

Abra-Kid-Abra .....	(314) 961-6912
Artists First.....	(314) 781-4440
Association on Aging with Developmental Disabilities .....	(314) 647-8100
Boy Scouts of America .....	(314) 256-3052
Care 2 Tri .....	(314) 343-5727
Center For Contemporary Art (COCA) .....	(314) 725-6555
Cerebral Palsy Sports & Rehab Center .....	(314) 454-2642
Challenger Baseball .....	(314) 822-2518
Craft Alliance .....	(314) 725-1177
DASA (Disabled Athlete Sports Assoc) .....	(636) 477-0716
DGC Kids.....	(314) 776-1300
Down Syndrome Association .....	(314) 961-2504
Easter Seals Midwest .....	(314) 567-8190
Enabling Mobility Center.....	(314) 289-4253
Equine Assisted Therapy.....	(314) 607-7061
Giant Steps .....	(314) 359-7445
Gateway Disabled Ski Program .....	(636) 477-0716
Girl Scouts of Eastern Missouri .....	(314) 592-2300
Jamestown New Horizons .....	(314) 741-5816
Jewish Community Center (JCC) .....	(314) 442-3295
Jewish Community Center West County Branch .....	(636) 519-8501
KEEN .....	(314) 399-9458
Let's Play to Grow .....	(314) 532-2948
LifeBridge Partnership .....	(314) 989-1188
St. Louis Blues Special Hockey .....	(314) 227-5288
Muscular Dystrophy Assoc. Camp .....	(314) 683-2041
Music for a Better Life .....	(636) 236-1773
OASIS .....	(314) 220-2827
Pathways to Independence .....	(314) 863-0202
Paraquad - Youth Program .....	(314) 289-4200
Pathways To Independence .....	(314) 863-0202
Ranken Jordan Pediatric Bridge Hospital.....	(314) 872-6400
Recreation Council of Greater St. Louis.....	(314) 726-6044
Ride On St. Louis.....	(636) 464-3408
ShowMe Aquatics .....	(636) 896-0999
SPENSA .....	(314) 894-1339
Special Olympics East Area - St. Louis .....	(314) 961-7755
St. Louis Arc-Leisure Services Dept .....	(314) 569-2211
St. Louis Community College .....	(314) 984-7704
St. Louis County Youth Programs .....	(314) 889-3429
St. Louis Soc for Blind / Visually Impaired .....	(314) 968-9000
St. Louis Wheelchair Athletic Assoc. ....	(314) 775-2512
Spirit League .....	(314) 607-9433
STAGES Performing Arts .....	(636) 449-3941
Super Swimmers Academy .....	(314) 989-0901
Talking Tapes for the Blind .....	(314) 301-7300
TASK .....	(636) 343-8275
Team Central Gymnastics .....	(314) 291-0101
TREE House St. Louis .....	(636) 332-4940
Easter Seals Autism Services .....	(314) 432-6200
Artists First/Turner Center for the Arts .....	(314) 781-4440
UCP Heartland .....	(636) 227-6030
Gateway Region YMCA .....	(314) 678-0162
We Rock the Spectrum .....	(636) 529-8282
YWCA of Metro St. Louis .....	(314) 531-1115



## The Recreation Council of Greater St. Louis' Guide To Leisure Services

*for St. Louis City & St. Louis County Residents with  
Developmental Disabilities*



*Artwork reprinted  
by permission of  
Martha Perske  
from Perske:  
Pencil Portraits  
1971-1990  
(Nashville: Abing-  
don Press, 1998).*

Revised Oct 2024

*The Guide To Leisure Services was published as a "resource" to provide information on various year-round leisure options which are available to individuals with developmental disabilities, and their families. The Recreation Council has made every effort to assure that the information in this Guide is correct. We apologize for any errors which may appear. For more information about our programs and services, visit our website at [www.recreationcouncil.org](http://www.recreationcouncil.org) or call (314) 726-6044.*



## About the Recreation Council of Greater St. Louis

The Recreation Council is a not-for-profit corporation, incorporated in 1983, that serves as a “clearinghouse” for recreation and leisure information for individuals with disabilities. The Council also works to ensure individuals with developmental disabilities are aware of and have opportunities to participate in recreation/leisure programs, activities, and/or events offered throughout the St. Louis Area.

