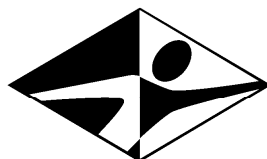
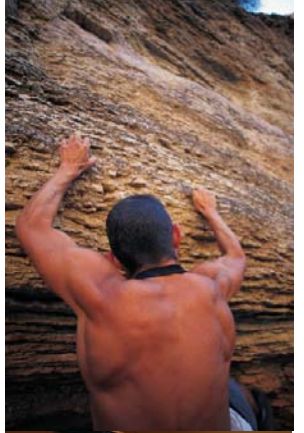




Recreation
 Guide to
 St. Louis &
 Surrounding
 Areas



PARAQUAD

SPORTS LEAGUES AND ASSOCIATIONS

Disabled Athlete Sports Association (DASA)

St. Peter's, MO

636-477-0716 <http://www.dasasports.org>

- Disabled Athlete Sports Association (DASA) provides therapeutic fitness and sports programs to cognitively age appropriate children who have a physical, visual, or hearing impairment. Programs are designed to improve self-esteem and to promote growth and well-being while instilling family values. The children of DASA will be encouraged to continually seek their highest level of independence and become involved to the greatest extent with their non-disabled peers. Costs of programs vary. A typical 8 week recreational session is \$20, camp costs are between \$25-\$125, and competitive program fees vary by sport. Financial assistance may be available for qualifying individuals.

- Sled hockey
- Swimming
- Track and field
- Power wheelchair soccer
- Archery
- Rock climbing

Saint Louis Challenger Baseball

314-822-2518 <http://www.challengerbaseball.org/index.html>

- Saint Louis Challenger Baseball is a baseball league for youngsters and adults with developmental disabilities. In its 16th season, the league now houses 38 teams total.
- Beyond following basic safety rules, Challenger tailors certain rules to the skill levels of the players. Challenger players play on the same fields, use the same equipment, and wear the same full uniforms as traditional teams. Teams are supported by coaches and by a buddy system in which volunteers between the ages of 10 and 20 that don't have disabilities assist Challenger players when needed both at bat and in the field. Buddies help by assisting players around the base paths after a hit or by helping a player retrieve a ball that gets past them.

Therapeutic Horseback Riding

- **Jamestown New Horizons** Florissant, MO
- 314-741-5816 www.jnh-goneriding.org
 - Provides therapeutic/ recreational horseback riding lessons and vaulting lessons to children with intellectual and physical disabilities. Most of their clients enter the program as two to three-year-olds. Some clients have stayed and ridden for 10 to 24 years.
- **Therapeutic Horsemanship** Wentzville, MO
- 636-332-4940 <http://thstl.org/index.htm>
 - Ranked as one of the top therapeutic riding programs in the country, Therapeutic Horsemanship's mission is to provide equine assisted therapy programs for individuals with disabilities in order to develop their maximum physical and psychological potential. On average, 84% of TH clients are under the age of 18; all clients have some type of disability.

St. Louis Arc

www.slarc.org

(314) 569-2211 (Leisure Services Dept)

- St. Louis Arc offers several seasonal sports teams and leagues, including Golf, Soccer, Basketball, Softball and Bowling at locations throughout St. Louis City and County. These programs are for adults, ages 18 and older.
 - Tae Kwon Do (ages 7 & older)
Spring 2009
Shrewsbury Community Center
 - Golf
May through August
Paradise Valley Golf Club, Fenton, MO
 - Soccer
May through September
Tower Grove Park, St. Louis City, MO
 - Softball Leagues
May through August
Multiple locations
 - Basketball Leagues
December through March
Multiple locations
 - Bowling Leagues
September through April
Multiple locations

St. Louis Wheelchair Athletic Association

314-768-5325 www.SLWAA.org

- SLWAA offers programs for individuals of all ages. These include wheelchair basketball, track and field, road racing, softball, quad rugby, tennis, scuba diving, water skiing, tennis, golf, snow skiing, and more. These programs help to improve the physical condition and quality of life of individuals with disabilities through participation in sport.
- Fall and Winter Season
 - Basketball, quad rugby
- Spring and Summer Season
 - Water skiing, track & field, road racing, softball, tennis, golf

