paths.
Website: www.nps.gov/Utah **Cost:** Park entrance fee
- **Utah Lakes and Rivers:** Utah Division of Wildlife Resources has free licenses for Utah residents with physical and cognitive disabilities. Individuals must apply for the license at <http://wildlife.utah.gov/home-disabled.html>. The DWR website has a complete list of over 50 accessible fishing docks. They will also have many different accommodations for hunting as well.
Email: DWRcomment@utah.gov **Phone:** (801) 538-4700
- **Utah State Parks:** Many Utah State Parks, like the National Parks, have trails that are accessible by everyone. State parks in Utah with such trails are Dead Horse Point, East Canyon, Fremont Indian, Jordanelle, Snow Canyon, and the Historic Union Pacific Rail trails. Many others have accessible fishing docks, including Bear Lake, Deer Creek, Huntington, Millsite, Quail Creek, Red Fleet, Rockport, Sand Hollow, Starvation, Utah Lake, Willard Bay, and more.
Email: www.stateparks.utah.gov

CLASSES/CAMPS (NON DISABILITY SPECIFIC)

- **4-H Summer Camps:** The structure of these camps is unique and helpful for both the kids attending and parents looking for summer activities.
Website: <http://utah4-h.org/> **Phone:** (801) 451-3400
- **The Leonardo - Summer Camps:** Offers a variety of different science themed summer camps throughout the summer.
Website: <http://www.theleonardo.org/summercamps>
Phone: (801)531-9800 **Ages:** 5-18
- **Camp Snowbird:** There is a new adventure each day in beautiful Little Cottonwood Canyon for all campers ages 4-12. Campers will explore the canyon through nature hikes, science experiments, arts and crafts and supervised swims.

Website: www.snowbird.com/summer/summercamps

Phone: (801) 933-2256

- **Christa McAuliffe Space Education Center:** Has summer day and overnight camps involving simulated space missions.

Website: www.spacecamputah.org

Location: Alpine

Phone: (801) 785-8713

Ages: 7-17

- **Granite Unplugged:** Play Unplugged is all about encouraging kids to put down their electronics and get out and play. This is done by creating a symbiotic relationship between kids, parents, and local businesses. This relationship creates an incentive for all to participate as one motivates the other. Kids earn a Brag Badge for every activity they complete. The badges are specifically designed to be fun, colorful, and highly collectable. Some examples of Brag Badge activities include: fishing, hunting for bugs, hiking, and more! There will be a Kick Off Party on Monday May 23rd at Woodrow Wilson Elementary.

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

Phone: 435-625-1289

Email: info@weplayunplugged.com

- **Higher Ground Learning:** A creative learning center for all ages, providing students with educational alternatives that stimulate the intellect and imagination. From one-on-one instruction to our workshops and classes, we specialize in innovative and experiential curricula, giving each student a chance to explore his or her interests, develop life skills, and experience the passion of learning.

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

Phone: (801) 524-0817

Location: Salt Lake City

- **Hogle Zoo:** Offers educational programs including zoo classes, zoo camps, and volunteer activities.

Website: http://hoglezoo.org/education_programs/zoo_classes

Phone: (801) 584-1700

Age: Grades K-12

- **iD Tech Camps:** Inspired by hip, tech-savvy instructors, ages 7-17 code apps, design video games, mod with Minecraft, engineer robots, build websites, produce movies, and meet with friends that share their interests.

Website: www.iDTech.com

Phone: 1-888-709-8324

Location: University of Utah

- **Imagination Place:** We are a Music and Movement Center. We specialize in experiential music training for children ages birth-5 years old and Anti-Gravity Yoga for Adults. We offer classes, workshops and summer camps.

Website: imaginationplace.com

E-mail: imaginationplace@me.com

Phone: (801) 463-9067

- **The Leonardo:** The Leonardo is a contemporary museum that explores the unexpected ways that science, technology, art, and creativity connect. The Leo is your place to see one-of-a-kind interactive exhibits and participate in ever-changing programs, workshops and summer classes.