More specifically, the Recreation Council offers the following:

- Information/Referral Services
- Community Presentations/Trainings
- Informational Publications (Guide To Leisure Services, Summer Opportunities Guide, Quarterly Newsletters, etc.)
- In-Service Trainings - for community-based staff and volunteers interested in learning how to welcome and accommodate persons with disabilities in recreation programs.
- A Recreation Resource Center with available publications, videos, and adapted recreation equipment (all-terrain chairs, a portable ramp, bowling ramp, gardening tools, adapted cycles, accessible golf carts, adapted golf clubs, etc.) for loan.
- Voucher Programs—a funding mechanism to allow for choice in recreation programs.  
*and MORE !*



If you would like to be included on the Recreation Council’s mailing list, or would like to receive information on any of the programs and services in this publication, please do not hesitate to contact the Council at (314) 726-6044 in St. Louis County or (314)772-2299 in St. Louis City. Our St. Charles County office has its own Guide to Leisure Services with a focus on St. Charles County agencies and activities. Call that office at (636)477-7704 Visit our website at: [www.recreationcouncil.org](http://www.recreationcouncil.org)

**Check out the Recreation Council’s Annual Summer Opportunities Guide highlighting programs and activities happening during the months of June, July and August. Go to our website or call us for a copy! Also, go to [BluePrint4Summer.com](http://BluePrint4Summer.com) for day camp information in the St. Louis area.**

**Explore the Many Opportunities in Your Community  
Call the Recreation Council NOW!**

**Looking for Day Camps in Your Area?** Check out the Recreation Council’s Annual Summer Opportunities Guide and [www.BluePrint4Summer.com](http://www.BluePrint4Summer.com)

### Visit Your Local Parks & Recreation Department!

Give them a call, many children and adults with disabilities are enjoying their Parks and Recreation Programs thanks to the many Parks & Recreation Departments that are doing their best to adapt programs to meet the needs of individuals with disabilities.

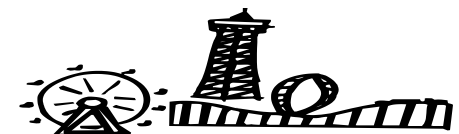
Ballwin .....	*(636) 227-8950	Richmond Heights.....	*(314) 645-1476
Bellefontaine .....	*(314) 867-0700	Rock Hill .....	(314) 561-4304
Berkeley .....	(314) 524-3313	St. Ann .....	*(314) 429-4545
Brentwood .....	*(314) 963-8689	St. Louis City .....	(314) 289-5300
Bridgeton .....	*(314) 739-5599	St. Louis County .....	(314) 615-5000
Chesterfield .....	*(636) 812-9503	Shrewsbury.....	(314) 647-1003
Clayton .....	*(314) 290-8500	University City .....	*(314) 505-8625
Crestwood .....	*(314) 729-4860	Webster Groves .....	*(314) 963-5600
Creve Coeur .....	(314) 569-8999	<i>*Indicates Parks &amp; Recreation Partnership</i>	
Des Peres - .....	*(314) 835-6150	<i>Program participants working for inclusive recreation and have an Inclusion Facilitator.</i>	

Ellisville .....	*(636) 227-7508
Fenton .....	*(636) 343-0067
Ferguson .....	*(314) 521-4661
Florissant .....	*(314) 921-4250
Hazelwood .....	*(314) 731-0980
Kirkwood .....	*(314) 822-5855
Manchester .....	*(636) 391-6326
Maplewood .....	(314) 781-1624
Maryland Hghts. ....	*(314) 738-2599
Olivette .....	(314) 991-1249
Overland .....	(314) 428-0490



## St. Louis Area Attractions

Dome at America’s Center	(800) 916-8938	The Repertory Theatre	(314) 968-4925
City Museum	(314) 231-2489	Hollywood Amphitheatre	(314) 298-9944
Craft Alliance	(314) 725-1177	Sheldon Concert Hall	(314) 533-9900
Dog Museum	(314) 821-3647	Six Flags-St. Louis	(636) 938-5300
Fox Theatre	(314) 534-1111	St. Louis Art Museum	(314) 721-0072
Gateway Arch	(877) 982-1410	St. Louis Black Repertory	(314) 534-3807
Gateway Riverboat Cruises	(877) 982-1410	St. Louis Blues	(844) 379-0370
Grant’s Farm	(314) 843-1700	St. Louis Cardinals	(866) 800-1275
Laumeier Sculpture Park	(314) 615-5278	St. Louis Science Center	(314) 289-4400
Scotttrade Center	(314) 622-5400	St. Louis Symphony	(314) 534-1700
The Magic House	(314) 822-8900	St. Louis Zoo	(314) 781-0900
Missouri Botanical Gardens	(314) 577-5100	Touhill Performing Arts	(314) 516-4949
Missouri History Museum	(314) 746-4599	World Aquarium	(314) 647-6011
The Muny Opera	(314) 361-1900		
Myseum	(636) 220-7930		
Opera Theatre of St. Louis	(314) 961-0644		
Purina Farms	(800) 778-7462		



