Recreational Directory

Recreational Resources for Children and/or Adults with Disabilities

Revised May 2022
by Lura Jackson, Social Worker, Dakota County
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HOW TO USE THIS DIRECTORY

The following directory is designed to assist families served by the Dakota County Community Living Services Section in learning about various social/recreational options available for individuals with disabilities. Many of the programs listed here are designed specifically for children and/or adults with developmental and sometimes physical disabilities. This does not mean that programs designed for all children are not appropriate or desirable for your child with disabilities.

In the Appendix, there are listings of local Park & Recreation Offices, Community Education and other local organizations designed for all local citizens that provide group activities, classes, or events to explore. Keep in mind that each city or cooperative will usually have an Adaptive Recreation Coordinator to assist and advise you and your children in how to best access their program. Local churches, should you belong, often are a good resource for integrated social activities. Also, you might wish to consult with the Developmental Adaptive Physical Education (DAPE) teacher/Individual Education Plan (IEP) case manager. They may be aware of local recreation programs and could facilitate participation in other after school sports or activities.

This directory is not meant to be an endorsement by Dakota County of the programs or activities contained within. It is simply programming we have been made aware of through contacts with the individuals we serve or through organizational resource directories. Websites have been listed as much as possible. Please visit the listed websites to obtain more specific information.

Attempts to update this directory will be made every other year but is not guaranteed. If you know of or are currently using a resource that you would like to share in this directory or have a correction to the directory, please call Lura Jackson at (651) 554-6403.
CAMPS/SOCIAL REC INFORMATION

Day Camps/Day Respite Programs/Social Skills & Rec Programs
NOTE: Many camps end registration by late February, so call early!

Access Project – District 197 Community Education
Activities for adults with Developmental Disabilities
Phone: 651-403-8313
Website: www.tridistrict.ce.eleyo.com (Adult classes-Access Project)

Autism Society of Minnesota (AuSM) Social Skills Classes
See catalog at Social Skills Classes - AuSM

Bridging Hearts
Provides social connections, both online and in person, for young adults in the Twin Cities area
between the ages of 19-30+ to connect with others with learning disabilities/low average intellectual
disabilities/Autism who are interested in new friendships and fun. Must be able to be dropped off and
left without supervision and demonstrates emotional and behavioral stability.
Website: www.bridginghearts.org

Buddies Programs
Many of the Dakota County Middle and High School special education programs have special needs
kids matched with regular education buddies who participate in after school activities a couple of
times a month.
Ask your special education teacher if a program exists in your student’s school.
Website: Minnesota - Best Buddies International

Camp Avanti – Sensory Integration summer camp
Serves children 6-16 yrs–campers have average or above average IQ, but diagnosed with a sensory
processing dysfunction –O.T.’s staff the camp–day and overnight camps based on age.
Phone: 715-256-7727
Location: Operated by Avanti Therapeutic Projects at YMCA Camp Icaghowan
899 A 115th St., Amery, Wisconsin 54001
Website: www.campavanti.com

Camp Butwin (through the Jewish Community Center of the Greater St. Paul Area)
Serves children with all abilities K-10th grade. A limited number of DD children are integrated into
the group. First come, first serve. Membership to the JCC may be required.
Phone: (651)698-0751 (St. Paul JCC); (952)381-3400 (Mpls. JCC); (651)423-1485 (summer camp
number at Butwin)
Location: 945 Butwin Road, Eagan, MN 55123
Website: www.campbutwin.org/
**District #196 Community Education/Dakota United Hawks Camp**
ASD sports camp, CI Sports Camp and PI Sports camp for Dakota Hawks – grades 5-12.
**Location:** Hope Fieldhouse Rosemount, MN – coached by Brett Kosidowski – Dakota United Hawks coach
**Website:** Dakota United Hawks Camp (grades 5-12, alumni welcome) - District 196 Community Education (eleyo.com)

**Camp E.X.I.T.E.**
Day camp specifically for middle school girls, 6th – 9th grade, with disabilities to empower them in the fields of math, science, and engineering; this camp is offered for free
**Phone:** (952)838-9000
**Location:** Pacer Center – Bloomington
**Website:** www.pacer.org/stc/exite/camp.asp

**Fun Times – PACER**
Program designed to help teenagers and young adults (13-21) with and without disabilities connect with one another outside of school for social events. Typically have quarterly activities.
**Phone:** (952)838-9000
**Location:** Varies depending on activity
**Website:** https://www.pacer.org/students/fun-times.asp

**GiGi’s Playhouse Twin Cities**
Provides free programs that are educational, recreational, social, and therapeutic to individuals primarily with Down Syndrome Birth through Adulthood.
**Phone:** 952-926-3660
**Location:** 4740 Park Glen Road, St. Louis Park, MN 55416
**Website:** www.gigisplayhouse.org/twincities/

**Grace Church Special Needs Programs (Barnabas)**
Special needs weekly programs offered at Chaska and Eden Prairie Church locations. Also offer occasional respite nights for community members with special needs children.
**Phone:** 952-224-3177
**Website:** https://grace.church/special-needs/

**Hastings Community Education CLUB program**
Bi-monthly activities for 14+ with Disabilities
**Phone:** 651-480-7689 – Tilden Community Center – Laurie Thrush coordinator
**Website:** https://hastingscommunityed.com/adults/

**Highland Friendship Club**
The Highland Friendship Club is an organization serving individuals with disabilities with a range of opportunities to develop lifelong skills, friendships, and connections within a community through scheduled activities for ages Teens and young adults – 14+.
**Phone:** (651)698-4096
**Location:** Mailing address: P. O. Box 16437, St. Paul, MN 55116 (varies by activity)
**Website:** www.highlandfriendshipclub.org
Meet-up.com – [www.meetup.com](http://www.meetup.com)

Meetup is a web-based social platform for finding and building local communities – use to meet new people, learn new things, find support, get out of their comfort zones, and pursue their passions with like-minded people who share interests.

**Mount Olivet Rolling Acres**

Summer day camp for youth (9:00am-3:30pm) on the Autism Spectrum ages 9-16 years. Designed for children/teens that need an alternative to more traditional summer day camp programs including those with significant behavior challenges.

- **Phone:** (952)401-4872
- **Location:** MORA campus on Schutz Lake, Victoria, MN
- **Website:** [www.mtolivetrollingacres.org](http://www.mtolivetrollingacres.org)

**Pathways to Community (PTC)**

Service provider (typically under waivers) that provides clubhouse activities including cooking classes, exercise, crafts/games, movies, etc. as well as respite services in afternoon/evening and weekends as well as summer camp respite programs (1:4 staffing ratio). Primarily provided to adults and older teens.

- **Phone:** 651-641-4009
- **Location:** 475 Cleveland Ave N, Suite 100, St. Paul, MN 55104
- **Website:** [https://pathwaystocommunity.com/family-services/](https://pathwaystocommunity.com/family-services/)

**Reach for Resources**

Offers a variety of adaptive recreation programs to meet the needs of people with developmental disabilities. Mostly residents of Brooklyn Center, Brooklyn Park, Chanhassen, Golden Valley, Maple Grove, Plymouth and St. Louis Park. If from other cities, pay the non-resident fee.

- **Phone:** 952-200-3030
- **Location:** 5900 Green Oak Drive, Suite 303, Minnetonka, MN 55343
- **Website:** [www.reachforresources.org](http://www.reachforresources.org)

**River Valley Project Explore**


- **Phone:** (651)423-7931
- **Location:** Varies depending on activity – main office location is 15180 Canada Ave., Rosemount, MN 55068
- **Website:** [www.district196.org/projectexplore](http://www.district196.org/projectexplore)
- **Ages Served:** 18+ typically – some activities appropriate for older high school

**ShareBuddies**

Offer free online interactive social skills sessions to students facing social challenges grouping participants based on their current communication and social abilities

- **Website:** [Sharebuddies](http://Sharebuddies)

**Snapology**

STEM-Focused classes – offer social skills connection and adaptive play connection for children with disabilities

- **Phone:** 612-440-7627
- **Location:** 2649 Lyndale Ave. So, Mpls, MN also a location in Plymouth
- **Website:** [Snapology of Minneapolis | Kids LEGO & Robotics Summer Camps & Parties](http://Snapology of Minneapolis | Kids LEGO & Robotics Summer Camps & Parties)
St. David’s Center Adventure Program and Destination Anywhere Program

Adventure Program: Community based therapeutic recreation program for teens and young adults with special needs, ages 11 and up. Through summer programming, participants engage in a variety of “adventures” that allow them to experience new activities in their community in a safe and therapeutic setting. Usually filled by individuals in West Metro.

Destination Anywhere Program: Therapeutic Recreation program for ages 18 and up with developmental disabilities that meets twice a month from 10am-10pm on Saturday.

