

# Recreation & Wellness Resource Guide

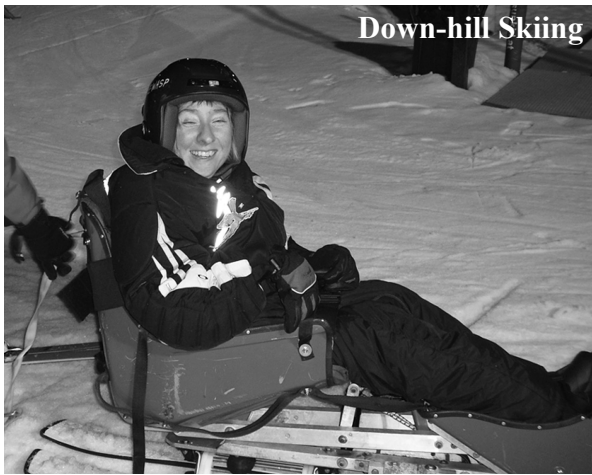
2013 - 2014



Kayaking



Mouth Painting



Down-hill Skiing



Wheel Chair Basketball



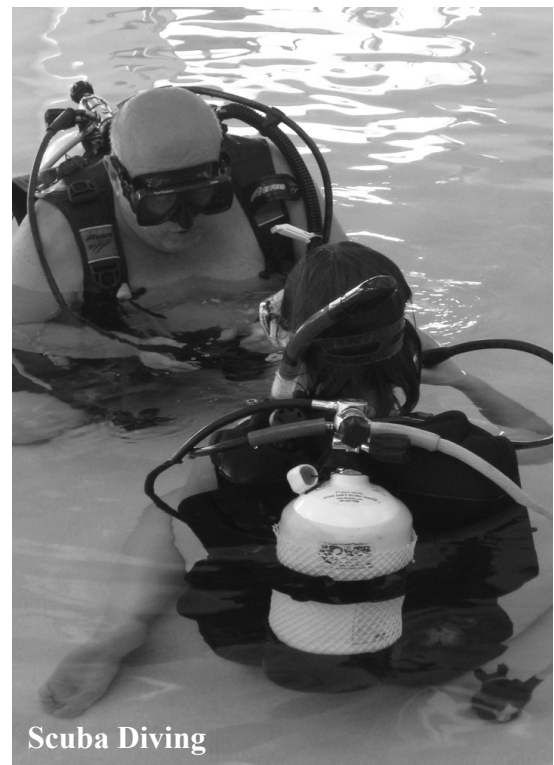
Therapeutic Horseback Riding



Rock Climbing



Martial Arts



Scuba Diving

# Recreation & Wellness Resource Guide

## 2013 - 2014

### ON THE COVER

**Kayaking.** *In the photo, Nathan Mack.* Kayaks made by Creating Ability. Kayaks available for use in Wisconsin by the Open the Outdoors, Department of Natural Resources. (see page 11)

**Mouth Painting.** *In the photo, Jeff LaDow.* Mouth and Foot Painter Artists, MFPA. (see page 2)

**Downhill Skiing.** *In the photo, Pam DeVuyst.* SouthEastern Wisconsin Adaptive Ski Program, SEWASP. (see page 13)

**Rock Climbing.** Kenosha YMCA. (see page 9)

**Wheel Chair Basketball.** *In the photo UW Whitewater Wheel Chair Warhawk Basketball Team players.* (see page 14)

**Therapeutic horseback riding.** *In the photo, Adie and Lola from Willow Creek Ranch.* Willow Creek Ranch. (see page 12)

**Karate and Martial Arts.** *In the photo, Serena Jaros and Chris Braun.* Braun's Karate & Martial Arts. (see page 8)

**Scuba Diving.** *In the photo, Kristen Gauger-Kiraly and Dan Vaccaro.* Diver Dan's Scuba and Aquatics. (see page 11)



This is a free publication of the Kenosha County Aging and Disability Resource Center (ADRC).  
For more information or for additional copies contact the ADRC at 262-605-6646.

## THANK YOU FUN 'N FIT SPONSORS

*The Recreation and Wellness Resource Guide was inspired by the Fun 'n Fit Disability Recreation and Fitness Fair in 2007. This annual event is held each October and is free and open to the public. We would like to thank the sponsors of the 2013 Fun 'n Fit Disability Resource Fair for making the event possible. For more information about Fun 'n Fit please contact the Kenosha County Aging & Disability Resource Center at 262-605-6646.*

### SPECIAL THANKS TO OUR SPONSORS!

Able Trek Tours  
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Jeff LaDow  
Kenosha County Aging & Disability Resource Center (ADRC)  
Kenosha County Parks and Recreation, Golf  
Kenosha Public Library  
Kenosha YMCA  
National Alliance on Mental Illness, Kenosha (NAMI)  
Paragon Community Services  
Pathways Living and Learning Center  
Society's Assets  
SouthEastern Wisconsin Adaptive Ski Program  
Women of the Moose Kenosha Chapter NO. 155