*Additional Arts & Performing Arts Programs:*

**Gateway Center for Performing Arts**

**MJ Performing Arts Academy**

**Day Spring Arts & Education**

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

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

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

## Scout Programs for Youth

**Scouting America**  
4568 West Pine Blvd.  
St. Louis, MO 63108  
[www.stlbsa.org](http://www.stlbsa.org)  
(314) 256-3140

Scouting offer recreation opportunities for boys and girls ages 7-20 years of age. Participants need to be members of the Scouting organization to attend events. Camp is offered during the summer months and other programs are available within the individual scout units year-round. Special Needs Scouting serves youth with disabilities of all ages. Program focuses on citizenship training, character building, fitness, and leadership development.

**Girl Scouts of Eastern Missouri**  
2300 Ball, St. Louis, MO 63146  
(314) 592-2300 or  
[www.girlscoutsem.org](http://www.girlscoutsem.org)



The Girl Scout Council of Greater St. Louis is committed to helping all girls from every background to develop the confidence, determination, and skills needed to thrive in today's world. The Girl Scout program is based on the Girl Scout promise and law, and is adapted to meet the developmental, educational, emotional, and social needs and interests of girls at five levels of age appropriate activities. All girls in kindergarten through 12th grade are encouraged to participate in Girl Scouts. Summer residential camp is available.



## Summer Residential Overnight Camps

<b>Camp Barnabas</b>	<a href="http://www.campbarnabas.org">www.campbarnabas.org</a>	(417) 476-2565
<b>Camp Lakewood</b>	<a href="http://www.camlakewood.org">www.camlakewood.org</a>	(888) 386-9622
<b>Camp Little Giant</b>	<a href="http://www.ton.siu.edu">www.ton.siu.edu</a>	(618) 453-1121
<b>Camp Wartburg</b>	<a href="http://www.campwartburg.com">www.campwartburg.com</a>	(618) 939-7715
<b>Cub Creek Camp</b>	<a href="http://www.BearRiverRanch.com">www.BearRiverRanch.com</a>	(573) 458-2125
<b>Epilepsy Foundation Camp Roehr</b>		(618) 236-2181
<b>Sherwood Forest</b>	<a href="http://www.sherwoodforest.org">www.sherwoodforest.org</a>	(314) 644-3322
<b>Sunnyhill Adventures</b>	<a href="http://www.sunnyhillinc.org">www.sunnyhillinc.org</a>	(636) 274-9044
<b>Wonderland Camp</b>	<a href="http://www.wonderlandcamp.org">www.wonderlandcamp.org</a>	(573) 392-1000
<b>Brain Injury Association - Donald Danforth Wilderness Retreat</b>		(314) 426-4024
<b>Champ Camp</b>	<a href="http://www.champcamp.org">www.champcamp.org</a>	(317) 679-1860
<b>Timber Pointe Outdoor Center</b>		(309) 365-8021
<b>Camp Wyman</b>		(636) 938-5245
<b>Camp Courage</b>	<a href="http://www.campencourage.org">www.campencourage.org</a>	(816) 830-7171

Please contact the Recreation Council for their annual "Summer Opportunities Guide" which lists summer day and residential camps, teen programs, summer sports, travel programs, etc. You may call (314) 726-6044 or access it on the website at [www.recreationcouncil.org](http://www.recreationcouncil.org)

## Tips on Finding a Recreation Program Just Right for YOU!

Each one of us is unique! Therefore, the Recreation Council encourages individuals of all abilities, when choosing a leisure/recreation program or activity, to gather as much information about that program or activity as possible. Keep in mind your specific support needs and interests, too. It is helpful before contacting program staff, that you make a list of questions to ask. Be certain to give as much information about your own support needs, if applicable, in order that the program staff can address your needs in advance to make your experience a successful one.

Here are some questions you might consider asking in addition to your own set of individualized questions:

- What can this program offer me as a participant?
- What is the philosophy of your organization? How long has the organization been in existence?
- How long has the program/activity been offered?
- When is the program/activity offered? What happens if I miss a session?
- What is the cost of the program/activity? Are there scholarships available, if needed?
- Is transportation provided or is the facility on a bus route?
- How are special needs or accommodations handled? (i.e. personal care, challenging behaviors, interpreters, etc.)
- Is the program/activity site accessible?
- What is the ratio of program staff to participants?
- What credentials, certifications, etc., do program staff hold?
- Does the program/activity staff receive training on the needs of persons with disabilities?
- Do I need my own equipment in order to participate in the program/activity?
- What should I wear or bring with me to this program?
- How, when and where do I register for this program/activity? Can someone assist me with the registration process?
- Is your program accredited and/or monitored for safety and programmatic standards?
- If applicable, are references available? If not, ask other family members or participants if they are aware of the program and it's reputation?