Phone: 952-939-0396
Location: Varied throughout West Metro such as St. Louis Park, Brooklyn Park, Minnetonka, Mpls.
Website: https://www.stdavidscenter.org/tr/

Summer Academy @ Academy of Whole Learning

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

Phone: 952-737-6900
Location: 3500 Williston Road, Minnetonka, MN 55345
Website: https://www.academyofwholelearning.org/bridgethegap/

The Tap

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

Location: Throughout the metro/facebook/online – 510 3rd Ave. So, #104, South St. Paul, MN
Website: http://yourtap.org

Trinity Church

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

Phone: 952-435-5548
Location: Trinity Church – 10658 210th St. W., Lakeville, MN 55044
Website: https://trinitychurchmn.com/community/kids/

Wahode Day Camps (Autism Society of MN) – still on hold for 2022 – hope to resume 2023

Day camps for individuals with autism ages 6-12 years old. Staffing 1:2. First come, first serve.

Location: Camp Butwin - 945 Butwin Rd, Eagan, MN 55123
Website: Wahode Day Camp - AuSM

West Metro Learning Connections

Year round –Social skills therapy/therapeutic recreation activities for children, teens and young adults with ASD to develop social understanding and social skills. Summer – Camp Connections Day Camp for ages 4+

Phone: (952)474-0227
Location: 355 2nd Street, Excelsior, MN 55331
Website: www.wmlc.biz
YMCA Day Camps
Summer youth programs offered for full day summer enrichment for kids 4-14. Overnight camps for ages 7-17. These programs do not offer special programs for children with intellectual disabilities. Yet a number of children with I/DD do participate and it can be a good integrated experience if supervision offered meets your child’s needs.
Location: Various
Website: www.ymcatwincities.org/camps/

Young Life Capernaum
Non-profit, non-denominational Christian ministry founded in 1941 for ages 14-21.
Website: www.younglife.org – local website http://mnvalley.younglife.org
Clubs locally in Burnsville, Lakeville, Rosemount, Farmington

Overnight Camps for Children with Autism

Camp Avanti Sensory Integration overnight camp
See camp Avanti information under day camps for location and website
Website: http://campavanti.com/programs.html

Camp Hand in Hand/Camp Discovery (Sponsored by the Autism Society of Minnesota)
Designed for campers with autism who need more intensive 1:1 supervision. Must be a member of the Autism Society to participate. Campers selected on a lottery basis – Registration is in February
Phone: (651)647-1083
Location: Camp Knutson, 1148 Manhattan Pt. Blvd, Cross Lake, MN 56442
Camp Courage South, 8046 83rd St. N.W., Maple Lake, MN 55358
Website: AuSM

Minnesota Independence College and Community (MICC)
Offer a week long summer program for autistic and neurodiverse young adults (16-23). Normally an overnight program, but due to COVID 19 currently only offering a daytime program.
Phone: 612-869-4008
Location: 7501 Logan Ave. So., Ste 2A, Richfield, MN 55423
Website: micc_summer_program_2022.pdf (miccommunity.org)

*See True Friends for specific Autism camps offerings

Overnight Camp for Children with Epilepsy

Camp Ozawizeniba (Camp Oz)
For persons with epilepsy. Must be able to complete own independent living skills, follow directions and attend in an activity for up to 2 hours. RN’s on staff 24 hours and able to accommodate Ketogenic diet.
Phone: (651)287-2300 or (800)779-0777
Location: YMCA Camp St. Croix, 532 County Road F, Hudson, WI 54016
Website: https://www.epilepsyfoundationmn.org/programs/youth/camp/
Ages Served: 9 to 17 years overnight; 8-12 years day camp
Overnight Camp for Children with Speech and Hearing Issues

Camp Sertoma
One week camp experience where deaf and hard of hearing children come and meet people just like them. Counselors are Deaf or Hard of Hearing themselves. Staffing ratio 1:5.

Phone: (218)828-2344
Location: 1620 Mary Fawcett Memorial Drive, Brainerd, MN 56401
Website: www.campsertoma.com

Overnight Camps for Individuals with Mental Health/Emotional/Behavioral Disorder

Camp of Champs
Focuses on providing training and curriculum to youth with special needs and mental health Disorders such as Depression, Anxiety, FAS, ADHD, etc. High and low ropes Challenge Course, sports, swim, kayak, social connections and more. Ages 11-19

Phone: (218)760-8442
Location: 13218 County Road 40, Park Rapids, MN 56470
Website: Camp of Champs | Special Needs Camp in Park Rapids, Minnesota (campofchampsmn.com)

General Overnight Camps for Children/Adults with Developmental Disabilities

True Friends(formerly Camp Courage, Friendship, and Edenwood)
Children and adults with all levels of Developmental Disabilities and support needs. Year round respite weekend options also. Several focus camps to select from.

Phone: (952)852-0101 or 1-800-450-8376
Locations (five sites):
Camp Friendship, 10509 108th Street Northwest, Annandale, MN 55302
Camp Edenwood, 6350 Indian Chief Road, Eden Prairie, MN 55346
Camp Courage, 8046 83rd St. NW, Maple Lake, MN 55358
Camp Courage North, 37569 Courage North Drive, Lake George, MN 56458
There is also the Ventures travel program for adults.
Website: www.truefriends.org
Ages Served: 5+ years

Camp Knutson
Location of the AuSM camps (mentioned previously) and Down Syndrome Association camp – referred through these associations only. Handicapped accessible.

Phone: (218)543-4232
Location: 11148 Manhattan Pt. Blvd, Cross Lake, MN 56442 (north of Brainerd)
Website: https://www.lssmn.org/services/camps-retreats-events

Confidence Learning Center
Year round camp location available to people with disabilities. Confidence Learning Center is different as our Campers come to Confidence Learning Center WITH their primary care provider. We provide the location and activities – you supply the staff.

Phone: 218-828-2344
Location: 1620 Mary Fawcett Memorial Drive West, East Gull Lake, MN 56401
Website: https://www.campconfidence.com/
Camp Omega
Christian based adult camp for individuals with disabilities.
Website: Camp for People with Developmental Disabilities | Camp Omega - Waterville MN

Minnesota United Methodist Camping Ministry
Hired a special integration counselor to provide extra supports to accommodate the needs of people with specific types of disabilities. No extra cost to campers – three camps available:
**Koronis Ministries** – Paynesville, MN – children through adults – 855-622-1973
**Northern Pines Camp** – Park Rapids, MN – children through adults – 855-622-1973
Website: http://www.campminnesota.org/campswithoutbarriers

PATHFINDERS Camp at Inspiration Point
Christian camp experience in a resort like setting to adult guests with special needs 18+.
Phone: 218-338-5379
Location: 16157 Co. Hwy 65, Vining, MN 56588
Website: Pathfinders | Inspiration Point (ipoint.org)

Minnesota website: Best Minnesota Special Needs Camps:

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**PROGRAMS FOR THE ARTS/MOVEMENT/PHYSICAL HEALTH**

Alliance Music Therapy
Individual and group music therapy services for all ages. Services can be in-home.
Phone: 612-584-0919
Website: www.alliancemusictherapy.com

Ambition Taekwondo
Member of the Adaptive Martial Arts Association. Adaptive Martial Arts training for students with physical or cognitive challenges. Monthly fee – attend as often as you want. Family classes.
Location: 200 River Ridge Circle North, Burnsville, MN 55337
Phone: 651-600-3285
Website: https://ambitiontkd.com/classes/Adaptive-Martial-Arts
ArtShop
Lessons offer practical approaches to facilitate art exploration for children and adults with disabilities.
Phone: 612-251-0718
Location: 1817 Ford Parkway, St. Paul, MN 55116
Website: www.artshoptherapy.com

Ballet Beyond Barriers (provided through Ballet Royale Minnesota)
Adaptive dance program for children of all abilities and needs.
Phone: 952-898-3163
Location: 16368 Kenrick Ave., Lakeville, MN 55044
Website: Ballet Beyond Barriers — Ballet Royale Minnesota (balletroyalemn.org)

Darby’s Dancers at the Woodbury Dance Center
Non-profit organization that provides specialized classes for dancers with special needs. Each dancer is paired with a volunteer coach. There is no charge to dancer/families for the weekly classes. Annual membership with the national organization only. Also available at the Premiere Dance Academy in Prior Lake – 4616 Colorado Street SE – 952-447-5788
Website: https://woodburydance.com/darbys-dancers/

Circus Juventas-Wings Program and Out of the Chair Program(all ages)
Circus arts program for youth and adults with disabilities
Phone: 651-699-8229
Location: 1270 Montreal Ave., St. Paul, MN 55116
Website: http://circusjuventas.org/community-partnerships/

Crowley’s Gymnastics Center
Offers Special Friends class – ages 3-18 focusing on gross motor skills, agility, social skills, etc.
Phone: 651-738-8796
Location: 1310 Gentry Ave. N., Oakdale, MN 55128
Website: Our Gym | crowleysgymnastics