Website: <http://www.theleonardo.org/none/kids/fall/>

E-mail: bmcnaughton@theleonardo.org **Phone:** (801) 531-9800

- **Little Gym:** Offers summer camps for children with a variety of themes.
Website: <http://www.thelittlegym.com/Parties-Camps#camps-anchor>
Phone: (801) 581-9866 **Location:** Salt Lake City, Draper, Orem, Sandy
Age: 3-8
- **Mad Science Summer Camps:** Offers weeklong hands on science summer camps.
Website: www.madscience.org/ **Phone:** (801) 292-8646
Age: Grades K-5th **Location:** Salt Lake City
- **Mathnasium:** Our goal is to significantly increase your child's math skills, understanding of math concepts, and overall school performance, while building confidence and forging a positive attitude toward the subject.
Website: www.mathnasium.com **E-mail:** cottonwoodheights@mathnasium.com
Phone: (877) 601-6284
- **McKee Language School:** Children learn Spanish through immersion in an atmosphere of play from native Spanish speakers trained in the McKee Language System. Summer sessions begin in June.
Website: www.mckeeschool.com **Phone:** (801) 374-8854
- **Momentum Indoor Climbing:** Offers summer camps where kids can learn all about rock climbing while they build confidence.
Website: <https://www.momentumclimbing.com/summer-camp/>
Phone: (801) 990-6890 **Age:** 7-19
- **Murray City Parks and Rec:** Kids take center stage as they learn the FUNdamentals parts of being onstage through acting, and singing. At the end of the session, there will be a presentation by the actors for family and friends.
Website: www.murray.utah.gov **Phone:** (801) 264-2614
- **Real Salt Lake Youth Camps:** Real Salt Lake Youth Camps are offered for children 3-18 years old. These soccer camps are held throughout Utah and surrounding states and will run June-August.
Website: <http://www.realsaltlake.com/youth/rslyouth-camps>
Phone: (801) 727-2714
- **Red Butte Garden:** Offers nature inspired day camps that combine art, science gardening and exploration, for K-6th grade.
Website: http://www.redbuttegarden.org/summer_camp
Phone: (801) 585-0556 **Location:** Salt Lake
- **Rowland Hall Summer Works:** Sports camps and mini classes for teens and children taught by Rowland Hall Faculty and Coaches. Everything from science and pottery to creative writing and high ropes course adventure to acting and social skills are offered. Open to students from across the region!
Website: www.rowlandhallsummer.org

Phone: 801-924-2971
Location: Salt Lake City

Age: 4-14

- **Scales & Tails Utah:** We offer entertaining, educational, and interactive reptile and bird shows to cities all over Utah. We will travel to your location and perform our show for your child's birthday, scout group, classroom, school assembly and pretty much any kind of event that you would have us come to. This will be the second year we are offering a summer camp for kids to be held in our animal shop!

Website: www.scalesandtailsutah.com

Phone: (801) 577-7182

- **Summer Fit:** Research shows it takes roughly 3-6 weeks to form a habit. Summer Fit promotes a Whole Child approach to learning and helps build healthy habits during the summer for a successful school year. The Summer Fit Activity Book series reviews and previews basic skills in reading, writing, math, and language arts, along with weekly core values and a daily fitness routine to keep children

busy, active, and learning.

Website: www.summerfitlearning.com

E-mail: george@summerfitlearning.com

Phone: (801) 466-4272

- **University of Utah Youth Education:** Offers a variety of different camps and clubs including computers, science, filmmaking, arts and crafts, and high school credit.

Website: <http://continue.utah.edu/youth>

Phone: (801) 581-6461

Location: Salt Lake City

Cost: Scholarships are available

Age: grades K-12

- **Utah Museum of Natural History Camps:** UMNH Summer Camp offers children a chance to explore subjects ranging from rocks to space, from water to sound, from the ecosystems in their own backyards! UMNH Camps are taught by experienced UMNH Science Educators. Kids are learning while having fun!

Website: <https://nhmu.utah.edu/summer-camp-2017>

Phone: (801) 585-3948

Age: K-9th

- **Utah Olympic Oval:** Family Fitness and recreation. Children participate in FUNdamental classes where they learn the fundamentals of sport such as throwing, balance, and more and have FUN doing it.

Website: www.utaholympiclegacy.com

E-Mail: tina@utaholympiclegacy.com

Phone: (801) 968-6825

- **Wasatch Community Gardens:** Our youth programs serve more than 1,600 urban youth, ages 3-18, each year. City Roots Youth Gardening classes, City Sprouts summer camps, Growing Greens field trips, and the Junior Farmers program all take place at the fair-park garden and the Grateful Tomato garden.