## Get Acquainted, or Re-acquainted, with YOUR Parks & Recreation Departments!

### JOIN IN ON THE FUN OF INCLUSION !

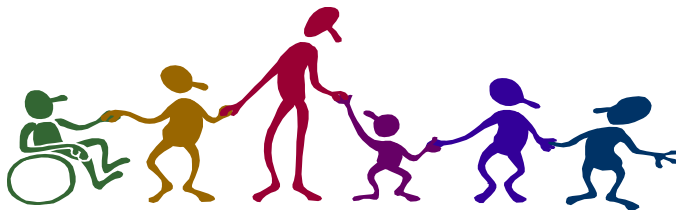
People of all abilities are encouraged to join in on all the fun offered at their local parks and recreation department. The departments invite you to participate in the multitude of recreation programs and events they provide. Many departments have a Coordinator of Inclusive Recreation on their staff to assist them with including people with disabilities in existing programs. The Coordinator's role is to work with the participants, family members, teachers, friends and recreation program staff members to ensure that appropriate and individualized accommodations are provided. Examples of an accommodation include, but are not limited to: changing staff to participant ratio, modifying activities, arranging for participants to meet program staff prior to the program, observing the participant at school or work (when necessary) and monitoring participation to ensure accommodations are effective.

When enrolling in a program, give the department as much information about your support needs as possible. Through open communication and the willingness to work cooperatively, successful inclusion can happen. For more information contact the Coordinator of Inclusive Recreation in your area:

**Mid-County** = Cities of Clayton, Maryland Heights, University City, & Webster Groves Park & Recreation Departments. Contact the Inclusion Coordinator at 314-290-8507.

**North County** = Cities of Bellefontaine, Bridgeton, Ferguson, Florissant, Hazelwood, and St. Ann Park & Recreation Departments  
Call the Inclusion Coordinator at 314-839-5575.

**South/West County** = Cities of Ballwin, Brentwood, Crestwood, Des Peres, Ellisville, Kirkwood, Manchester & Sunset Hills Park Recreation Departments. Call Municipal Partners for Inclusive Recreation Director at 314-835-6157.



### Paraquad, Inc.

5240 Oakland Avenue, St. Louis, Missouri 63110  
(314) 289-4200 or [www.paraquad.org](http://www.paraquad.org)

The Youth Group focuses on social and recreational activities that promote the development of social skills not acquired in segregated environments. Participants include young people with and without disabilities. Non-disabled youth develop an awareness and understanding of their disabled peers and learn to work and play side-by-side with people with disabilities, while youth with disabilities learn to participate within the community as an equal. Participants also build skills while having fun within the community. Paraquad's Youth Group targets youth between the ages of 12-24 and their families.

### The Arts . . .

#### STAGES Performing Arts Academy

1023 Chesterfield Parkway East, Chesterfield, MO 63017  
(636) 449-3941 or [www.stagesstlouis.org](http://www.stagesstlouis.org)

STAGES "Access the Arts" consist of classes, workshops and performance opportunities that enable area youth with physical, cognitive or developmental delays to fully participate in the musical theatre arts. Programs feature traditional musical theatre courses adapted to meet the needs of all participants. Ask about "Troupe Broadway" too!

#### Artists First

7190 Manchester Rd., Maplewood, MO 63143  
(314) 781-4440 or [www.artistsfirststl.org](http://www.artistsfirststl.org)

Artists First/Turner Cener for the Arts is a multi-use art studio space, with program offerings for everyone from kids to adults with disabilities.

#### LIVING ARTS

2814 Sutton Blvd., Maplewood, MO 63143  
[www.livingartsstudio.org](http://www.livingartsstudio.org)

Living Arts is located in Maplewood, MO. It is a bustling studio filled with workshops, classes and provides open studio time. We've created an inclusive studio space that embraces creativity on all levels. Through Living Arts, individuals have access to one-on-one instruction, support from local artists and writers. In addition to offering a wide variety of classes and workshops, Living Arts also provides scholarships and assistance for those with disabilities so that art is accessible to everyone .

**Music Therapy or Piano Lessons Anyone?** Providing adapted lessons for persons with special needs. Lessons will be provided in South St. Louis. For more information, please call (314) 791-4224.