Eagan Art House
Workshops and special events year round. All forms of art. Adaptive art classes for children can potentially be accommodated.
Phone: (651)675-5521
Location: 3981 Lexington Ave. South, Eagan, MN (Patrick Eagan Park)
Website: www.eaganarthouse.org
Ages Served: Preschool to adults

Elite Gymnastics
Provide adaptive recreational (non-competitive) gymnastics. 1:1 classes, open gym, etc. for Individuals of all ages and abilities. Specific adaptive classes for 18 months-Age 5
Phone: 952-882-9012
Location: 12500 Chownen Ave So, Ste #100, Burnsville, MN 55337
Website: www.elite-gymnastics.com

Farmington Gymnastics Cheer
Provide adaptive classes for children with special needs both physically and mentally.
Phone: 651-460-2050
Location: 315 Elm St., Farmington, MN 55024
Website: Farmington Gymnastics & Cheer - Gymnastics, Cheer (fgcgym.com)
Interact Center for the Visual and Performing Arts
Only visual and performing arts organization for artists with disabilities nationally and internationally. Best for older teens and adults. Visitors need to bring own supports.
Phone: (612)209-3575
Location: 1860 Minnehaha Ave. W, St. Paul, MN 55104
Website: www.interactcenter.org

In the Company of Kids Creative Arts Center
Offer adaptive dance, art and theatre classes/activities - for ages 3-8 along with a parent, pca or caregiver. Been on hold due to COVID 19.
Phone: (952)220-1676
Location: classes primarily held in Minnetonka and Richfield area, but possibly willing to go to other locations if venue allows/offers
Website: www.cokartscenter.com

Jan’s School of Dance
Offer competitive and non-competitive dance classes. Offer class Dance is for Everyone – it is a dance class for Special Needs Kids that brings the joy of dance to all ages and mobility levels.
Phone: 651-437-1584
Location: 2610 Industrial Court, Hastings, MN 55033
Website: www.jansschoolofdance.com

JK Martial Arts
Specialize in teaching karate to children and adults with ADD/ADHD, Autism and Learning Disabilities.
Phone: 612-703-3348
Location: 2125 Tower Drive, Woodbury, MN 55125. Also site in Robbinsdale
Website: www.jk-martial-arts.com

Lions United Fitness
A gym dedicated to provide professional health, fitness and sport-specific training in a state-of-the-art facility at little or no cost to people with disabilities or their families as well as be available to people without disabilities. Low monthly membership cost with personal training sessions available for purchase.
Phone: (651)348-7278
Location: 2535 Pilot Knob Road, Suite 126, Mendota Heights, MN 55120
Website: https://lionsunitedfitness.com

Living Spirit Therapy Services
Music therapy/adapted music lessons – throughout metro area-Melissa Spiess
Phone: 651-363-3936
Website: Music Therapy - Living Spirit Therapy Services

MacPhail Center for Music Therapy
An art center which provides community music classes, music therapy, private lessons on all instruments. MacPhail Center will provide assistants to help with inclusion.
Phone: (612)321-0100 for all locations
Location: 14750 Cedar Ave. Suite 102, Apple Valley, MN 55124 (main Minneapolis-other sites online, Chanhassen, Austin and White Bear Lake)
Website: www.macphail.org
Ages Served: 6 weeks +
Millennium Center for Performing Arts
Creative adult day center for seniors and adults with special abilities.
Phone: 651-452-0811
Location: 1708 Meadow View Road, Eagan, MN 55121
Website: www.mcparts.org

Mini-Hops Gymnastics/Adaptive Dance/Adaptive Karate
Offer programming for everyone as well as specific adaptive classes
Phone: 952-933-2452
Location: 2600 Campus Drive, Plymouth, MN 55441
Website: https://www.mini-hops.com/programming/adaptive/

Musical Safari
Music therapy – contracts to provide group music therapy in daycares, preschools, day programs, Community Education, Senior Centers, etc.
Phone: (952)953-3944, Jennifer Ackland
Email: bjackland@frontiernet.net

Music For Healing LLC
Cathleen Gempeler has had a successful music therapy career with over 27 years of experience.
Phone: 952-567-9117
Location: 4011 Highway 13 West, Savage, MN 55378
Website: www.cathleengempeler.com

Nick Boyer – Fitness/Personal Training and Nutrition Support
Nick specializes in fitness and nutrition support for adolescents and adults with disabilities and special needs including but not limited to Autism, Cerebral Palsy and Down Syndrome – 60 minute sessions – Nick brings the equipment needed
Phone: 651-246-0259 – nickboyerfitness@gmail.com

1st Northern Elite Adaptive Cheer Team
Adaptive cheerleading training and competition for both boys and girls. Small classes (one staff or volunteer to three students). Parents and/or PCA’s are welcome.
Location: 2090 West 98th St., Bloomington, MN 55431
Website: www.necheer.com
Ages Served: 10+

Northern Starz Center for the Performing Arts (part of the Penguin Project)
Provide innovative and diverse quality performing arts education.
Phone: 612-326-6158
Location: 5300 Alpine Dr NW, Ramsey, MN 55303
Website: Home (northernstarz.org)Children's Theatre in Ramsey, MN

Note-able Music Therapy
Individual and adaptive music therapy – Ericha Rupp
Phone: (507)581-2957
Location: clinic space 17645 Juniper Path, Ste 205, Lakeville, MN 55044
Website: http://noteablemusictherapy.com/services/

Special Delivery Singers
Choir of disabled adults who perform around the area. No major contact listed but they do have a Facebook page and events are organized through Gayle Lea has been on hold during COVID 19
Stages Theatre CAST Program (Creative Accepting Sensory-Friendly Theatre)
For any student ages 7-17 who has been diagnosed with ASD to build confidence, awareness and perception through the context and practice of theatre.
**Location:** 1111 Mainstreet, Hopkins, MN 55343
**Phone:** 952-979-1123
**Website:** [https://www.stagestheatre.org/education/cast-program/](https://www.stagestheatre.org/education/cast-program/)

Studio 4 Dance
Offers adaptive dance classes for children ages 5 to 21 (also have regular competitive and non-competitive dance as well as tumbling classes. All classrooms are wheelchair accessible.
**Phone:** 952-736-5472
**Location:** 12264 Nicollet Ave., Burnsville, MN 55337
**Website:** [http://studio4dancers.com/adaptive.html](http://studio4dancers.com/adaptive.html)

Toneworks Music Therapy
Offers music therapy, adaptive instrument lessons of all abilities in the Twin Cities area. Provided in-home or at clinic in Edina
**Location:** 5666 Lincoln Drive, Ste 280, Edina, MN 55436
**Website:** [www.toneworksmusictherapy.com](http://www.toneworksmusictherapy.com)

Twin Cities Music Therapy Services
Individual or group music therapy sessions at center in Mpls or in the home.
**Location:** 3754 Pleasant Ave. So, Ste #227W, Mpls, MN 55409
**Website:** [www.TwinCitiesMusicTherapyServices.com](http://www.TwinCitiesMusicTherapyServices.com)

Twin Cities Trapeze Center
Offers Trapeze Lessons to all ages and abilities. Welcomes everyone from beginners to Professional students. Mission is to provide a safe and fun environment for children 6 to Seniors learn and practice Trapeze skills. Must be able to hold your own weight while hanging from a bar.
**Phone:** 651-262-9477
**Location:** 719 E. Minnehaha Ave, St. Paul, MN 55106
**Website:** [www.twincitiestrapeze.com](http://www.twincitiestrapeze.com)

Twin City Twisters Gymnastics – SONIC – Special Needs Program
**Location:** 10351 Xylon Ave. No., Ste 140, Brooklyn Park, MN 55445
**Website:** [SONIC - Special Needs Program (twincitytwisters.com)](http://SONIC - Special Needs Program (twincitytwisters.com))

Upstream Arts, Inc.
Individuals of all abilities create together in a cooperative environment while learning lessons that apply to communication and social interaction. Family members, aides and care providers are welcome to participate in programs at no additional cost. Usually provide in group settings.
**Phone:** (612)331-4584
**Location:** 3501 Chicago Ave. South, Minneapolis, MN 55407
**Website:** [www.upstreamarts.com](http://www.upstreamarts.com)

Uniquely Abled Dance (Raddatz Dance Studios)
Provides instruction in variety of styles. Volunteer program designed to encourage dance among disabled population. Child should come with 1:1 supervision.
**Phone:** (651)274-4718 W. St. Paul or 952-891-1080 for Eagan
**Location:** 120 E. Butler Ave., West St. Paul, MN/1654 Diffley Road, Suite 102, Eagan, MN 55122
**Website:** [www.raddatzdance.com/](http://www.raddatzdance.com/)
V.S.A. (Vision Strength Access) MN
An organization which works to ensure accessibility for persons of all ages with disabilities. Not a direct service – will assist you in accessing arts programs and accommodating existing programs to offer access to individuals with disabilities. No charge for the service.
Phone: (612)332-3888
Location: 528 Hennepin Ave., Suite 305, Minneapolis, MN 55403
Website: www.vsamn.org
Ages Served: All ages.