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For further information and resources for individuals with a disability or an older adult, please contact:

Kenosha County Aging and Disability Resource Center (ADRC)  
8600 Sheridan Rd Suite 500  
Kenosha, WI 53143, 262-605-6646 or 1-800-472-8008  
Web address: [www.adrc.kenoshacounty.org](http://www.adrc.kenoshacounty.org)  
E-mail: [adrc@kenoshacounty.org](mailto:adrc@kenoshacounty.org)





## **ARTS and ENTERTAINMENT**

### **MFPA – Mouth and Foot Painting Artists**

Contact: James March  
2070 Peachtree Court Suite 101  
Atlanta, GA 30341

**770-986-7764**

[www.mfpausa.com](http://www.mfpausa.com)

The Mouth and Foot Painting Artists (MFPA) is always looking for new artists, whether they are already painting to a high standard, or seeking to develop their artistic skills. However, potential candidates must be; unable to use their hands when they paint due to a disability. All qualified applications are reviewed by the organization to determine the artist's capability, which governs the level of financial support deemed necessary to develop the artist.

### **Gateway Radio Reading Service**

3520 30<sup>th</sup> Ave  
Kenosha, WI 53144

**262-564-3870**

Volunteers read articles on air, from the Kenosha News, Racine Journal Times and other publications along with poetry, short stories, tales of the past and other light-hearted tidbits. For Kenosha and Racine area residents who are not able to read for themselves due to a visual or mobility disability. A special receiver is needed and is available at no cost. Is available streaming live online. Call for details.

### **Newsline (NFB)**

200 Cast Wells Street  
Baltimore, MD 21230

**1-866-504-7300**

[www.nfb.org](http://www.nfb.org)

Provides access to newspapers for persons with vision impairment. This free service is available through a touch-tone phone by dialing a toll-free number. The Milwaukee Journal Sentinel and the Wisconsin State Journal are available, as well as many national newspapers.

**Milwaukee Public Theatre**  
626 E Kilbourn Ave Suite 802  
Milwaukee, WI 53202

**414-347-1685**

[www.milwaukeepublictheatre.org](http://www.milwaukeepublictheatre.org)

A multi-faceted outreach arts organization focused on the belief in the arts as a healing resource that must be available to all people, regardless of age, ability/disability, culture, ethnicity or income.

### **Healing Arts and Wellness Programming**

Focusing on health and wellness education, MPT artists create and present effective programming for special-needs populations, community health care agencies, seniors, families, teens and children through workshops, residences, and touring shows. Several programs are bilingual.

**Milwaukee Repertory Theater**

**414-224-1761, ext. 424**

<http://www.milwaukeerep.com/>

Offers access performances to accommodate patrons who are visually impaired, Audio Description Performances are a concise narration of the key visual elements of a theatrical performance. Descriptions are woven in between lines of dialogue enabling people who are blind or have low vision to follow the action. Using a headset attached to a small hand-held receiver, patrons hear a live, real time description of the action on stage. Call to reserve a receiver.

**Wisconsin Upside Down Foundation**

**262-443-8690**

155 E. Capitol Dr., 9C  
Hartland, WI 53029

[www.wiusd.org](http://www.wiusd.org)

The Wisconsin Upside Down Foundation, Inc. is to empower individuals with Down syndrome by providing them, their families and the community with best information, advocacy and support. One example is the Adaptive Arts Programs, which offer a therapeutic artistic outlet as well as a social group of peers for people with Down syndrome.

**Kenosha Public Library**

**262-564-6100**

[www.mykpl.info](http://www.mykpl.info)

**Southwest Library**

7979 38<sup>th</sup> Ave.

The Southwest Library collection includes large print books for children and adults. Descriptive videos and DVD's are also included in the Southwest Library collection. The Developmental Resource Collection is housed in the Southwest

Library Children's Room. This collection includes developmental toys, puppet kits, big books, flannel graphs, and pop-up books.

### **Northside Library**

1500 27<sup>th</sup> Ave

The Northside Library has the largest collection of materials for individuals who are blind, low vision, or have a physical disability. Special needs adaptive equipment is available to try, and in some cases available for check out. Homebound services are offered to individuals who are unable to go to the library or bookmobile due to a long term disability or illness, and this branch acts as a liaison to the Wisconsin Regional Library for the Blind and Physically Handicapped. The Northside Library collection includes large print books for children and adults. Descriptive videos and DVD's are also included in the Southwest Library collection. This building is wheelchair accessible, as are the restrooms and drinking fountain.

### **Simmons Library**

711 59<sup>th</sup> Place

The Simmons Library includes large print books for adults. The entrance door has the ADA 3-5 pound closer. \*The building is not accessible to persons with significant mobility impairments.

### **Uptown Library**

2419 63<sup>rd</sup> Street

The Uptown Library includes large print books for adults. The entrance door has the ADA 3-5 pound closer. There is a wheelchair accessible restroom and drinking fountain.