**MUSIC FOR A BETTER LIFE, LLC.** Music Therapy has proven effective for children with special needs develop socially and emotionally, improve communication skills, develop fine and gross motor skills, and increase attention span. Extensive experience working with children and teens with Autism Spectrum Disorders, LD, and other physical and cognitive disorders. Call (636)236-1733

### **Association on Aging with Developmental Disabilities**

**(314) 647-8100** or [www.agingwithdd.org](http://www.agingwithdd.org)

AADD provides both 1:1 and group service to individuals, ages 45 years and older. AADD assists individuals through transitions that occur later in life so that individuals have the same opportunities as other family members of the same age. Individuals are supported in friendship pairings, maintaining health, volunteering, connecting with other aging organizations, retirement planning, financial and legal planning and peer group support. In addition, AADD provides education to the community about aging with developmental disabilities through an annual conference, consultation, and a resource library.

### **EasterSeals Midwest**

**11933 Westline Industrial Dr, St. Louis, MO 63146**  
**(314) 567-8190** or [www.eastersealsmidwest.org](http://www.eastersealsmidwest.org)

**Respite and Social Skills Group** We provide families with a chance to relax, connect, and enjoy social activities. Teens and young adults can register for our social groups in order to build friendships and develop their social skills.

**Social Skills Training (PEERS)** Our program provides participants the support they need to make friends and enjoy a social life. They learn and develop new skills through hands-on activities with parents and peers.

### **Pathways To Independence**

**11457 Old Cabin Road, Suite 235, St. Louis, Missouri 63141**

**(314) 863-0202**

<https://ptistl.org/>

We are more than a recreation-based program. We are committed to developing social, interpersonal and communication skills in individuals with complex cognitive disabilities to help them overcome challenges and thrive.

Pathways to Independence supports the development of skills that positively impact the lives of individuals with disabilities who seek greater independence and social success.

We serve individuals with a wide range of cognitive disabilities such as autism level 1, learning disabilities, mild intellectual disabilities, AD(H)D, borderline intellectual functioning, written and expressive disorders, and brain injuries.

## **Sports & Recreation**

**Jamestown New Horizons**  
**15350 Old Jamestown Rd.**  
**Florissant, Missouri 63034**  
**(314) 741-5816**

[www.jnh-goneriding.org](http://www.jnh-goneriding.org)



Founded in 1985, Jamestown New Horizons, located in North St. Louis County, provides therapeutic/recreational horseback riding lessons to children with cognitive and physical disabilities to help improve their health and quality of life. Horseback riding helps to strengthen the rider's core muscles thereby improving balance and posture. Riders are taught to work as partners with their mounts. They learn to be considerate riders and come to understand the nature of the horse. Through this understanding and caring, the riders build a positive self-image, learn responsibility and develop self-confidence. The priorities at JNH are: Safety-Fun-Learning! Ages 3-teens who weigh less than 140 pounds.

**TREE House of Greater St. Louis**  
**332 Stable Lane, St. Charles, Missouri 63385**  
**(636) 332-4940** [www.thstl.org](http://www.thstl.org)



TREE House of Greater St. Louis, formerly known as Therapeutic Horsemanship, has provided award-winning equestrian therapy programs for people with disabilities in St. Louis City, St. Louis, St. Charles, Warren, and Lincoln Counties and the surrounding areas since 1975. Our programs serve individuals ages 2 and up. Licensed physical and occupational therapists, licensed counselors, and/or certified riding instructors help children and adults with disabilities reach their individual therapeutic goals by using horses as part of the treatment team during weekly therapy sessions.

TREE House offers recreational and summer camp opportunities for individuals with and without disabilities. Our inclusive summer camp is open to children and we also have added an adult camp opportunity!

With approximately 90 beautiful acres, TREE House offers individuals with disabilities and their families the opportunity to enjoy time together in a quiet, serene natural environment. Future plans include accessible fishing dock, expanded nature/recreation area, among other exciting things

**Equine-Assisted Therapy, Inc.**  
Located in Town & Country &  
Wildwood, Missouri  
**(314) 971-0605**  
<https://eatherapy.org/>

Equine Assisted Therapy, Inc. has one sole purpose: to provide horsemanship experiences to persons with mental, physical, and psychological challenges in order to enhance the quality and productivity of their lives.

**Ride On St. Louis**  
**Located in Cedar Hill, Missouri**  
**(636) 464-3408**  
[www.rideonstl.org](http://www.rideonstl.org)

Equine Assisted Activities & Therapies  
A comprehensive therapy, conditioning and learning organization serving adults and children with disabilities in the St. Louis area.