Special Needs Soccer Association (SPENSA)

314-894-1339 <http://spensa.org/members/default.aspx>

- SPENSA is a St. Louis based soccer program for young people with disabilities, ages 5-21. It is designed to enable hundreds of St. Louis area youth the opportunity to become a valued and successful member of the St. Louis soccer community

Jensen-Schmidt Tennis Academy

Florissant, MO

314-434-0344 <http://www.jensen-schmidt.com/>

- The Jensen-Schmidt Tennis Academy has been designed to meet the sport specific needs of children and young adults with Down syndrome.

Florissant Area Athletic Association (FAAA) Spirit League

314-838-4463

- The FAAA Spirit League offers baseball, basketball and soccer programs for children whose physical and/or mental limitations prevent them from participating in regular league play. The program is open to children and young adults ages 6-21. A buddy system is employed for those children who may require assistance when playing.

Team Activities for Special Kids (TASK)

314-845-3641 www.tasksports.org

- TASK is a year-round instructional sports program that provides athletic and social opportunities to kids with special needs. The purpose of the program is to help build self-esteem and skills in children with special needs.
 - Team sports offered to-date are basketball, dance, outdoor soccer, tee ball, coach pitch softball, modified softball, floor hockey, and volleyball.
 - Individual sports include bowling, golf, swimming, tennis, and fitness club.
 - A one-week summer day camp, concentrating on recreational activities, is also offered.

Missouri Disabled Water Ski Association (MDWSA)

www.mdwsa.org

- The Missouri Disabled Water Ski Association was founded with the vision and understanding that a professionally organized program of adaptive water skiing for children and adults with disabilities will energize them beyond their rehabilitation as a means to maintain a healthy, active, and well-balanced lifestyle.

The Confluence – Gateway Confluence Wheelchair Sports Foundation

618-377-3622 www.confluencesports.org

- Basketball meets weekly from October through March and welcomes all ages and abilities. Players ready and willing to participate in competition are offered the chance to play with Confluence Center Coast. We have an adult and a junior team and offer three to five weekends of competition for each team. Both teams are members of a conference.
- The recreation program reaches out to individuals in rural areas, particularly Southern Illinois. Sports clinics are offered on a designated Saturday at different locations. Clinics have been held in Centralia, Mt. Vernon, and Herrin, IL.
- Softball season begins in April and ends in August. Practices are held at Spirit Field in St. Louis County Park at Spanish Lake. Spirit Field is a wheelchair softball diamond that was donated to the community by Cardinals Care.
- Tennis practices once a week year round at a variety of facilities. All ages and abilities are welcome. Check the calendar for the schedule.
- Track and Field and Road Racing will begin in Spring 2009. Dates and locations to be determined.
- Volleyball is a new program to The Confluence. Director Jim Dugan has represented the United States at two Paralympics as a member of the United States Sit Volleyball Team. In an effort to build the sport nationally, The Confluence will be organizing occasional clinics.

ADAPTED AND INCLUSIVE RECREATION AND EXERCISE

Recreation Council of Greater St. Louis

636-477-7704(St. Charles Office) 314-772-2299(St. Louis City Office) 314-615-8398 (St. Louis County)
www.stlouis.missouri.org/reccouncil