Website: www.wasatchgardens.org

E-Mail: bill@wasatchgardens.org

Phone: (801) 359-2658

- **Wasatch Kids Camp:** Offers a summer camp experience for kids of all backgrounds.

Website: www.wasatchkidscamps.com/

Phone: (801) 263-2267

Age: 5-13

- **Wheeler Historic Farm:** Boys and girls, ages 6-10 years old enjoy turn of the century farm life and outdoor adventure. Activities include: milking cows, farm chores, horseback riding, feeding animals, gardening, historic house tours, hiking, art, wagon rides, and more-- Half and full day.

Website: wheelerfarm.com

E-Mail: kbailey@slco.org

Phone: (385) 468-1800

- **Zaniac:** Zaniac Summer Camps are the perfect combination of learning and fun, featuring our many engaging programs that nurture your K-8 child's love of math and technology!

Website: <https://www.zaniaclearning.com/programs/camp>

Phone: (801) 997-8580

Location: Sugarhouse and Park City

COMMUNITY EDUCATION

- **Davis Community Education**

Website: www.davis.k12.ut.us/site/Default.aspx?PageID=695

Phone: (801) 402-5261

- **Granite Peaks Community Education**

Website: www.granitepeaks.org/

Phone: (385) 646-5439

- **Murray Community Education**

Website: www.murrayschools.org/parents-and-student/community-education/

Phone: 801-264-7414

*****Many other districts in Utah also offer Community Education classes.
Call your local school district to see what they offer. *****

FREE ACTIVITY IDEAS

- **Find a Museum:** Find a local Utah Museum

Website: <http://www.utah.com/museums/>

- **Letterboxing:** It's like getting a treasure map and looking for a hidden treasure. There are letterboxes all over the United States. The website has all the instructions of how to get started and on your way. There are a wide variety of adventures to suit all ages. This is a good alternative for geo caching!

Website: <http://www.letterboxing.org/GettingStarted.php>

- **Now playing Utah:** A website that offers information on upcoming activities including free events.

Website: <http://www.nowplayingutah.com/#>

- **Park District:** Offers information about where to find public Parks in Salt Lake City

Website: <http://parks.slco.org/>

- **Salt Lake County Library:** Online activities, classes , and summer reading programs for kids and teens
Website: <http://slcolibrary.org/>
- **Start your own 4H Club!** Kids K-12 can join an open club (6th-9th community clubs or the Dog Training Club) or create one with 5 kids (from 3 families) at your school or in your neighborhood – 4H provides training and curriculum to parent volunteers who lead the group – dues are \$1 (covers insurance). Wow! Not just horses and livestock, 4H offers opportunities in everything from robotics to mock legislature to cooking to dog training! Summer Camps are open to all kids (including one on robotics).
Website: <http://saltlakecounty4-h.org>
- **Summer Fun National Summer Camp Directory:** Links to over 200 camp Web sites serving children with disabilities, as well as useful information and resources to help create a rewarding summer camp experience for you and your child.
Website: <http://fcsn.org/camps/>
- **Utah Families "No More Bored Kids Calendar":** A listing of daily activities for children
Website: <http://www.utahdiscovery.com/uf/calendar.php>
- **Utah Valley Free Things To Do:** List of free activities in Utah Valley
Website: <http://www.utahvalley.com/packages-coupons/free-things.aspx>



UTAH PARENT CENTER INFORMATION DISCLAIMER

Our mission is to help parents help their children with disabilities to live included, productive lives as members of the community. We accomplish this through the provision of information, training, and peer support. The Utah Parent Center is a private, non-profit organization that receives federal funding to be Utah's Parent Training and Information Center by the Office of Special Education. The Center also receives funding from other federal, state, and private agencies, organizations, and individual donors. The Utah Parent Center (UPC or Center) does not represent or endorse any particular point of view, program, organization, business, or professional unless expressly stated and no endorsement may be inferred by the UPC or any of its funding sources. Every effort is made to provide accurate and complete information. Information provided to the UPC by other individuals, agencies, or organizations is solely the responsibility of the source and readers are encouraged to contact them with questions or concerns. Only approved items are included herein. The UPC is not responsible for information or services provided by agencies, organizations, or individuals listed. Readers are responsible to investigate resources to determine if appropriate when making informed decisions. Permission to reprint the information herein is granted with complete attribution.