## Aquatics . . .

**ShowMe Aquatics & Fitness**  
2085 Bluestone Drive  
St. Charles, Missouri 63303  
(636) 896-0999

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



ShowMe Aquatics & Fitness' adaptive land and water-based exercise therapy programs help participants improve physical strength, increase endurance, and build self-esteem, resulting in greater independence at home, work and in the community. ShowMe Aquatics & Fitness is committed to creating environments that are as accommodating, accessible and barrier-free as possible.

Our water-based programming combines therapy, exercise, adaptive swimming lessons, and individual and group water programs for better health, mobility, and well-being. Water-based programs are designed for people with physical limitations associated with developmental and mental disabilities including cerebral palsy, neurological disorders, orthopedic limitations, hearing and vision impairments, Down's Syndrome, and intellectual disabilities.

**Super Swimmers Academy**  
1226 Port Diane  
St. Louis, Missouri 63146

(314) 989-0901 [www.superswimmersacademy.com](http://www.superswimmersacademy.com)

Super Swimmers Academy is a year-round learn-to-swim program . We work with children and adults of all abilities and levels. We specialize in teaching beginners of all ages and individuals with special needs, typically in small groups. Super Swimmers Academy individualize their instruction and encourages each swimmer to progress at his/her own rate.



**Association on Aging with Developmental Disabilities**  
2385 Hampton Avenue, St. Louis, MO 63139  
(314) 647-8100 or [www.agingwithdd.org](http://www.agingwithdd.org)

**AADD Social Clubs** is a large group socialization program that meets on Saturday nights and is open to adults (age 21 and over) with a developmental disability who reside in St. Louis City and County (specific eligibility requirements vary by funder). Participants in Social Clubs have the opportunity to choose from a variety of activities, including dances, bowling, movies, out to eat, wrestling, plays and musicals. Please call (314) 647-2203 for additional information

**AADD Challenges Unlimited** is a group recreation program that meets after work and is open to adults (age 21 and over) with a developmental disability who reside in St. Louis City. Participants have the opportunity to participate in health and fitness classes, learn new skills, and attend community activities. Please call (314) 647-8101 for additional information.

## Adventure & Experiential Programs



**St. Louis Arc-ARC ESCAPES** is a weekend get-away adventure across the beautiful Midwest for adults with intellectual/developmental disabilities, 18 years and older. During these adventures, participants and staff will have the opportunity to explore the sites, relax, try new and different cuisine, and learn new skills. Call (314) 817-2293.

**Sunnyhill Adventures "On The Road Adventures"**  
(636) 274-9044 or [www.sunnyhillinc.org](http://www.sunnyhillinc.org)

Provides weekend adventure trips to a variety of locations for adults with developmental disabilities ages 18 years and up. Enjoy the sites and the companionship of other travelers.

**Call the Recreation Council for a listing of other  
Adventure Opportunities: 314-726-6044**

**Delta Gamma Center Kids** 314-776-1300 or [www.dgckids.org](http://www.dgckids.org)  
Tandem Adventurers: This group meets weekly from April to September. Tandem Adventurers, has quickly become a very popular cycling group. Group members, children with visual impairments, ride regularly with volunteer captains during the spring and summer.



## Agency Sports, Recreation & Socialization . . .



St. Louis Community College  
Continuing Education - Access Office  
Meramec Campus Access Office: (314) 984-7777  
[www.stlcc.edu/programs-academics/continuing-education/](http://www.stlcc.edu/programs-academics/continuing-education/)

Don't hesitate, participate! Take a continuing education class at the Community College this semester. We have arts and crafts, fitness, computers, cooking, dancing, language, and a whole lot more. Cost of classes vary depending on the class you choose, and are held at all three campuses and at off-campus locations throughout the St. Louis metro area. Services for students with disabilities is provided through the ACCESS Office at 314-984-7673. or [www.stlcc.edu/student-support/disability-services](http://www.stlcc.edu/student-support/disability-services)

### Jewish Community Center (314) 442-3295 or [www.jccstl.com](http://www.jccstl.com)

The JCC is an inclusive agency that welcomes people of all abilities. There are wonderful weekend friendship and enrichment programs for both children and adults with disabilities. Persons of all abilities may participate in any agency program where a suitable match exists, pending eligibility and the successful procurement of any needed supports. The JCC offers so many programs and activities. Call now or go to their website for more information.

### 18 yrs and older—Sunday Friendship

Explore St. Louis and make new friends with this social group for adults with disabilities. Game days, Six Flags, bingo, bowling, movies, nature and holiday parties are just a few of the social activities we do for fun and to build friendships. Cost varies depending on activity

**Theatre Unlimited**—a barrier-free theatre company for adults with developmental disabilities.

### Midwest Disabled Water Ski Association [www.MDWSA.org](http://www.MDWSA.org)

A water ski program for individuals with disabilities.