- The Recreation Council of Greater St. Louis is a not-for-profit organization which serves as a "clearinghouse" for information on leisure, recreation and socialization opportunities for individuals with developmental disabilities who reside in the Greater St. Louis Area. The Council works to ensure that individuals with disabilities are aware of and have access to activities and programs of their choice.
- Information and referral services
- Recreation publications – *The Guide To Leisure Services; Summer Opportunities Guide*; and quarterly newsletters which highlight seasonal activities and programs.
- Recreation Resource Center – Recreation materials (books, videos, articles, brochures) that pertain to individuals with disabilities. Includes some adapted recreation equipment for loan.
- Cycle and Golf Cart Programs – Adapted cycles and golf carts placed in the community
 - Cycle rental available at Katy Trail Rentals in Defiance, MO and ShowMe Aquatics and Fitness Center in St. Charles, MO.
 - Golf carts available at Tour 3 Golf Course in St. Peters, MO and Eagle Springs Golf Course in St. Louis
- Partnerships with local Parks and Recreation Departments that provide inclusive recreation. Specific departments have a Coordinator of Inclusive Recreation on staff in order to better include individuals with disabilities in existing programs.
 - Mid-County (Maryland Heights, U City, and Webster Groves), North County (Bellefontaine, Bridgeton, Ferguson, Hazelwood, St. Ann, and Florissant), South/West County (Ballwin, Crestwood, Des Peres, Ellisville, Kirkwood, Manchester, and Sunset Hills), and St. Charles Municipalities (St. Charles, St. Peters, Wentzville, Lake St. Louis, and O'Fallon)

Enabling Mobility Center

314-289-4202

- The Enabling Mobility Center is an accessible exercise facility open to persons with disabilities, their families, independent living specialists, healthcare professionals, researchers, engineers, vendors, and the general public. The EMC's mission is to improve the quality of life and increase community participation of people with disabilities.

Dr. Edmund A. Babler Memorial State Park

636-458-3813 www.mostateparks.com

- A wide range of activities can be enjoyed at the park, including cookouts, fishing, table games, archery, crafts, sports, dancing, and hiking. Outdoor facilities include 2 paved bike trails, a fishing pond, campfire and game areas, and an archery field. The park has accessible campsites. The park is opened from 7am to 6pm. The visitor center is open 7 days a week from March 1 to November 30. December through February the visitor center is open Friday through Sunday from 8:30am to 4pm.
- The Outdoor Education Center (636-458-3048), which can accommodate 120 campers, was designed to be rented by the following:
 - Organized groups of youths with disabilities
 - Organized groups of adults with disabilities
 - Families with children with disabilities
 - Adults being trained to work with people with disabilities
 - Organized groups that mainstream people with disabilities

ShowMe Aquatics and Fitness St. Charles, MO
636-896-0999 www.showmeaquatics.org

- The Aqua-Ability Program includes therapy, water exercise, adaptive swimming lessons and individual and group water programs for the purpose of improving health, mobility, and psychosocial well-being. The program is targeted for individuals with physical limitations associated with developmental or acquired disabilities. The program serves approximately 150 participants per week, ages 1 to 84. All swimmers have measurable outcomes including physical endurance, motor planning, and functional goals.
- ShowMe Aquatics & Fitness Sports Program. We offer an inclusive Track & Field and Road Racing Team, as well as a competitive swim team for individuals with MR/DD.

St. Louis City Recreation Division

314-289-5320 http://stlouis.missouri.org/citygov/parks/recreation_div/

- The Recreation Division provides a wide variety of leisure activities for all age groups throughout the City of St. Louis.
- Opportunities for recreation include:
 - 9 Recreation/Community Centers
 - 6 Outpost Sites
 - 5 Indoor Swimming Pools
 - 3 Outdoor Swimming Pools
 - Summer Day Camps
 - Soccer Camps
 - Sports
 - Arts and Music Programs
 - Senior Citizen Activities

FOCUS (Fighting to Overcome Challenges and Understanding Strengths)