## **Museums**

### **Betty Brinn Children's Museum**

929 East Wisconsin Ave  
Milwaukee, WI 53202

**414-390-5437**

[www.bbcmkids.org](http://www.bbcmkids.org)

The Museum provides interactive exhibits and educational resources that promote the healthy development of children in their formative years—from birth through age ten. The Museum experience encourages hands-on learning and the development of fundamental skills, self-esteem, and the ability to work with others. Caregivers use the Museum as a resource that provides information on early childhood brain development, learning styles, and effective parenting skills. The Museum maintains a strong commitment to providing access to all



children and families in the community, including low-income and special needs families.

**Dinosaur Discovery Museum**

**262-653-4450**

5608 10<sup>th</sup> Street

[www.kenosha.org/wp-dinosaur](http://www.kenosha.org/wp-dinosaur)

Kenosha, WI 53140

The Dinosaur Discovery Museum is the only museum to exclusively focus on the link between birds and meat-eating dinosaurs, one of the most complete known fossil records. The Carthage Institute of Paleontology is housed in the museum, and it is dedicated to the preparation and conservation of real dinosaur fossils.

Accessibility:

The Museum is wheelchair accessible. Service animals are welcome. The museum has one wheelchair that may be checked out. Stop at the front desk for more information

**Kenosha Civil War Museum**

**262-653-4141**

5500 1<sup>st</sup> Ave

[www.kenosha.org/wp-civilwar/](http://www.kenosha.org/wp-civilwar/)

Kenosha, WI 53140

The Civil War Museum explores the war as seen and experienced on the home front and the battle front. The permanent exhibit gallery tells the stories of those whose lives were changed by the Civil War and how those people shaped the course of American history. This gallery showcases significant Civil War artifacts important to the regional and national Civil War story using life-scale, interactive exhibits, and audio and video technology. Visitors travel back in history to the social, political and economic influences that contributed to the Civil War.

Accessibility:

The Museum is wheelchair accessible. Service animals are welcome. The museum has one wheelchair that may be checked out. Stop at the front desk for more information

**Kenosha Public Museum**

**262-653-4140**

5400 1<sup>st</sup> Ave

[www.kenosha.org/wp-museum](http://www.kenosha.org/wp-museum)

Kenosha, WI 53140

The Kenosha Public Museum includes world cultures, Native Americans, zoology, geology, fossils, and fine and decorative arts. The Kenosha Public Museum offers a wide variety of classes and workshops for all ages.

Accessibility:

The Museum is wheelchair accessible. Service animals are welcome. The museum has one wheelchair that maybe checked out. Stop at the front desk for more information



**Milwaukee Public Museum**

800 West Wells Street  
Milwaukee, WI 53233

**414-278-2728 or 1-888-700-9069**[www.mpm.edu](http://www.mpm.edu)

A museum of human and natural history providing a dynamic and stimulating environment for learning with something to excite and challenge visitors with a diversity of interests. Take a small step back in time to the turn-of-the century of Old Milwaukee and European Village and to ancient Mediterranean civilizations. Or take a giant leap back more than 65 million years to The Third Planet, see the world's largest-known dinosaur skull and a life-sized replica of Tyrannosaurus Rex. Stroll amid free-flying butterflies from around the world in The Publisher Butterfly Wing. The museum also has an IMAX /Planetarium.

Accessibility:

All exhibits and facilities are wheelchair accessible.

**Racine Art Museum**

441 Main Street  
Racine, WI 53403

**262-638-8300**[www.ramart.org](http://www.ramart.org)

The Racine Art Museum is a contemporary craft museum, with more than 4,000 objects in their permanent collection. Its focus is on work from internationally recognized artists in ceramics, fibers, glass, metals and wood, as well as painting, sculpture and works on paper. RAM also offers arts education through Wustum Museum, where it offers community outreach programs, studio art classes and workshops taught by regionally and nationally known artists working in craft media.

Accessibility:

The museum was designed to be completely accessible to visitors with special needs, from its entrance doors to its restrooms and elevators.

**Zoos****Milwaukee Zoo**

1001 West Blue Mound Rd  
Milwaukee, WI 53226

**414-771-3040**[www.milwaukeezoo.org](http://www.milwaukeezoo.org)

The zoo is home to more than 1,800 mammals, birds, fish, amphibians and reptiles with more than 350 species represented. The zoo offers workshops, holiday celebrations, summer concerts and food festivals.

Accessibility:

All of the buildings are handicap accessible and adheres to the American with Disabilities Act.



## **Racine Zoological Gardens**

2131 N. Main Street

Racine, WI 53402

**262-636-9189**

[www.racinezoo.org](http://www.racinezoo.org)

The Racine Zoological Gardens are located on the sandy shores of Lake Michigan on the north side of downtown. Here you will find giraffes, rhinos, lions, tigers, bears, orangutans, kangaroos, and more living in exhibit spaces designed to imitate natural surroundings.

## **Movie Theatres**

The theatres listed offer captioning for individuals who are deaf or hard hearing and/or descriptive video for individuals who are blind or low vision.