Young Dance-Transforming Lives Through Movement
Inclusive dance community.
Phone: 612-423-3064
Location: Fairview Business Center, 655 Fairview Ave. N., St. Paul, MN 55104
Website: Class Information - Young Dance

ADAPTED/RECREATIONAL SPORTS

Accessible Outdoor Playground Spaces near the Twin Cities

Colvill Park with Universal Playground and wheelchair-accessible discovery garden
Location: 515 Nymphara Lane, Red Wing, MN 55066

Gideon Pond Elementary Playground
Location: 613 E. 130th St., Burnsville, MN 55337

Hyland Play Area
Location: 10145 Bush Lake Road, Bloomington, MN 55438
Website: https://www.threeriversparks.org/parks/hyland-lake-park/hyland-play-area.aspx

Kings Park/Miracle League Playground
Location: 18350 Dodd Blvd, Lakeville, MN 55044

Madison’s Place Playground with splash pad
Location: 4125 Radio Drive, Woodbury, MN 55129

Thompson Lake Park
Location: 360 Butler Ave. E., West St. Paul, MN 55118

Woodridge Park
Location: 9000 90th St. So, Cottage Grove, MN 55016
Adaptive Recreation and Learning Exchange
Cities and school districts of Edina, Eden Prairie, Bloomington and Richfield work together to provide recreation and education for people with disabilities. Variety of activities for youth, teen and adults.
Phone: (952)563-8877 – Bloomington – https://www.bloomingtonmn.gov/pr/adaptive-programming-and-inclusion-services
(612)861-9361 – Richfield – www.cityofrichfield.org/arle
(952)949-8456 – Eden Prairie – Parks and Recreation Programs | City of Eden Prairie
Do not need to be a resident for activities but may be charged non-resident fee. Fees vary by activity. Supports vary by classes. PCA’s are welcome at no additional charge.

Allina Health adaptive Sports and Recreation(Courage Center)
The Courage Center of Golden Valley offers a variety of adapted recreational sports mostly in the North metro region.
Phone: (612)775-2277
Website: www.allinahealth.org (put adaptive sports and recreation in search engine)
Discover Abilities Resource Guide | Courage Kenny Rehabilitation (allinahealth.org)
Ages Served: varies by activity – children-adults

Adapted and Accessible Recreational Sports

Dakota County Adult Softball League (Organized by KOTA Connections)
KOTA supports teams in the league (depending on the year and interest). Teams are mainly residents from community homes. There are individuals living with their family that participate also. Parents would need to provide transportation and support as needed. Age 16 years and older.
Phone: (952)469-1555
Location: Games are played at Aronson Park in Lakeville.
Website: Home | Kota Connections | Lakeville MN | 952.469.1555

Hyland Hills Adapted Ski Program-Bloomington
Website: SnowSports Academy | Three Rivers Park District (threeriversparks.org)

“Let Me Play” and Dare to Dream Grants Grants for Girls
Provides grants for Minnesota girls(K-12th grade) to be used for participation fees for sports or arts activities. Applications open 2/1 and due April 1 for Spring and open 8/1 and due October 1 for Fall.
Phone: (612)338-5752 x191 – 2356 University Ave. W, Ste 404, St. Paul, MN 55114
Website: www.annbancroftfoundation.org

Minnesota Association for Adaptive Athletics
Alternative sports competition through the State High School League. One division is available for individuals with cognitive delays and one division for individuals with physical disabilities. Coaches are typically adapted physical education teachers and have assistant coaches to help with students. Students are considered to be participating in a varsity sport and may obtain a letter and letter jacket for their sport. Sports offered include bowling(some areas), softball, soccer, and floor(poly) hockey. Games are with other teams throughout the metro area.
Phone: Discuss local team information with your school’s athletic director.
Location: Most school districts participate with a combination of districts.
Website: www.mshsl.org
Ages Served: 7th to 12th graders

Minnesota Hockey Association & Minnesota Sled Hockey Association
Minnesota Hockey Association sponsors teams for Non-contact adaptive hockey. Teams currently available through Woodbury, Burnsville and Lakeville locally.
PCA and family welcome. Contact President Jane Cashin for overall questions and specific coaches for local teams. 612-581-4483
Minnesota Sled Hockey Association sponsors teams for individuals with physical disabilities and utilize an adapted sled. Program is open to players aged 5 and above with physical and/or cognitive disabilities. There are two teams in Minnesota one for a younger age group and an adult age group.
Websites: www.mnspecialhockey.org and www.mnsledhockey.org

Move United
Nationwide network offering opportunities for individuals with disabilities to participate in sports.
Website: Move United (moveunitedsport.org)

Padraig's Place
Adaptive ski and snowboard lessons to children with physical and cognitive disabilities.
Phone: 612-889-7001 – Brian Foley
Location: Buck Hill, Burnsville, MN
Website: www.padraigsplace.org

Shockwaves Adaptive Ski Squad
Offer summer clinics to experience the joy of waterskiing - Shakopee
Website: https://www.enablingsmiles.com/

South Metro Miracle League for Adapted Baseball
Players are provided with “buddies” to assist with hitting and fielding. Designed for children with physical and/or developmental disabilities to participate in team baseball through help with volunteers. Contact South Metro Miracle League Operations Coordinator
Phone: (952)486-2982
Location: Lakeville, MN
Website: www.miracleleague.com and www.lakevillebaseball.org
Ages Served: 3 and over

TOP Soccer
Community-based soccer program to meet the needs of children ages 8 and older with physical and/or mental disabilities. Athletes are placed on teams according to ability, not by age.
Phone: (612)770-5175 – Jeff Mueller
Website: TOPSoccer (mnyouthsoccer.org)

Winter Special Adventures
Once a year event typically offered in February for children and adults (any age or disability) to experience the joy of snowmobiling/UTV riding. Typically held in the Farmington area.
Website: http://winteradventures.org/
SPECIAL OLYMPICS

The State Special Olympics website is www.specialolympicsminnesota.org and Dakota County is in Area 12. Special Olympics is for ages 8 years and older. If your local area does not offer a particular sport, you are welcome to join other teams in the surrounding areas.

Special Olympics also offers a Young Athletes program for children ages 2-7 years old with and without intellectual disabilities in the community and through the schools. Check the website for upcoming events.

Main Contact: 900 2nd Ave. So, Ste 300, Minneapolis, MN 55402 – 612-333-0999

Dakota County has the following Special Olympic teams:

RAVE
Generally participants are from Rosemount, Apple Valley and Eagan
Phone: (952)432-7672
Website: www.theravesp.com

Burnsville Blast
Generally participants are from Burnsville, Savage, Lakeville, but can live anywhere and join team of your choice.
Email: Anitagroen1@gmail.com

District 197 Community Education
Email: Jonathan.gerster@isd197.org

Farmington Tigers
Generally participants are from Farmington.
Email: ftigerpaws12@gmail.com

Hastings Sharks
Generally participants are from Hastings and the surrounding area
Email: seiben7.kennedy@comcast.net

Project Explore
Email: patricia.vance@district196.org

South Region Stars
Generally participants are from Inver Grove Heights, Mendota Heights, W. St. Paul, So. St. Paul and parts of Eagan. Current sports include alpine sports, poly floor hockey, aquatics, basketball, track and field, bowling, unified flag football and coming soon, bocce ball and softball.
Phone: (952)953-2312 – Marcie Padgett – mpadgett@ci.apple-valley.mn.us
Website: www.southregionstars.com

Special Olympics-Minnesota-Unified Champion Schools
Special Olympics Unified Champion Schools is aimed at empowering a generation of student leaders to change their school culture to be more inclusive. The model offers activities that equip students with tools and training to create teams, classrooms and entire schools of acceptance. Unified Champion Schools are schools where students with disabilities feel welcome and are meaningfully included in all school activities, opportunities and functions. Unified Champion Schools - Special Olympics Minnesota
HORSEBACK RIDING

Minnesota Horse Council – MN Programs for Riders with Disabilities
Website: Therapeutic Riding Programs (mnhorsecouncil.org)

Courage Riders
Therapeutic horseback riding. Must be physically disabled or have sensory integration issues. Assessment completed at beginning of first application to determine appropriate class and level of assistance needed. For ages 5-21. Maximum weight 180 pounds. Serves the metropolitan area.
Phone: (651)241-3337
Location: Washington County Fairground, Highway 5 & Manning Ave. North, Lake Elmo, MN 55042
Website: www.allinahealth.org/Horseback-riding/