KENSILLS@KAJUKENBO.ORG

http://mo.easterseals.com/site/PageServer?pagename=MODR_ADAPTIVE_MARTIAL_ARTS

- Classes are now forming for a one of a kind adaptive martial arts program for children and adults with physical and mental disabilities. The Special Abilities Kajukenbo (F.O.C.U.S.) program provides a fun, supportive, and friendly environment in which our students advance at their own pace, each receiving specialized instruction and personal attention from the instructors and spirited encouragement from their peers. F.O.C.U.S. is a place where friendships are made, muscles stretched and strengthened, risks taken, and goals reached. It is a unique martial arts program created and taught to hundreds of individuals for almost a decade. This program has been adapted specifically for disabled persons. The two instructors have developed and expanded the Kajukenbo Self Defense curriculum which takes into account the adjustments in training needed to make this martial art accessible to disabled students. Special Abilities Kajukenbo is taught exclusively by Black Belt instructors: Sigung Charlie Walton – 7th degree Black Belt & Sifu Ken Sills – 3rd degree Black Belt.
- Class Time and Location: F.O.C.U.S. classes are held at United Cerebral Palsy of Greater St. Louis, located at 8645 Old Bonhomme Road, University City, MO 63132-3999 in the basement level of the building (drive around to the back entrance). Please arrive no later than 6:15pm.
- TUITION: Special Abilities Kajukenbo classes are \$65 per month due on the first day of each month. Please feel free to come and check out a class at no charge before deciding if Special Abilities Kajukenbo is right for you or your child.

YMCA of Greater St. Louis Inclusion Services

314-962-5979 www.ymcastlouis.org

- **This program provides age-appropriate support for individuals with documented developmental disabilities in our YMCA recreational environment, both in classes and on an individual basis. Please contact Jen Osborne, Integrated Fitness Program Director at 314-962-5979 for more information.**

Catch a Falling Star, Inc.

314-645-5556 www.catchafallingstar.org

- Catch a Falling Star, Inc., provides after school, evening and weekend care for children with disabilities in a safe, recreational setting where they can develop and learn new skills. The mission of Catch a Falling Star is to strengthen the physical and social skills of children of all abilities, while promoting inclusion in everyday living.

Team Central Gymnastic Academy's "Cardinal Power Kids" Gymnastics

314-291-0101 <http://www.teamcentral.org/id25.htm>

- Team Central Gymnastics is a 22,000 sq. ft. Gymnastic Training Center unique to St. Louis and one of only a few in the nation. Cardinal Power Kids Gymnastics is a modified gymnastics and movement program for children with disabilities that is endorsed by medical staff and physical therapists. Physical therapists have assisted with the selection of special equipment and development of a curriculum to enhance the physical and emotional progress of each special child. This program develops flexibility, coordination, strength and self-confidence. The program has open gym at 8am and class at 9am on Saturday mornings.

Kids Enjoy Exercise Now (KEEN)

866-903-5336 www.keenstlouis.org

- KEEN is a national, nonprofit, volunteer-led organization that provides one-to-one recreational opportunities for children and teenagers with mental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.

Social and Leisure Groups

Life Skills Foundation

www.lifeskills-stl.org 314-567-7705

- The Community Access services helps adults and teens with disabilities develop friendships, learn how to use various forms of transportation and gain access to everything the St. Louis area has to offer. This service allows people with disabilities to continue living in their natural homes while developing skills to interact in their communities.

Association on Aging with Developmental Disabilities

(314) 647-2203 www.agingwithdd.org

- AADD Social Clubs provide group socialization and recreation for adults, ages 21 and over, with a developmental disability who live in the community. By participating in this program, individuals have opportunities to experience a variety of community activities, make choices for themselves, develop friendships, and develop skills to relate with others. This program also benefits the families of participants who live at home; individuals have a place to belong and be accepted without needing family support.
 - AADD Social Clubs meet on Saturday evenings about 3 times a month, from 6:30p.m. to 10:30p.m.
 - Activities include movies, dinner out, musicals, bowling, sporting events, dancing and special events.
 - Transportation from home is available to residents of the City of St. Louis.

The Waymakers Chapel for the Exceptional

314-776-7172

www.waymakerschapel.homestead.com/index.html

- The Chapel for the Exceptional is a not-for-profit inter-denominational church providing spiritual, cultural, camping, and recreational activities for the developmentally disabled, aged, and homeless who live in nursing homes and institutions.
- The Social Events program meets once a week to assist people with developmental disabilities in developing skills that will help them succeed when going on social outings. Individuals take part in activities that give them the skills needed to make friends, order from a menu, bowl, and talk with others. This group also takes a yearly trip to Branson for one weekend during the summer.