MDWSA was created for the betterment of adaptive water skiing and the disabled athlete in response to a need in the community for an organization that will focus its energy and resources to professionally develop, organize, promote, and provide a comprehensive program of adaptive water skiing for those with physical and developmental disabilities, visual impairments, and special needs.

**CYCLE ST. LOUIS** is a group of organizations committed to creating cycling opportunities for children and adults of all ages and all abilities in the St. Louis Area. Call the Recreation Council at (314)726-6044.

## Fitness & Exercise . . .



Enabling Mobility Center  
5240 Oakland Ave., St. Louis, Missouri 63110  
(314) 289-4253 or [www.paraquad.org](http://www.paraquad.org)

The Enabling Mobility Center (EMC) is a collaboration between the Washington University Program in Occupational Therapy and the local Independent Living Center, Paraquad. The EMC houses an internationally recognized mobility skills course and provides the unique opportunity to perform community-based research and service unlike no other. A dozen different pieces of accessible exercise equipment are available for exercise program participants. People who are unable to exercise in a community based gym are encouraged to come exercise at the EMC. For program enrollment, call (314) 289-4200 and ask for "Information and Referral."

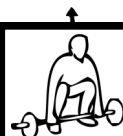
### BEAR CUBS RUNNING TEAM

(513)-505-7396

[bearcubsrunning@gmail.com](mailto:bearcubsrunning@gmail.com)

Bear Cubs Running Team was developed in 2015 to meet the needs of integration and inclusion, family support, and improved health of children with ASD. Founded at Washington University in St. Louis, Bear Cubs is a university-based program that improves the lives of children, and their siblings and parents, through free, weekly athletic practices. Children with intellectual and physical disabilities are frequently excluded from group sports, thus prolonging social isolation, perpetuating perceived incompetence in physical activity, and compounding issues with physical health. Due to a greater need in our community Bear Cubs Running Team is now open to children with all special needs.

**WE ROCK THE SPECTRUM KID'S GYM** is committed to providing a safe, nurturing and fun environment to foster learning, exploration and safe sensory experiences. We provide social skills groups and activities for children across the spectrum. We provide an environment to help in the areas of strength, movement, sensory processing, communication, positive behavior modification, social interactions, and self care skills. Located in Fenton, Missouri, call (636) 529-8282. or go to [www.werockthespectrumfentonmo.com](http://www.werockthespectrumfentonmo.com) and located in St. Ann, Missouri, or call (314)733-9787 or go to [www.werockthespectrumnorthcountystl.com](http://www.werockthespectrumnorthcountystl.com)



### Gateway Region YMCA

600 Loughborough Ave., St. Louis, MO 63111  
314-678-0162 or [www.gwymca.org](http://www.gwymca.org)

Our Integrated Fitness Services program provides opportunities to people with developmental disabilities in an integrated setting. Services include aerobics, aquatics, lap swimming, working with weights and a variety of other activities. Now offering Adaptive Sports programs. Our trained staff are available to provide assistance. If you have a disability and need services or have questions, please contact our Inclusion Services department at 314-678-0162.

## Fitness & Exercise . . .



**ShowMe Aquatics & Fitness**  
2085 Bluestone Dr., St. Charles, Missouri 63303  
(636) 896-0999

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

ShowMe Aquatic & Fitness' land-based sports and training program provides sport and training options to athletes of all abilities in an integrated environment.

**Jewish Community Center**  
314-442-3295 or [www.jcstl.com](http://www.jcstl.com)

For more than 130 years St. Louis has turned to the J for fitness and recreation on both land and in water.

The **Fit for Life** program allows individuals with developmental disabilities, ages 12-18, the opportunity to utilize the fitness facilities with qualified personal trainers.

**Unique Strength** Individuals, ages 18 years and older, with developmental disabilities work with certified personal trainers on staying fit and healthy living. This is a wonderful opportunity to learn about fitness, diet, and healthy choices.

**BEAR CUBS RUNNING TEAM** [www.bearcubsrunning.com](http://www.bearcubsrunning.com)

For ages 8-14 The ultimate goal of the Bear Cubs Running Team is to connect Washington University's student athletes with local students on the autism spectrum to encourage a passion for exercise, specifically, running. Our program will strive to increase the self confidence and skill levels of its runners by providing a positive, supportive environment. Please email [wustlbearcubs@gmail.com](mailto:wustlbearcubs@gmail.com) if you have any questions.