### **AMC Mayfair**

[www.amctheatres.com](http://www.amctheatres.com)

Mayfair Mall

2500 N Mayfair Rd

888-262-4386 (Show times)

414-777-0467 (Guest Services)

### **Cinemark-Tinseltown**

[www.cinemark.com](http://www.cinemark.com)

7101 70<sup>th</sup> Court

Kenosha, WI

262-942-8537

## **Sensory Friendly Films**

AMC Entertainment (AMC) and the Autism Society have teamed up to bring families affected by autism and other disabilities, a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis. In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down, families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie. Additionally, audience members are welcome to get up and dance, walk, shout or sing – in other words AMC's "Silence is golden<sup>®</sup>" policy will not be enforced unless the safety of the audience is questioned.

## **Marcus Theatres**

[www.marcustheatres.com](http://www.marcustheatres.com)

Offers open captioning during weekend showings of select first run films at special theatres.

### **Gurnee Cinemas**

**847-855-9940**

6144 Grand Avenue

Gurnee, IL 60031

### **The Renaissance**

**262-886-2900**

10411 Washington Ave

Sturtevant, WI 53177

## EXERCISE AND RECREATION PROGRAMS

### **KAC Recreation Program**

**262-658-9501**

1218 79<sup>th</sup> St

Kenosha, WI 53143

In cooperation with Kenosha Area Achievement Center provides advocacy and recreation activities for individuals with a developmental disability.

### **Bowling, Cerebral Palsy of Kenosha County**

**262-552-5413**

Offers monthly bowling for persons with a disability at Sheridan Lanes. Bowling stands are available for bowlers, both standing and for a wheelchair.

### **Boys and Girls Club of Kenosha**

**262-654-6200**

1330 52<sup>nd</sup> Street

[www.bgckenosha.org](http://www.bgckenosha.org)

Kenosha, WI 53140

Offers an annual membership for adults who wish to use the facility. Membership is good for one year, and allows entry into the facility for walking and participation in adult athletic programs.

### **Braun's Karate & Martial Arts**

**262-412-5942**

Chris Braun, Sensei

[www.bkmartialarts.org](http://www.bkmartialarts.org)

Location of BKMA HQ (The Jinteki Do Dojo)

St. John's Lutheran Church

3833 8th Ave.

Kenosha, WI 53140

Braun's Karate and Martial Arts Academy (BKMA) is a martial arts club that has taught discipline and respect through the martial arts since 1996 in the Kenosha area. Braun's Karate and Martial Arts was founded with the idea of not charging students to study the martial arts. Instead, students are asked to help out with such things as fund raisers, cleaning of the buildings, and public outreach programs to pay for fees. Students learn a wide range of styles including karate, aikido, capoeira and more, giving the student a balanced training. Braun's teaches adults and children of all abilities.

### **Curves for Women**

**262-843-4600**

24740 75<sup>th</sup> Street, Suite C

Paddock Lake, WI

**Bridges Community Center****262-657-5252**5718 7<sup>th</sup> Ave

Kenosha, WI 53140

Drop-in center for individuals to have a safe place to gather with other adults facing mental health and wellness issues. Offers peer support, empowerment, self-directed recovery, and recreational activities.

**Guttormsen Recreation Center****262-658-8191**

5411 Green Bay Rd

[www.grcbowling.com](http://www.grcbowling.com)

Kenosha, WI 53144

Wheelchair accessible bowling. Ball stands are available.

**Kenosha YMCA****262-654-9622**[www.kenoshaymca.org](http://www.kenoshaymca.org)

A fitness and recreation center, featuring rock climbing, swimming, etc. Sponsors the Miracle League Program for baseball and wheelchair soccer. In partnership with Easter Seals, provides inclusive recreation programs for children and teens during after-school, Saturdays, summer programs.

**Callahan Family Branch**7101 53<sup>rd</sup> St

Kenosha, WI 53144

**Adult Day services Program****262-764-2643**

Provide day programs, Monday-Friday, 7:30 a.m. - 2:30 p.m. for ages 18 and over with special needs or infirmities of aging.

**Lakeview RecPlex****262-947-0437**

9900 Terwall Terrace

[www.recplexonline.com](http://www.recplexonline.com)

Pleasant Prairie, WI 53158

A fitness and recreation center. Therapeutic recreation including a variety of classes for youth and adults with special needs. After-school care and summer programs for children with special needs. Respite program offered the first and third Saturday of the month for children and adults with disabilities.

**Mindful Yoga**

6127 Green Bay Rd Ste 150

Kenosha, WI 53142

**262-859-2151**

[www.yogainmind.com](http://www.yogainmind.com)

Adaptive yoga for individuals with Multiple Sclerosis or a physical disability.



**National Center on Physical Activity and Disability (NCPAD)**

4000 Ridgeway Drive  
Birmingham, AL 35209

**1-800-900-8086**

[www.ncpad.org](http://www.ncpad.org)

Provides information and resources that can enable people with disabilities to become as physically active as they choose to be.