OASIS Friends

314-539-4555 <http://www.oasisnet.org/stlouis/index.htm>

- OASIS Friends offers strategies for the newly retired individual to improve or sustain a positive sense of well-being. This program provides older persons with developmental disabilities opportunities to meet new people, learn new skills, maintain existing skills and develop healthier lifestyles. The OASIS Friends program matches OASIS volunteers with older residents of the city of St. Louis with developmental disabilities so that they may enrich their lives through classes that are open to all individuals over 50 years of age. Classes are held in Famous Barr Stores and several community sites, including the Forest Park Visitor Center.

St. Louis Society for the Physically Disabled

314-989-1188 <http://www.stlsociety.org/index.htm>

- The St. Louis Society responds to the needs of individuals in St. Louis County and St. Louis City with physical developmental disabilities. The mission is to empower individuals with physical disabilities through Recreation Therapy in their community. Services are provided for ages 6 years and up through a variety of events including physical fitness, shopping, bowling, eating out, swimming, and movies. Support from the St. Louis Society includes transportation, education and referral, and social networking.
- The Out and About Program responds to the needs of St. Louis City adults with physical developmental disabilities by assisting them in overcoming barriers which prevent full participation in living more independently in the community. This program focuses on engaging individuals in community events, providing transportation education, assisting with advocacy issues, and helping with social networking.

YWCA Challenges Unlimited

(314) 531-1115

- Challenges Unlimited is a year-round leisure and learning program for adults, ages 21 and older, with developmental disabilities. The goal is to promote health and fitness, recreation, socialization and independence in the home and in the community. Classes include basketball, volleyball, aerobics, line dancing, swimming, cooking, community outings and arts & crafts. Some transportation is provided. Weekend activities include field trips and dances. Challenges Unlimited is offered for St. Louis City and St. Louis County residents at the Carondelet Branch, 4510 S. Kingshighway, and Central Baptist Church, 2843 Washington.
- The Challenges Unlimited County Program is a year-round recreation and socialization program for adult (ages 21 and older) men and women with developmental disabilities who are residents of St. Louis County. Members are provided with the opportunity to meet new people, create friendships, and experience quality recreation at the YWCA and in the community. Meetings are held at the YWCA County Branch, 140 N. Brentwood Blvd. in Clayton on Friday nights and Saturdays. A yearly fee is requested for participation.

St. Louis Arc

(314) 569-2211 (Leisure Services Dept), Rhonda Hembree (Assistant Director) 314-817-2245

www.slarc.org

- The Leisure Services Department offers a variety of recreational and leisure programs for individuals ages 5 and older. Activities to choose from include: individual and team sports; leisure and socialization activities and weekend camping. Through participation in these programs, individuals are engaging in self-satisfying experiences that contribute to achieving a healthy leisure lifestyle

St. Louis Project Club: Let's Play to Grow

Office (314) 327-4079

Registration (314) 691-5299

- Let's Play To Grow is a program of play, learning and family support for people with disabilities and their families, including parents, siblings, grandparents, aunts, uncles, professionals and volunteers. Let's Play To Grow stresses total family commitment with an ongoing program of play. City and County residents are welcome. Limited transportation is available for all City residents. A family member or friend must accompany the individual with a disability to all events. You must reserve transportation 10 working days before the event and is based on a first come, first serve basis.

Paraquad Youth Group

314-289-4200 www.paraquad.org

- Paraquad's Youth Group focuses on social and recreational activities that promote the development of social skills not acquired in segregated environments. Participants include young people with and without disabilities. Non-disabled youth develop an awareness and understanding of their disabled peers and learn to work and play side-by-side with people with disabilities, while youth with disabilities learn to participate within the community as an equal. Paraquad's Youth Group targets youth between the ages of 13-21 and their families. The Youth Group meets once a month for group discussions and community outings.