Haven Acres
Faith based healing horse program. The design pairs one at risk child, ages 9-17, with a mentor and a horse that work together, free of charge, each week for a 90 minute session. The child will help do chores around the farm – occasionally includes bible study – now have mentors who are ASL fluent.
Phone: 651-460-6929
Location: 2820 245th St. E., Hampton, MN 55031
Website: www.havenacresmn.org/

Hold Your Horses
Year round with heated indoor facilities.
Phone: 763-498-0007
Location: 5265 Woodland Trail, Greenfield, MN 55357
Website: Home - Hold Your Horses

Hoofbeats and Heartbeats, Inc.
Equestrian learning center dedicated to providing therapeutic riding and horse care to individuals with emotional and physical disabilities, elderly and youth.
Phone: (763)441-2274
Location: 12301 95th Street NE, Elk River, MN 55330-7422
Website: http://www.hoofbeatsheartbeats.com/index.htm

Majestic Hills Ranch
Provides therapeutic recreational horseback riding for those 4+ years of age with emotional, developmental disabilities, and physical handicaps. Available May – October.
Phone: (952)426-5688(cell)
Location: 24580 Dakota Ave., Lakeville, MN 55044 (250th & Dakota Ave.)
Website: www.majesticillsranch.org
RideAbility
Family focused therapeutic and recreational equine related activities for persons with disabilities, their siblings and peers. Volunteer intensive organization supports.
Phone: Jeanie: (507)356-8154
Location: 10038 County Road 5 NW, Pine Island, MN 55963 (North of Rochester)
Website: www.rideability.org

RiverValley Riders
Provides therapeutic recreational horseback riding to children with developmental disabilities. 2019 lesson times are full. Ages 4 and older.
Website: www.rivervalleyriders.org

Stable Pathways
Therapeutic horse activities for people with physical and cognitive challenges.
Phone: 952-222-8106
Location: Mailing address PO Box 436, Cedar, MN 55011. Riding occurs in Oak Grove.
Website: https://stablepathways.org/contact-us/

St. Croix Trail Blazers
Therapeutic horseback riding year round. Minimum age 8 years.
Phone: 651-230-2581
Location: 6659 Jasmine Court North, Stillwater, MN
Website: www.stcroixtrailblazers.org

This Old Horse/Wishbone Ranch
Retired horse sanctuary-nonprofit. Have had some families volunteer to help care for the horses.
Phone: 651-437-1889
Location: 19025 Coates Blvd, Hastings, MN 55033
Website: www.thisoldhorse.org

True Strides Therapeutic Horseback Riding – part of True Friends organization
Year round therapeutic Riding Program. Initial Consult is free.
Phone: 952-852-0126
Location: Camp Courage in Maple Lake, MN – 8046 83rd St. NW, Maple Lake, MN 55358
Website: Therapy and Adaptive Riding - True Friends

We Can Ride
Therapeutic horseback riding provided for children and adults with developmental disabilities. Accepts all skill levels and can be non-ambulatory. Carriage and driving lessons available.
Phone: (952)934-0057
Location: Mailing PO Box 463, Maple Plain, MN 55359 – locations in Medina and Marine on St. Croix
Website: www.wecanride.org

West Metro Horse Camp
Year round riding. Summer Camp accommodates children with attention disorders, autism, and other special needs – camp runs M-Th. Supports depend on riders needs.
Phone: (763)355-0017
Location: 961 Garrison Ave. NE, Buffalo, MN 55313
Website: www.westmetrohorsecamp.com
SWIMMING

Atlantis Swim Academy
1:1 instruction.
Phone: 952-224-4068
Location: 12500 Chowen Ave. So., Ste 110, Burnsville, MN 55337
Website: www.atlantisswimacademy.com

Swimpossible
Provide private lessons at partner pools in various locations in the Minneapolis metro area, primarily in the West and South suburbs. Provides private lessons based on students individualized needs. Use massage, focused breathing associated with yoga and calming effects of water to help student become comfortable. (WISE in Lakeville and community center in Inver Grove Heights locally)
Phone: 612-708-8733
Website: https://www.swimpossible.org/

Wise Swim School
Swim school is designed for all family members. Offer private/semi-private and Special Needs lessons.
Locations: 5992 149th Street West, Apple Valley, MN 55124
10491 165th St. W., Lakeville, MN 55044 (old Family Swim School location)
1571 Century Point, Eagan, MN 55121
Website: www.wiseswim.com

Other Swimming Resources/Outdoor Recreational Facilities

Many school districts in the County offer adapted swimming lessons through their community Education Programs – some have hydraulic lifts to assist with those with physical disabilities. Refer to the Community Education page that lists websites for their programs.

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

Aquatics Center in Hastings (outdoor)
Phone: (651)480-2385
Location: 901 Maple Street, Hastings, MN 55033
Website: Aquatic Center - Visit Hastings MN

Eagan Cascade Bay (outdoor)
Phone: (651)675-5577
Location: 1360 Civic Center Drive, Eagan, MN 55122
Website: https://www.cityofeagan.com/cascade-bay-waterpark
Family Aquatics Center (outdoor)
  Phone: (952)953-2399
  Location: 14421 Johnny Cake Ridge Road, Apple Valley, MN 55124
  Website: http://www.ci.apple-valley.mn.us/Facilities/Facility/Details/37

The Grove (indoor)
  Phone: (651)450-2500
  Location: 8055 Barbara Ave E., Inver Grove Heights, MN
  Website: http://www.ci.inver-grove-heights.mn.us/97/Aquatic-Center

Webber Natural Swimming Pool: The Webber Natural Swimming Pool mimics the natural cleaning mechanisms of a pond or lake and is not chlorinated. Zero depth entry
  Location: 4330 Webber Parkway, Minneapolis, MN 55412
  Website: https://www.minneapolisparks.org/activities-events/water-activities/webber_natural_swimming_pool/

Some of the local health clubs/fitness centers also have indoor and outdoor recreational facilities – must be a member to access.

Also, visit individual cities Park and Recreation page for a list of outdoor pool facilities for each individual city. Refer to the appendix list of Dakota County Park and Recreation websites.

Swimming adapted equipment resources: Water Sports for Special Needs | FlagHouse

FISHING & HUNTING

Capable Partners-Making the Outdoors Accessible
Capable Partners’ purpose is to provide opportunities for personal growth and independence for physically challenged persons and able-bodied partners through participation in fishing, hunting, and related outdoor activities.
Phone: 612-299-1329
Website: www.capablepartners.org

Fishing Has No Boundaries
Phone: (218)444-3292 (Bemidji) (507) 530-5530 (Cottonwood)
(218)963-3401 (Brainerd/Nisswa) (320) 247-3807 (St. Cloud)
(612)961-4594 (St. Croix Valley, Hudson, WI)
Website: www.fhnbinc.org
Let’s Go Fishing
Free fishing and boating excursions for Seniors (55+), Adults with physical and developmental disabilities, and Military members/veterans and intergenerational youth. See website for chapters.

Phone: 320-403-5550 or 1-888-235-8448
Location: main office – 1025 19th Ave. SW, Willmar, MN 56021
Website: https://lgfws.com/

Free fishing license available to those 16 years and over who are developmentally disabled or 100% disabled veterans. Obtain through the Minnesota Department of Natural Resources. An unlicensed person may assist a disabled angler who has a disability license provided that only the number of lawful lines are in use. Call the info Center at (651)296-6157 or website: https://www.dnr.state.mn.us/regulations/fishing/exemptions.html

Suppliers of adaptive fishing equipment: Fishing - Move United (moveunitedsport.org)

VACATION/TRAVEL

Hammer Travel
   Phone: 952-277-2461
   Location: 1909 E. Wayzata Blvd., Wayzata, MN 55391
   Website: www.hammertravel.org

Search Beyond Adventures/Off the Beaten Path
   Provide all-inclusive escorted vacations for travelers with special needs, ages 17 and up.
   Website: http://www.searchbeyond.com/sb/Enter.aspx

True Friends Travel (formerly Ventures travel)
   Provides vacations for developmentally disabled ambulatory adults.
   Phone: (952)852-0101
   Website: Programs & Services - True Friends

Wilderness Inquiry
   Provides canoe, kayaking, dog sledding, snowshoeing, hiking, backpacking, cross country skiing, horse packing, and rafting inclusive outdoor adventures for families and individuals.
   Phone: (612)676-9400
   Location: mail address – 1611 Co. Rd B W. Ste 3105, St. Paul, MN 55113
   Website: www.wildernessinquiry.org
   Ages Served: All

   Autism on the Seas–works with Royal Caribbean –(not just Autism, but several disabilities)- staff assisted Cruises.
   Website: Home - Autism On The Seas
The National Parks offer a variety of pass options – the Access Pass can be obtained in person, with proper documentation as well as via mail order from USGS. The Access Pass is a free, lifetime pass available to US citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not require 100% disability). It provides access to the pass owner and accompanying passengers in a single, private, non-commercial vehicle at Federal operated recreation sites across the country. The Pass also can provide the pass owner a discount on expanded amenity fees such as camping, swimming, boat launching and guided tours. It can be issued to a person of any age that have been medically determined to have a permanent disability (physical, mental, or sensory impairment) that severely limits one or more major life activities. The pass is free but there is a $10 processing fee.
https://store.usgs.gov/access-pass

The Minnesota Council on Disability has a list of Travel Resources available for individuals with disabilities.
Website: https://www.disability.state.mn.us/information-and-assistance/travel-resources/

Explore Minnesota: Accessible Travel Website - Accessible Travel | Explore Minnesota

Minnesota Department of Natural Resources: Accessible Outdoors website - Accessible outdoors | Minnesota DNR (state.mn.us)

DisabledTravelers – www.disabledtravelers.com
   Comprehensive list of accessible travel specialists including Travel Agents, Tour Operators, Equipment and van rentals, etc.