**Paragon Activity Club (PAC)**

1577 11th Avenue  
Union Grove, WI 53182

**262-567-2080**

[www.paragoncommunity.com](http://www.paragoncommunity.com)

PAC (Paragon Activity Club) facilitates recreation and socialization opportunities for youth 8-21 years old. PAC has a variety of different opportunities for before or after school, school closures, holidays, summer and Saturdays.

**Tender Touch Therapy, LLC.**

5219 88<sup>th</sup> Avenue  
Kenosha, WI 53144

**262-653-0850**

[www.tendertouchtherapyllc.com](http://www.tendertouchtherapyllc.com)

Provides occupational, physical, and speech therapy services to children and their families in a unique pediatric setting. Serve clients in two community based facilities located in Racine and Kenosha Counties. Both clinics offer our clients state-of-the-art pediatric and neurologically based equipment, sensory motor gyms and aquatic therapy.

## **OUTDOOR RECREATION**

**Adaptive Adventures**

2616 Wilmette Ave.  
Wilmette, IL 60091

**1-866-679-2770**

[www.adaptiveadventures.org](http://www.adaptiveadventures.org)

Adaptive sport and recreational activities to meet the needs of participants of all ages with disabilities. Certified staff can help identify a variety of activities appropriate for participants according to their level of physical and cognitive function.

**Adaptive Sportsmen**

8727 West Coldspring Rd  
Greenfield, WI 53228

**414-916-2298**

[www.adaptivesportsman.org](http://www.adaptivesportsman.org)

Outdoor recreational opportunities for physically challenged people in Wisconsin. Activities include deer hunting, archery, ATV rides, fishing, boating and more.

**BOLD - Blind Outdoor Leisure Development  
Southeastern Wisconsin**

**262-605-8981**

[www.wisconsinbold.com](http://www.wisconsinbold.com)

BOLD allows blind and visually impaired persons to experience outdoor sports and leisure activities while developing their social and athletic skills. Free to all legally blind individuals.

**BOW**

**1-877-269-6626**

Becoming an Outdoors Woman  
800 Reserve Street  
Stevens Point, WI 54481

**715-346-4681**

[www.uwsp.edu/cnr/bow](http://www.uwsp.edu/cnr/bow)

Offers weekend workshops to introduce women to a variety of outdoor activities. Also offers pheasant, turkey, or deer hunts, fly-fishing, canoe trips and more. Part of the mission of BOW is to include women of all ages and abilities.

**Challenge the Outdoors**

**920-525-1123**

N8154 Cty Hwy M  
Shiocton, WI 54170

[www.ctoforme.org](http://www.ctoforme.org)

Outdoor events for sportsmen with disabilities. Events include fishing, ice fishing, hunting, and sport shooting.

**Open the Outdoors**

**608-267-7490**

<http://dnr.wi.gov/topic/openoutdoors/>

Open the Outdoors is the portion of the DNR website devoted to connecting people with disabilities to accessible outdoor recreation around Wisconsin. From accessible cabins and campsites to trails and beaches, to kayaks and cross-country skis to hunting and fishing, information is available about a number of activities all year long.

**Diver Dan's Scuba & Aquatic Center**

**262-652-9399**

3927 30<sup>th</sup> Avenue  
Kenosha, WI 53144

[www.diverdan.com](http://www.diverdan.com)

Provides instruction and practice for accessible SCUBA diving experience. Offers also, water exercise classes in 90° warm water pool. Call for details and schedule.



**Diveheart**

5100 Main Street  
Downers Grove, IL 60515

**630-964-1983**[www.diveheart](http://www.diveheart.org)

Provides and supports educational SCUBA diving and snorkeling experience programs that are open to any child or adult with a physical impairment.

**Fishing**

Handicapped accessible fishing piers are located at the following parks:

**Kenosha Harbor-Navy Memorial Pier**

52<sup>nd</sup> Street and 6<sup>th</sup> Avenue  
Kenosha, WI 53143

**South Port Marina**

97 57<sup>th</sup> Street, Kenosha, WI 53140

**Fishing Has No Boundaries**

1509 N Prospect Avenue  
Milwaukee, WI 53202

**414-224-0600**[www.fhnbinc.org](http://www.fhnbinc.org)

Offers individuals with disabilities the opportunity to fish using adaptive equipment and the support of volunteers.

**Midwest Therapeutic Riding Program**

1451 172<sup>nd</sup> Ave.  
Union Grove, WI 53182

**262-859-2240**[www.mtrpinc.org](http://www.mtrpinc.org)

Equine-assisted therapeutic riding for individuals with disabilities.

**Project Mobility**

2930 Campton Hills Rd  
St Charles, IL 60175

**630-762-9807**[www.projectmobility.org](http://www.projectmobility.org)

Recreational events using specialized bicycles for people with disabilities. Offers clinics, camps, and outings.

**Possibility Playground**

Upper Lake Park  
Port Washington, WI

**262-377-2853**[possibilityplayground.org/](http://possibilityplayground.org/)

A playground built for all children of all abilities.