UCP Easter Seals Heartland

www.mo.easterseals.com

- UCP Easter Seals Heartland provides after school, summer day camps, and educational day services to teens and pre-teens, ages 10 to 20. Through these programs, a child or young adult can learn new leisure and recreational skills, meet new friends, pursue educational and vocational goals, and have fun. Community outings, sports, arts and crafts, cooking and much more are offered. The services are provided by trained and experienced staff who provide personalized attention and guidance for each program participant to achieve individual goals. The services are available in St. Louis County, 13975 Manchester Road year round when parents are working, when school is out, during spring and winter breaks, and in the summer. Call 636-227-6030 for more information.

STAGES St. Louis: Access the Arts and Troupe Broadway

636-530-5959 <http://www.stagesstlouis.org/education/outreach/AccessTheArts.cfm>

- Unique within the St. Louis region, STAGES' *Access the Arts* programs consist of classes, workshops and performance opportunities that enable area youth with physical, cognitive or developmental delays to fully participate in the musical theatre arts.
- STAGES Performing Arts Academy's *Troupe Broadway* is a performing ensemble comprised of area teens and young adults with physical, cognitive, or developmental delays. Created in the Fall of 2006, this unique program provides on-stage performance experience to students who have not traditionally been provided this special opportunity through their school or other community outlets.

St. Louis Society for the Blind and Visually Impaired: Leisure Activity and Recreation Groups

314-968-9000 <http://www.slsbvi.org>

- Two groups: Common Ground (older adults) and The View (younger adults)
- Group activities are held twice monthly at the Society's office. These groups, which provide socialization and support, will do such activities as exercises, cooking, arts and crafts, and have guest speakers. Spouses are allowed to attend as they desire. The View has a monthly outing to various venues in the metro area.
- Additional activities include making available free tickets to the Saint Louis Symphony, Saint Louis Cardinals, and the summer outdoor MUNY Opera. The Saint Louis Public Library also sponsors with the Society monthly Descriptive Video Service (DVS) Movies of the Month, free full length movies shown at two library locations and free of charge. A nominal transportation donation is requested of those the Society provides transportation for.

Summer Camps

St. Louis Society for the Physically Disabled Sports Camp

314-989-1188 <http://www.stlsociety.org/index.htm>

- The annual Sports Camp is held in the summer at Veteran's Memorial Park North County Recreation Complex. Individuals from age 6 through 20 with disabilities are eligible to attend. Transportation is provided in specially equipped vans and buses.

UCP Easter Seals Heartland Camps

800-664-5025 www.mo.easterseals.com

- UCP Easter Seals Heartland's Camp Free To Be provides quality day camping experiences for children of all abilities in Southwest Illinois. Children ages 5-12 with disabilities and their siblings are welcome to participate. UCP Easter Seals Heartland day camping program provides a safe, barrier-free environment for children to experience all aspects of camp without limitations. For information call 618-462-7325. Some of the activities the day campers may enjoy, include:

- Bowling
- Picnicking
- Fishing
- Playing outdoor games
- Going to the movies
- Arts and crafts
- Making new friends

- UCP Easter Seals Heartland's Summer Day Camp in St. Louis County is a program for individuals with disabilities ages 10-20 years old. The camp is located at the Church of the Good Shepherd near Queeny Park in West St. Louis County. Call Easter Seals for more information. Funding may be available from the Productive Living Board. Benefits for children and young adults include:

- Fun activities sports, arts & crafts, cooking, games
- Meet and socialize with new friends
- Experience exciting, new things
- Explore the community
- A place to feel welcomed

Wonderland Camp

573-392-1000 www.wonderlandcamp.org

- Wonderland Camp is an outdoor recreational and educational facility for campers with disabilities age 6 and up. Activities include swimming, fishing, boating, outdoor games, and arts and crafts. Wonderland Camp provides a fun, educational camp experience for individuals with special needs to offer a respite from daily care-giving for family members and health care workers and to provide and nurture a personal development experience for volunteers and staff.