*The airport provides airport tours for individuals with Autism to help the child prepare for flights. Find out more information through Navigating MSP Program | MSP Airport

LOCAL CIVIC/DISABILITY ORGANIZATIONS

ARC Greater Twin Cities
Have a number of parent, sibling and caregiver networking and support groups and activities as well as trainings on a number of disability related topics throughout the year. Sib-Shops and Sibling Connections programs are designed as support group and recreational resource for brothers and sisters of children with developmental disabilities.
Phone: (952)920-0855
Location: mailings – PO Box 64007, St. Paul, MN 55164
Website: www.arcminnesota.org
Website: Greater Twin Cities Region - The Arc Minnesota

Autism Society of Minnesota (AuSM)
Valuable resource for Autism related supports and activities. Have a summer recreation catalog and year round activities including a Guide to Sensory Friendly Minnesota.
Website: www.ausm.org
Boy Scouts of America  
B.S.A. programs are open to boys and girls 5-21. Scouts with Special Needs programs available  
**Phone:** (763)231-7201 (central switchboard)  
**Location:** Metro area- see website for specific district coverages.  
**Website:** [www.northernstarbsa.org](http://www.northernstarbsa.org)  
**Website:** [Scouts with Special Needs (northernstar.org)](http://northernstar.org)

Dakota County 4-H  
All programs of the Dakota County 4-H are open to all children kindergarten through 12th grade and their families. Do not provide any additional supports to facilitate participation, but all abilities are welcome.  
**Phone:** (651)480-7700  
**Location:** Organized by the Dakota County Extension Office. U of M Extension Dakota County, Suite 101, 4100 220th Street West, Farmington, MN 55024  
**Website:** [https://local.extension.umn.edu/local/dakota/4-h](https://local.extension.umn.edu/local/dakota/4-h)

Girl Scouts of America-River Valleys  
All programs of the Girl Scouts are open to all girls, kindergarten through 12th grade. They strive to add supports as needed and will look at each individual on a case-by-case situation.  
**Phone:** (800)845-0787  
**Location:** Metro area.  
**Website:** [www.girlscoutsv.org](http://www.girlscoutsv.org)

**Disability Hub MN** – free, statewide information and referral resource that provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions. There is no wrong question! 1-866-333-2466 – [https://disabilityhubmn.org/](https://disabilityhubmn.org/)

**OUTDOOR RECREATIONAL EQUIPMENT**

**Adapted Bicycle Resources:** A guide to adaptive Bicycles from AmeriDisability – [Adaptive Bicycles Pave the Way for Riders with Disabilities - The Latest National Disability News](ameridisability.com)  

Another guide from the UK: [Guide to adapted cycles for inclusive cycling | Cycling UK](https://www.adaptivemall.com/specneedtric.html)

**I Can Shine/I Can Bike camp program** – Bike teaching camps – two locations in Minnesota – Shakopee Middle School and Hamline University both hosted by the Down Syndrome Association of MN. - [Hosts - iCan Shine, Inc.](https://www.icanshineinc.org)

**Adaptive Bicycle Trailers** - [HOME | Adaptive Bicycle Trailers](https://www.adaptivemall.com/specneedtric.html)

**Adaptive Mall** - [https://www.adaptivemall.com/specneedtric.html](https://www.adaptivemall.com/specneedtric.html)

**AmTryke** – [www.amtrykestore.org](http://www.amtrykestore.org)

**Blackbird Bikes**  
**Phone:** (612)991-0078 – Side-By-Side Bicycles for Two  
**Location:** 12721 Apple View Lane, Burnsville, MN 55337  
**Website:** [www.blackbirdbikes.com](http://www.blackbirdbikes.com)
Burley Kazoo Tag Along Bike -  Kazoo™ | Burley Design

Fat Wheels-Training wheels designed to fit larger bikes.  www.fatwheels.com

FlagHouse –  www.flaghouse.com

Freedom Concepts USA, LLC -  www.freedomconcepts.com

GB Kids, Inc.
   Phone: (612)250-9799
   Location:  1470 Kingsview Lane N., Plymouth, MN 55447
   Website:   https://gbkids.com/

Go Baby Go
   Founded by Professor Cole Galloway as part of a research project at the University of Delaware.
   Instructions to modify toy cars to give children with mobility disabilities a chance to play with peers.
   PACER has a car available to try out through the Simon Technology Center.  About 3 years ago the Farmington Robotic Club made national news by making a couple of cars for local children.
   Website:   https://sites.udel.edu/gobabygo/

Higley Welding
   Offer wheelchair Rocker Platform, Adult-Senior Large all terrain tricycle and Special Needs 3 Wheel Bicycles and Axle Conversion Kits – out of Rogers, MN – 763-438-0356
   Website:   https://higleywelding.com/buy-shop-all-catagories?olsPage=products

Kazam Co-Pilot Ride Along Bike – available on Amazon.com

Mobility and Access -  Orion Twin Tandem Cycle, Duet Wheelchair Bike combination, Josi stroller and Benecykl stroller(jogger/bike trailer) - Mobility and Access, Inc. | Adaptive Bicycles, Special Needs Strollers | USA (mobilityaccess.com)

My GYM Challenged America
   Provides direct vendor payment for equipment up to $500
   Website:   https://www.challengedamerica.com

Rifton –  www.rifton.com

Strauss Skates & Bicycles
   Phone: 651-770-1344
   Location:  1751 E. Cope Ave., Maplewood, MN
   Website:   www.straussskatesandbicycles.com

Weehoo bicycle trailers –  www.rideweehoo.com

Wheeleez – All Terrain Beach Wheels and conversion kits – Wheeleez, Inc. | Wheeleez™ low-pressure wheels

Wike – large special needs bike Trailer - Wike - The Walk and Bike Company | Special Needs Bike Trailer (wicycle.com)
Other Equipment Resources:

Blue Sky Designs
Develop products with grant/development money for people with and without disabilities. Have designed the Freedom Tent, an accessible tent for people in wheelchairs and movable mounting device for wheelchairs called the Mount’n Mover.
Phone: (612)724-7002 or (888)724-7002
Location: 2637 27th Ave. South, Suite 209, Minneapolis, MN 55406
Website: www.blueskydesigns.us

Creating Ability – adapted kayak designs
Website: Creating Ability – Adaptive Equipment

Disabilitease – Blog that contains guides, tools, tips for people with disabilities. Top 11 wheelchair accessible tents, best beach wheelchairs, adapted golf equipment, etc. – use search tool
Website: Disabilitease – Information and products recommendations for elderly and disabled

Living Spinal – Resources and product vendor for people who live in wheelchairs
Website: About Us (livingspinal.com) – left hand corner click on Shop for viewing of available products

MobilitySports
Sled hockey equipment and other modified sports equipment.
Location: 11212 Ransom Court, Fort Wayne, IN 46845
Website: www.mobilitysports.com

PACER used equipment facebook page/Simon Technology Center Lending Library – people looking for used equipment and selling or giving away used equipment. Search Facebook for the group MN Special Needs Equipment for Sale.
Simon Technology Center Lending Library-over 1700 items available to experiment with and/or check out and trial assistive technology for basic items to more advanced - toys/switches/applications/communication/etc on select days each month – annual membership of $50/year if you want to check out items - https://www.pacer.org/stc/library/

Relax Swing – swing that can be hooked up to regular playground swing for someone with physical disabilities - https://relaxsling.com/

Scandia Kicksled and Scooter
Adapted sled and 4 wheel scooter.
Phone: (507)896-3715
Location: 7155 State 76, Houston, MN 55945
Website: www.scandiakicksled.com

Walk ‘n’ Chair – wheelchair/walker combination - Videos - Walk'n'Chair (walknchair.com)

WhisperGlide
Wheelchair accessible lawn swing and glider.
Phone: (800)944-7737
Location: 10051 Kerry Court, Hugo, MN 55038
Website: www.whisperglide.com
Zot Artz


### ADDITIONAL COMMUNITY RESOURCES

The following are community resources that provide activities that may offer an opportunity for integration for children with disabilities. These resources may or may not be specifically for children with disabilities.