**Rock Creek Disabled Outdoor, Inc**

**715-937-5109**

W8902 Rock Creek Rd  
Willard, WI 54493

Annual gun/deer hunt each fall. There is a special deer hunt for hunters with disabilities. The “hunts” start the first Saturday in October and run for nine days.

**Ski for Light, Inc**

**612-827-3232**

1455 West Lake St  
Minneapolis, MN 55408

[www.sfl.org](http://www.sfl.org)

A program of cross-country skiing for individuals who are blind, low vision, or mobility impairment and their guides.

**SMILES - Special Methods In Learning Equine Skills**

**262-882-3470**

N266 County Rd K  
Darien, WI 53114

<http://66.170.78.161/magnoliaPublic/SMILES.html>

Offers therapeutic and recreational horsemanship lessons to children and adults with disabilities.

**Southeastern Wisconsin Adaptive Ski Program (SEWASP)**

**414-226-8375**

Alpine Valley Resort  
W2501 County Road D  
Elkhorn, WI 53121

[www.sewasp.org](http://www.sewasp.org)

Adaptive alpine skiing instruction.

**Willow Creek Ranch**

**262-806-4080**

2525 Sky View Road  
Amherst Junction, WI 54407

[www.willowcreekranch.org](http://www.willowcreekranch.org)

Therapeutic riding program for children and adults with a variety of disabilities and conditions.



## GROUP SPORTS



### **GLASA**

Great Lakes Adaptive Sports Assoc.  
400 E Illinois Rd  
Lake Forest, IL 60045

**847-283-0908**

[www.glasa.org](http://www.glasa.org)

Offers a variety of recreational and competitive sports for adults and children with physical and/or visual impairments at various locations in southeast Wisconsin and northern Illinois.

### **Super Stars**

Racine Area Soccer Association  
9509 Dunkelow Rd  
Franksville, WI 53126

**262-254-3225**

[www.racinesoccer.com/](http://www.racinesoccer.com/)

Brings the opportunity of learning and playing soccer to anyone with a developmental or physical disability. All ages, level of ability, siblings and friends are welcome.

### **UW Whitewater, Wheelchair Basketball Program**

**262-472-3169**

A wheelchair basketball team for ages 8 and up. Siblings are welcome to play when extra wheelchairs are available.

### **Wisconsin Senior Olympics**

125 N. Executive Drive, Suite 207  
Brookfield, WI 53005

**262-424-2149**

[www.wiseniorolympics.com](http://www.wiseniorolympics.com)

### **Wisconsin Shores Little League**

Forest Park  
4216 25<sup>th</sup> Street  
Kenosha, WI 53144

**262-551-7555**

[www.eteamz.active.com/wsl](http://www.eteamz.active.com/wsl)

A Challenger Division of Little League Baseball for children with disabilities.

**Wisconsin Special Olympics**  
Southeastern Region  
6100 Suite E, Washington Road  
Racine, WI 53406

**1-800-924-4320**  
[www.specialolympicswisconsin.org](http://www.specialolympicswisconsin.org)

A statewide organization providing persons with cognitive disabilities year-round sports training and competition.

## TRAVEL

### Accessible State Cabins

There are seven cabins for people with disabilities in Wisconsin State Parks. There are rustic cabins at Copper Falls and Blue Mound state parks. Cabins with more amenities are available at Mirror Lake, Buckhorn, Potawatomi state parks and Kettle Moraine State Forest (Southern Unit).

For more information contact the park directly or you can call the Wisconsin State Parks at (608) 266-2181.

#### **Buckhorn State Park**

**608-565-2789**

W8450 Buckhorn Park Ave  
Necedah, WI 54646

An accessible cabin with an accessible pier nearby.

#### **High Cliff State Park**

**920-989-1106**

N7630 State Park Rd  
Sherwood, WI 54169

Provides a cabin, campsites, picnic areas, and a hiking trail that are accessible to people with disabilities. Toilets at the visitor center, pavilion, lower shelter, and campground are accessible.

#### **Kettle Moraine State Forest**

**262-594-6200**

S91 W39091 Hwy 59  
Eagle, WI 53119

An accessible cabin at Ottawa Lake has a porch with a ramp. It has a lake view and an accessible outdoor picnic table.



**Kohler-Andre State Park** 920-451-4080  
1020 Beach Park Lane  
Sheboygan, WI 53081

**Mirror Lake State Park** 608-254-2333  
10320 Ferndell Rd  
Baraboo, WI 53913

**Potawatomi State Park** 920-746-2890  
3740 Park Drive  
Sturgeon Bay, WI 53913  
Has an accessible cabin.

**Richard Bong State Recreation Area** 262-878-5600  
26313 Burlington Road  
Kansasville, WI 53139

## **Bed and Breakfasts**

**Feathered Star** 1-877-743-4066  
6202 Hwy 42 [www.featheredstar.com](http://www.featheredstar.com)  
Egg Harbor, WI 54209  
Rooms have been designed to reduce barriers and meet the needs of individuals with disabilities.