Sunnyhill Adventures

636-274-9044 www.sunnyhilladventures.org

- Adult programs:
 - Sunnyhill continues to provide quality camping experiences to adults with developmental disabilities. Programs offer traditional camping opportunities and feature theme weeks as well. Families may choose from a counselor to camper ratio of 1:1 or 1:4. All adult programs offer all of Sunnyhill's camp activities plus dances, hay rides, and cookouts.
 - Adventure Camp is a combination of canoeing, fishing, climbing, caving, tent camp outs and other activities designed to delight the outdoor enthusiast while allowing for the creature comforts of air conditioning and a warm bed.
 - Arts Festival features all the traditional elements of camp plus an assortment of arts and crafts, music, painting, and dance parties.
 - Every Day is a Holiday celebrates American holidays... in the middle of the summer!!! In addition to all traditional camp activities, there are celebrations for the 4th of July, New Year's Day, Thanksgiving, St. Patrick's Day and Halloween.
 - On the Road Adventures gives adults the opportunity to take short trips with the support of the Sunnyhill Adventures staff. Destinations include Chicago, Branson, Hannibal, Indianapolis, Kansas City, Lake of the Ozarks, Memphis, Missouri State Fair, Nashville, and a New Years Eve Party. Staff to traveler ratio is 1:5. Staff provides support during waking hours only.
- Children's programs:
 - Our week long camp is packed with excitement from the top of the Alpine tower to the heart of an outdoor cave. At Sunnyhill, campers will have the chance to try it all. There are traditional camp activities such as archery, arts and crafts, swimming, nature study, hiking, sports, fishing, games, hay rides, evening programs, and tee pee camping. Sunnyhill also offers challenge activities such as challenge course, alpine tower climbing, and team challenge games. There are also off site activities such as canoeing, river floats, caving, orienteering, and nature exploration. Individual attention is provided with an option of 1:1, 1:4 and 1:8 counselor to camper ratios to accommodate the wishes of families and individual while ensuring a safe adventure.

Muscular Dystrophy Association Summer Camp

314-962-0023 <http://www.mda.org/clinics/camp/>

St. Louis-area camp held at Babler State Park Outdoor Education Center in Chesterfield, MO

- MDA Camp is a magical place where year-round skills are developed and where a child with a disability can just be a kid. In addition to knowledgeable camp staff and medical personnel, most campers have his or her own one-on-one volunteer, who helps with all aspects of both fun and personal care. MDA Camp provides a wide range of activities especially designed for young people who have limited mobility or use wheelchairs. Accessible activities range from outdoor sports such as swimming, boating, baseball, football and horseback riding, to less physically demanding programs like arts and crafts and talent shows.

Disabled Athlete Sports Association (DASA) Summer Camps

636-477-0716

http://www.dasasports.org/index.php?Itemid=104&id=154&option=com_content&task=view

- Each summer DASA holds multiple summer camps around the St. Louis-metro area for children of varying disabilities.
- Camp Wecandu brings children of all disabilities together for swimming, kayaking, scuba diving, ice skating, and more (activities depend upon location). Campers get opportunities to experience new athletic and sensory activities each day.
- Mike Bush Fantasy Baseball Camp has provided baseball opportunities for children who are deaf or heard of hearing. In 2007, DASA accepted the reigns and continues to hold this camp each summer. More information on the Mike Bush Fantasy Baseball Camp can be found at <http://www.fantasybaseballcamp.net/>.

Variety Adventure Camp

314-453-0453 Barb Kramer (x115) http://www.varietystl.org/AdventureCamp_40.aspx

- Variety Adventure Camp is a fun, fulfilling affirmation of Variety's "I Can!" philosophy. Children ages 4-12 with physical disabilities are eligible to attend this extraordinary day camp each summer and engage in a wide range of fun, challenging activities in the areas of sports, fitness, sensory art and music.
- Variety Adventure Camp, which runs for three week-long sessions, is based at The Heights Community Center in Richmond Heights, MO. Campers have participated in challenging athletic endeavors, including ice skating, rock climbing, soccer and basketball, and field trips have included Creve Coeur Park and the Catch 22 Miracle Field.