Movie Theatres offering sensory friendly films:
**Alamo for All** – Woodbury - [https://drafthouse.com/program/alamo-for-all](https://drafthouse.com/program/alamo-for-all)

**AMC Theatres**

**Marcus Theatres** – currently none available but check back to website – if more families ask, may offer more opportunities – call 1-800-274-0099x1 – Reel Movies for Real Needs [www.marcustheatres.com/marcus-specials/sensory-specific-films/reel-movies-for-real-needs](http://www.marcustheatres.com/marcus-specials/sensory-specific-films/reel-movies-for-real-needs)

**Bell Museum of Natural History**
Use to offer occasional Sensory-Friendly Saturdays – no updated information since COVID 19. Do offer show monthly with open captioning and ASL interpretation.
**Website:** [Accessibility - Bell Museum (umn.edu)](http://umn.edu)

**The Blast Indoor Playground – Eagan Community Center**
**Location:** 1501 Central Parkway, Eagan, MN 55121
**Phone:** 651-675-5550
**Website:** [The Blast Indoor Playground (cityofeagan.com)](http://cityofeagan.com)

**Caponi Art Park**
Variety of programs throughout the summer free or with a small donation. Mission of the park is to make art accessible for all members of the community.
**Location:** Caponi’s Art Park – 1220 Diffley Road, Eagan, MN
**Website:** [Accessibility - Caponi Art Park](http://umn.edu)
Children’s Theatre Company
The Children’s Theatre Company has paired with AuSM for a series of sensory friendly performances at the Children’s Theatre Company. Social Stories and other resources available at Accessibility | Children’s Theatre Company (childrenstheatre.org) or call 612-874-0400.

Chuck E Cheese (Woodbury location only) – Sensory sensitive Sundays - Sensory Sensitive Sundays for Kids w/ SPD | Chuck E. Cheese (chuckecheese.com)

Como Park/Zoo/Conservatory
sensory friendly activities/resources/classes – early entry options – in collaboration with AuSM
Website: Sensory Friendly Mornings - Advanced Registration Required - Como Zoo Conservatory

Dakota County Libraries
Book clubs, early learning activities and events
Website: Libraries | Dakota County

Dakota County Parks
Visit websites for activities/facilities: Lebanon Hills Park at Schulze Lake has an accessible watercraft launch dock with a wheelchair to craft transfer station and ADA curbing and rails.
Website: Parks & Trails | Dakota County

Dodge Nature Center
Properties are open to public sunup to sundown.
Location: 365 Marie Ave. W., W. St. Paul, MN 55118
Phone: 651-455-4531
Website: Making strides in access | Dodge Nature Center

Farmington Lanes
Summer pass – enjoy up to 4 games per day and shoe rental over the summer for one low price(Around $50 for the whole summer). Have wheelchair ramp availability and ramp for balls
Location: 27 5th Street, Farmington, MN 55024
Website and Phone: 651-463-7811 – www.farmingtonlanes.com

Bowlero Bowl in Lakeville
Offer a summer pass program. Bowling is wheelchair accessible. All summer for one low cost of 40.95 for ages 15 and under. 58.65 for 16 and over. 3 games every day. 179.26 for a bundle pack-2 kid passes and 2 adult passes.
Location: 11129 162nd St. W, Lakeville, MN 55044
Website: https://www.bowlero.com/location/bowlero-lakeville

Goodtimes Park
Year round indoor play environment offering a broad assortment of unstructured family activities, all inclusive price and fully secured – must enter an entrance code to access.
Location: 3265 Northwood Circle, Suite 100, Eagan, MN 55121
Website: www.goodtimespark.com

The Park at Mall of America – number of entertainment venues including Nickelodeon Universe, SEA LIFE Minnesota, Moose Mountain Adventure Golf, Lego Store, Crayola Experience, FlyOver America, BlackLight Mini Golf, movie theatre, escape room, Xscape Arcade, Universe of Light, The Fair on 4 (with ¼ go kart track), 5D Extreme Attraction by Matrix Technology, Amazing Mirror Maze, Build-A-Bear Workshop, M&M’s, Dream Riders, Tactical Urban Combat
Community Education/ECFE (Early Childhood Family Education)
Interesting and fun classes are offered through Community Education programs. The sponsoring district will make every effort to provide reasonable accommodations to meet your child’s needs. Contact your local Community Education Office for a catalog. If you desire, you may be able to attend Community Education classes from other districts. See the appendix for the websites.

InnerActive Playground
Indoor playground open 365 days a year – secure – similar to Good Times park in Eagan, but located in Mounds View - 2240 Wooddale Drive, Mounds View, MN 55112
Website: https://www.inneractiveplayground.com/

Mill City Museum
National historic Landmark built within the ruins of the world’s largest flour mill.
Location: 704 So. 2nd St., Minneapolis, MN 55401
Website: www.mnhs.org/millcity

Minneapolis Institute of Art
Offer social narratives designed for members of the neurodiverse community.
Location: 2400 3rd Ave. So., Minneapolis, MN 55404
Website: www.new.artsmia.org

Minnesota Orchestra
Offer relaxed family concerts as well as Sensory Friendly Concerts during the year.
Location: 1111 Nicollet Mall, Minneapolis, MN 55403
Website: www.minnesotaorchestra.org

Minnesota Streetcar Museum
Welcome neurodiverse riders at all times. They have neurodiverse volunteers, members & guests.
Location: PO Box 16509, Minneapolis, MN 55416-0609
Website: www.trolleyride.org

Minnesota Zoo
The Minnesota Zoo provides educational opportunities for preschoolers, youth, and families. Learn more about the zoo and the animals that call the zoo home. Offer Zoo Access Program – free admission to guests with limited incomes and with an MA card. Teamed with AuSm – sensory guide-
http://mnzoo.org/mnzoo4all-sensory-guide/
Location: 13000 Zoo Blvd., Apple Valley, MN 55124
Phone: (952) 431-9200 or (1-800) 366-7811
Website: www.mnzoo.org
Minnesota Children’s Museum
Children ages 6 months through 10 years and their adult guests can explore with extraordinary hands-on adventures. PCA can accompany eligible child for free.
Phone: (651)225-6000
Location: 10 West 7th Street, St. Paul, MN 55102
Website: www.mcm.org

Accessibility at the museum - Minnesota Children's Museum (mcm.org)

Minnesota Miss Amazing Pageant
Provides opportunities for girls and women with disabilities to build confidence in a supportive Environment during an annual pageant. No entrance fee other than food shelf donations. Been on hold during COVID 19 – currently no events planned in Minnesota
Website: http://mn.missamazing.org/

Minnesota Premier WWII Aircraft Museum
Open to the public Wednesdays and Saturdays from 9:30am – 5pm. Admission is free.
Location: Fleming Field, 310 Airport Rd. Hangar 3, South St. Paul, MN 55075
Website: Commemorative Air Force Minnesota Wing - Home (cafmn.org)

Rockin Jump
Indoor Trampoline Park.
Phone: 651-419-9020
Location: 2015 Silver Bell Road, Suite 195, Eagan, MN 55122
Website: https://rockinjump.com/eagan/

Science Museum
At the science Museum of Minnesota, learners of all ages can discover their changing world through a combination of interactive exhibits, live theater presentations, science demonstrations, and Omni theater films.
Phone: (651)221-9444
Location: 120 West Kellogg Blvd, St. Paul, MN 55102
Website: www.smm.org
Fees: Family memberships are available; add another adult at a reduced rate. Individuals with Medical Assistance, SSI, SSDI, free or reduced meals or Section-8 housing may enter exhibits for a significantly discounted cost. Admission is free for working PCAs when they are visiting with a client.

Schubert Club/Museum
Offer sensory-friendly family concerts designed for all ages – Schubert club is a vibrant music organization that enriches Minnesota with dynamic concerts/recitals, music education programs and music museum exhibits. Located in the St. Paul historic Landmark Center – museum is free
Website: https://schubert.org/event/sensory-friendly-family-concert/

Skateville – 201 South River Ridge Circle, Burnsville, MN 55337 - About Skateville | Skateville
State Parks
Minnesota State Parks offer many fun and relaxing summer activities and facilities to get you close to nature. Some highlights include cross country skiing, camping, hiking, and nature presentations to name just a few. New in 2022 – Off road Track chairs hoping to be available this summer at 4 parks – Camden, Crow Wing, Maplewood and Myre-Big Island - Track Chairs | Minnesota DNR (state.mn.us)
Website: https://www.dnr.state.mn.us/state_parks/index.html
Fees: annual pass discount with Minnesota handicapped license.