**Welcome, HOME Bed and Breakfast** 262-675-2525  
4260 W Hawthorne Drive [www.hnet.net/~welcomehome](http://www.hnet.net/~welcomehome)  
Newsburg, WI 53060

## **Lodges and Resorts**

**Pine Forest Lodge** 715-476-2241  
2060 West Pine Forest Rd [www.pineforestlodge.com](http://www.pineforestlodge.com)  
Mercer, WI 54547  
Pine Forest Lodge has year-round wheelchair accessible cabins and recreational activities. Activities including fishing, pontoon boating, sea kayaking and games are available. Wheelchair sports: basketball, volleyball, badminton, and

shuffleboard can be played on their outdoor sport court. Some cabins are available for a reduced rental fee; call for availability.

**Seth Petersen Cottage**  
Lake Delton, WI 53940

**608-254-6551**  
[www.sethpetersen.org](http://www.sethpetersen.org)

**Sunrise Lodge**  
5894 West Shore  
Land O'Lakes, WI 54540

**1-800-221-9689**  
**715-547-3684**  
[www.sunriselodge.com](http://www.sunriselodge.com)

Four season family resort. Most units are handicap accessible with one unit being completely barrier free.

**Sunset Pines Resort**  
W9210 Rock Creek Rd  
Willard, WI 54493

**715-937-5109**  
[www.sunsetpinesresort.com](http://www.sunsetpinesresort.com)

Fully accessible year-round resort and cabins. Lodging Assistance Scholarship Program available.

## **Tours and Trips**

**Able Trek Tours**  
PO Box 384  
Reedsburg, WI 53959

**1- 800-205-6713**  
[www.abletrektours.com](http://www.abletrektours.com)

Fully staffed one-day and multi-day vacations for individuals who require assistance traveling. Most travelers are people with mild to moderate developmental disabilities.

**Access Tours**  
PO Box 1320  
Driggs, ID 83422

**1-800-929-4811**  
[www.accesstours.org](http://www.accesstours.org)

Offers accessible package tours of National Parks and other areas in the West. Tours are designed for slow walkers and wheelchair users along with those who would normally accompany them.

**Another Choice**  
2766 Jacquelyn Dr  
Madison, WI 53711

**1-608-273-3309**  
[www.acitours.com](http://www.acitours.com)

Supervised vacations for adults with disabilities.



**Guided Tour, Inc**

7900 Old York Road Ste 114B  
Elkins Park, PA 19027

**1-800-783-5841**[www.guidedtour.com](http://www.guidedtour.com)

Supervised vacations for adults with developmental disabilities.

**Trips Inc**

PO Box 10885  
Eugene, Oregon 97440

**1-800-686-1013**[www.tripsinc.com](http://www.tripsinc.com)

Provides all-inclusive vacation packages for adults of various abilities in a safe, respectful and fun atmosphere. Trips are designed for people with developmental disabilities and special needs who require assistance.

**Wilderness Inquiry**

808 14<sup>th</sup> Ave SE  
Minneapolis, MN 55414

**1-800-728-0719****612-676-9400**[www.wildernessinquiry.org](http://www.wildernessinquiry.org)

Focuses on getting people from all walks of life to personally experience the natural world. Trips are usually integrated to include older people, younger people, people with disabilities, veterans and individuals from different backgrounds. Over 100 trips are planned with at least 50 in the Wisconsin, Minnesota, Michigan and Canada area.

**Camps****Camp AweSum**

1410 Birchwood Drive  
St. Germain, WI 54558

**715-479-4342**[www.campawesum.org](http://www.campawesum.org)

Residential summer camp that provides a safe and secure environment for youth with Autism ages 8-12. Camp is located on Moon Beach Camp, St. Germain, WI

**Camp Matz of Bethesda Lutheran Communities**

700 Hoffman Drive  
Watertown, WI 53094

**1-800-383-8743**[www.bethesdalutherancommunityies.org](http://www.bethesdalutherancommunityies.org)

Campers with developmental disabilities participate in individual and group activities such as Bible studies, sing-along, crafts, nature hikes, and sports. One of the cabins is an accessible tree house.

**Camp Matawa (YMCA)**

N885 Youth Camp Rd  
Campbellsport, WI 53010

**262-626-2149**[www.matawa.org](http://www.matawa.org)

Integrated camp for ages 7-15. Accessible cabins, pool with lift and waterslide. Strives to offer a positive experience for campers of all abilities. Campers with disabilities are welcome to attend any session of camp during the summer.

**Camp Red Leaf (JCYS)**

26710 W Nippersink Rd  
Ingleside, IL 60041

**847-740-5010**[www.jcys.org](http://www.jcys.org)

Summer resident camp for youth and adults with developmental disabilities. Program strives to increase self-esteem, improve social skill, and encourage independence in a natural environment.

**Camp Trek****847-283-0908**[www.glasa.org](http://www.glasa.org)

A partnership between Adaptive Adventures and Great Lakes Adaptive Sports Association, Camp Trek is a week long summer camp for children with physical disabilities. A wide range of indoor and outdoor sports including basketball, cycling, hand-cycling, kayaking, hockey, bocce, softball, tennis, aerobics, and arts & crafts are offered. Activities take place at Independence Grove and Oak Grove Middle School in Libertyville, IL.

**Camp Wawbeek**

Easter Seals Wisconsin  
101 Nob Hill Rd Suite 301  
Madison, WI 53713

**1-800-422-2324****608-277-8288**[www.eastersealswisconsin.com](http://www.eastersealswisconsin.com)

Camp Wawbeek in Wisconsin Dells provides camping experiences for children and adults age 7 and up with physical disabilities, cognitive delay and other disabilities. There is boating, fishing, hiking, swimming, basketball, painting, obstacle courses or try flying through the air on a zipline. There are plenty of activities and everything is wheelchair accessible. Special sessions are available for siblings, age groups, and for children with Aspergers or high functioning Autism.

**Wisconsin Elks and Easter Seals Respite Camp**

**608-277-8288**

A respite camp located in Camp Wawbeek gives parents and caregivers time away from the stresses of caring for a loved one (ages 3 and up) with disabilities.

**Easter Seals Kindcare**

**414-482-0133**

WIL-O-WAY Summer Respite Camp

Wil-O-Way Grant Rec Ctr     or     Wil-O-Way Underwood Rec Ctr  
207 Lake Drive                     10602 Underwood Parkway  
South Milwaukee, WI 53172       Wauwatosa, WI 53226

Summer respite camp located in Milwaukee County for people ages 7 to 60 years old with a disability. Each site accommodates up to 65 campers for the six week session.

Outdoor Adventure Camp

YMCA  
7101 53<sup>rd</sup> Street  
Kenosha, WI 53144

Summer respite camp located in Kenosha County for people ages 7-21 years old with a disability for people who enjoy the outdoors and would like to learn basic skills.

Holler Park Summer Respite Camp

Holler Park Rec Center  
5151 South 6<sup>th</sup> Street  
Milwaukee, WI 53221

Summer respite camp located in Milwaukee for people ages 7-21 years old with or without a disability. Each site accommodates up to 40 campers for a ten week session.

**Bike Camp**

**414-427-9345**

ASSEW-Autism Society of Southeastern WI  
9733 W Martin Rd  
Franklin, WI 53132

[www.assew.org](http://www.assew.org)

Autism Society of Southeastern Wisconsin collaborates with the Down Syndrome Association of Wisconsin to host 2 weeks of bike camps for individuals with disabilities.

**Phantom Lake Camp (YMCA)**  
S110 W30240 YMCA Camp Rd  
Mukwonago, WI 53149

**262-363-4386**

[www.phantomlakeymca.com](http://www.phantomlakeymca.com)

Integrated camp for ages 3-13 and overnight camp for ages 8-15.

**Wisconsin Lions Camp**

**715-677-4969**

3834 County Road A  
Rosholt, WI 54473

[www.wisconsinlionscamp.com](http://www.wisconsinlionscamp.com)

Quality camping experiences free-of-charge to Wisconsin residents with disabilities.

**Wisconsin Badger Camp**

**608-348-9689**

PO BOX 723  
Platteville, WI 53818

[www.badgercamp.org](http://www.badgercamp.org)

In Prairie du Chien for developmentally and multiple disabled individuals aged 3-93. Everyone is accepted regardless of severity of disability. Also offers trips and primitive camping for individuals who want more outdoor adventure.

## **Adaptive Services and Equipment**

**Creative Mobility**

**1-800-711-BIKE (2453)**

2930 Campton Hills Rd  
St. Charles, IL 60175

[www.thebikerack.com](http://www.thebikerack.com)

Offers adaptive equipment, adaptive Bikes, hand powered bikes and wheelchairs.

**Custom Canines Service Dog Academy**

**608-444-9555**

6610 Fielswood Road  
Madison, WI 53718

[www.customcanines.org](http://www.customcanines.org)

**Kiefer Aquatics**

**1-800-323-4071**

Swim gear, aquatic wheelchairs, and pool lifts.

[www.kiefer.com](http://www.kiefer.com)

**OccuPaws Guide Dog Association**

**608-772-3787**

P.O. Box 45857  
Madison, WI 53744

[www.occupaws.org/](http://www.occupaws.org/)





**Paws with a Cause**  
4646 South Division  
Wayland, MI 49348

**1-800-253-7297**  
[www.pawswithacause.org/](http://www.pawswithacause.org/)

**The Standing Company**  
5848 Dixie Highway  
Saginaw, MI 48601

**1-800-782-6346**  
[www.standingcompany.com](http://www.standingcompany.com)

Customized standing wheelchair manufacturer. Manual (rigid or folding), full-power and half-power wheelchairs available.

**WAGS- Wisconsin Academy for Graduate Service Dogs**  
Madison, WI 53703

**608-250-9247**  
[www.wags.net](http://www.wags.net)

Raises and trains service dogs to increase the ability of individuals with disabilities to independently execute functional, daily living skill, increase attendance in daily life events, and improve outlook on life, with the aid and support of a highly trained service dog.