Tebow’s Night to Shine
Unforgettable prom night experience, centered on God’s love, for people with special needs ages 14 and older. See website for current host churches in Minnesota.
Website: https://www.timtebowfoundation.org/ministries/night-to-shine

Valleyfair

Walker Art Center
Gallery admission is free on the first Saturday of each month.
Website: www.walkerart.org

Works Museum
Hands on engineering and design museum for kids and their grown-ups. Lots of hands on activities where kids touch, try and build as they explore how things work (legos, robots, kinetics, etc).
Website: https://theworks.org/

There are many other numerous entertainment centers and parks in the metro area – examples include trampoline parks, Aquatic Parks, Themed design parks, rock climbing centers, (for example, Base Camp Inspiring Active Learning at Fort Snelling can adapt all activities for those with disabilities including the indoor climbing wall – basecamp@northernstarbsa.org). For a resource listing a variety of family and child activities available, visit the following websites: www.minnesotaparent.com/directory

https://www.minnemamaadventures.com/directory/

Family Fun | Explore Minnesota

FaceBook Groups: Numerous groups available with Minnesota focus for support, events, equipment resources, Accessibility Issues (such as Mn wheelchair accessible places, Special Needs Hacks, MN Special Needs Equipment for Sale, MN ASD Parents to Parents Support, etc.)
Various school districts offer before school, after school, and summer day care programs. Supervision is usually 10 to 15 children per staff, but some districts have offered more intense supervision on a case-by-case basis. Many families also advertise for and obtain care, particularly in the summer, at local high schools, through local special education programs, churches, and colleges.

Finding childcare is difficult. The Center for Inclusive Child Care can offer an Inclusion Consultation and possibly coaching and other resources for childcare providers if they are a part of the Parent Aware Program. You can call 1-888-291-9811 or search www.childcareawaremn.org. To utilize the Center of Inclusive Child Care to help a provider learn how to serve or maintain a child in the daycare setting, call 651-603-6295 or go to http://www.inclusivechildcare.org/.

If you have a child that wants to get certified through the American Red Cross babysitter training program, go to http://www.redcross.org/take-a-class/babysitting-child-care

The Department of Human Services understands there is currently a shortage of skilled workers. They also now have a website to try to assist in locating care providers. Links are also provided to understand how to become a personal care attendant. Direct Support Connect - Home Page / Minnesota.gov.

There are also numerous websites to locate child/adult care (regular and special needs). www.care.com; www.joshin.com; www.sittercity.com; www.aupaircare.com (live in childcare). Some parents have also used Indeed to locate care providers.

Child Care Resources at Dakota County Schools:

<table>
<thead>
<tr>
<th>School District</th>
<th>Program</th>
<th>Contact Person</th>
<th>Telephone Number, email, or website</th>
</tr>
</thead>
<tbody>
<tr>
<td>#191 – Burnsville, Eagan, Savage</td>
<td>The Edge (grades 6-9) or age 16</td>
<td>Community Education</td>
<td>(952) 707-3908 <a href="mailto:TheEdge@isd191.org">TheEdge@isd191.org</a></td>
</tr>
<tr>
<td>#192 – Farmington</td>
<td>Kid Connection K-5th Stepping Stones-3 to kindergarten– yr. round</td>
<td>Community Education</td>
<td>(651)460-3209 <a href="mailto:klester@farmington.k12.mn.us">klester@farmington.k12.mn.us</a></td>
</tr>
<tr>
<td>#192 – Farmington</td>
<td>Kid Zone-K-5th - WonderZone – 3yrs to K</td>
<td>Community Education</td>
<td>Kid Zone - (952)232-2154 Wonder Zone – 952-232-2154 Child Care / Homepage (isd194.org)</td>
</tr>
<tr>
<td>#196 – Apple Valley, Rosemount, Eagan</td>
<td>K-5th grade</td>
<td>Through YMCA North</td>
<td>(612)230-9622 Before &amp; After School Care In Apple Valley For ISD 196 - Local Child Care (ymcanorth.org)</td>
</tr>
<tr>
<td>#197 – West St. Paul, Mendota Heights, Eagan</td>
<td>Extra Innings (K-4th) Encore (5th -8th) Summer K-8th</td>
<td>Through YMCA North</td>
<td>(651)403-8052 School-Age Care - School District 197 (isd197.org)</td>
</tr>
<tr>
<td>#006 – South St. Paul &amp; Kids Choice K-6th</td>
<td>(651)306-3631(So. St. Paul) School-Age Care Program (K-6) / School-Age Care Programs (K-6) (sspps.org)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#199 – Inver Grove Heights Spartan’s K-5th</td>
<td>(651)306-7502(IGH) - Spartan Kids Care - Inver Grove Heights Schools (isd199.org)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#200 – Hastings Kids Campus(K-6)school year Camp Horizons (K-4th grade) and Camp Big Shots (5th – 8th grade) summer programs Community Education</td>
<td>(651)480-7671 Home - Hastings Community Education (eleyo.com)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## APPENDIX

### Community Education:

<table>
<thead>
<tr>
<th>Location</th>
<th>Website/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Valley, Rosemount &amp; Eagan</td>
<td><a href="https://ce.district196.org">https://ce.district196.org</a></td>
</tr>
<tr>
<td>Burnsville</td>
<td><a href="http://www.communityed191.org">www.communityed191.org</a></td>
</tr>
<tr>
<td>Farmington</td>
<td><a href="http://www.farmingtonce.com">www.farmingtonce.com</a></td>
</tr>
<tr>
<td>Hastings</td>
<td><a href="http://www.hastingscommunityed.com">www.hastingscommunityed.com</a></td>
</tr>
<tr>
<td>Lakeville</td>
<td><a href="http://www.lakevilletca.org">www.lakevilletca.org</a></td>
</tr>
<tr>
<td>West St. Paul &amp; Mendota Heights</td>
<td><a href="http://www.tridistrictce.org">www.tridistrictce.org</a></td>
</tr>
</tbody>
</table>

### Park & Recreation

<table>
<thead>
<tr>
<th>Location</th>
<th>Website/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Valley</td>
<td><a href="http://www.ci.apple-valley.mn.us/35/Live">http://www.ci.apple-valley.mn.us/35/Live</a></td>
</tr>
<tr>
<td>Burnsville</td>
<td><a href="http://www.ci.burnsville.mn.us/142/Parks-Recreation">http://www.ci.burnsville.mn.us/142/Parks-Recreation</a></td>
</tr>
<tr>
<td>Eagan</td>
<td><a href="https://www.ci.eagan.mn.us/places-to-play">https://www.ci.eagan.mn.us/places-to-play</a></td>
</tr>
<tr>
<td>Hastings</td>
<td><a href="http://www.hastingsmn.gov">www.hastingsmn.gov</a></td>
</tr>
<tr>
<td>Inver Grove Heights</td>
<td><a href="http://www.ci.inver-grove-heights.mn.us">www.ci.inver-grove-heights.mn.us</a></td>
</tr>
<tr>
<td>Lakeville</td>
<td><a href="http://lakevillemn.gov/783/Parks-Recreation">http://lakevillemn.gov/783/Parks-Recreation</a></td>
</tr>
<tr>
<td>Mendota Heights</td>
<td><a href="https://www.mendota-heights.com/parksrecreation">https://www.mendota-heights.com/parksrecreation</a></td>
</tr>
<tr>
<td>Rosemount</td>
<td><a href="https://www.ci.rosenbium.mn.us/191/Parks-and-Recreation">https://www.ci.rosenbium.mn.us/191/Parks-and-Recreation</a></td>
</tr>
<tr>
<td>South St. Paul</td>
<td><a href="http://www.southstpaul.org/170/Parks-Recreation">http://www.southstpaul.org/170/Parks-Recreation</a></td>
</tr>
<tr>
<td>West St. Paul</td>
<td><a href="http://www.wspmn.gov">www.wspmn.gov</a></td>
</tr>
</tbody>
</table>

### Dakota County Area YMCA

<table>
<thead>
<tr>
<th>Location</th>
<th>Website/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burnsville</td>
<td><a href="http://www.YMCAtwincities.org">www.YMCAtwincities.org</a></td>
</tr>
<tr>
<td>Eagan</td>
<td><a href="http://www.YMCAtwincities.org">www.YMCAtwincities.org</a></td>
</tr>
<tr>
<td>Hastings</td>
<td><a href="http://www.YMCAtwincities.org">www.YMCAtwincities.org</a></td>
</tr>
<tr>
<td>West St. Paul</td>
<td><a href="http://www.YMCAtwincities.org">www.YMCAtwincities.org</a></td>
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