Play is a critical part of the social, emotional, cognitive, and physical development of every child! Check out Unlimited Play's playgrounds where ALL children can play! <https://unlimitedplay.org>

## Gymnastics . . .

**Team Central Gymnastic Academy**  
"CARDINAL POWER KIDS"  
2675 Metro Blvd., Maryland Heights, Missouri 63043  
(314) 291-0101 or [www.teamcentral.org](http://www.teamcentral.org)

A modified movement and gymnastic program for children who are developmentally delayed or physically challenged. Our trained staff create a fun, safe and educational environment. Our program develops flexibility, coordination, strength and self-confidence.

**LifeBridge Partnership**  
11457 Old Cabin Road, Suite 235, St. Louis, Missouri 63141  
(314) 989-1188

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

LifeBridge Partnership serves both children and adults with intellectual and developmental disabilities in St. Louis City, St. Louis County and St. Charles County, providing recreational and social opportunities to promote a meaningful and inclusive community life.

Programs: **Leaders Club** This afterschool enrichment program offers interactive, engaging activities designed to promote self-confidence and social skills critical to community life.

**Out and About** equips adult participants with the skills necessary to maximize their potential through community-based recreation and social activities that promote community life. **LifeBridge Camps** provide opportunities to participate in a variety of activities, field trips, and fun! Camps are offered throughout the year when school is not in session.

**St. Louis City Recreation Division**

5600 Clayton Ave., St. Louis, Missouri 63110  
(314) 289-5320 or [www.stlouis.missouri.org/citygov/parks](http://www.stlouis.missouri.org/citygov/parks)

FREE! ALL AGES SERVED! Aquatics and Learn to Swim; Seasonal Sports and Activities; Seasonal Special Events; Hay Rides; Arts and Crafts; Movies and Table Games; and other FUN activities!

**Disabled Athlete Sports Association (DASA)**

1600 Mid Rivers Mall Circle, Ste 2272, St. Peters, MO 63376

(636) 477-0716 or [www.dasasports.org](http://www.dasasports.org)

At DASA, everyone who lives with a physical disability is given the opportunity to participate in adaptive sports, recreational programs, and fitness activities designed to improve self-esteem, strength, independence, and well-being while instilling family values.

At DASA, all children, adults, and military veterans with disabilities are encouraged to seek their highest level of independence for daily functioning and productivity and become involved to the fullest extent with their non-disabled peers and their community as a whole.

**St. Louis Blues Special Hockey Club**

Contact: [Deimeke15@yahoo.com](mailto:Deimeke15@yahoo.com)

<https://www.facebook.com/gatewaylocomotivesspecialhockey/>

An organized ice hockey program for youth and adults with developmental disabilities. We give individuals with developmental disabilities a chance to play the sport of ice hockey in an environment that is adapted to the level of ability which the athletes are able to participate. In addition to hockey skills, the program emphasizes the development of desirable individual characteristics such as dependability, self-reliance, concentration, willingness to share and personal accountability. Team plays in St. Louis, MO



## Agency Sports & Recreation . . .

**Buddy Up for Life Tennis** is a weekly high-energy adaptive tennis and fitness program for children and adults with Down Syndrome ages 5+ (our oldest Athlete is approaching 55!). We enable our Athletes to flourish, succeed, and reach their fullest potential by providing a unique environment that combines tennis, fitness, and social activities through our weekly 90-minute clinics consisting of 30 minutes of fitness conditioning and 60 minutes of professional tennis instruction. For more information [StLouisTennis@buforlife.org](mailto:StLouisTennis@buforlife.org)

### **Hatfield Cerebral Palsy Sports & Rehabilitation Center of St. Louis Children's Hospital One Children's Place, Rm. 4S50, St. Louis, Missouri 63110 (314) 454-2642**

[www.stlouischildrens.org/our-services/cerebral-palsy-center](http://www.stlouischildrens.org/our-services/cerebral-palsy-center)

The Carol and Paul Hatfield Cerebral Palsy Sports & Rehabilitation Center is designed to promote the integration of young people with cerebral palsy and related disabilities into sports activities.

Activities are supervised by physical therapists or other individuals who are trained to adapt activities to the individual participant and continuously monitor each child's progress.

Basketball class and swim class are held in the fall and spring each year. Dance class is held throughout most of the year, and our martial arts class is held year-round.

We have annual sports camps, Summer Camp Independence and Winter Camp Independence, and the activities include: baseball, basketball, martial arts, ice-skating, hockey, dance, swimming, soccer, adaptive cycle riding, volleyball, wall climbing and tennis. Participants receive specialized attention from pediatric therapists in sports programs designed to challenge campers' activity levels, aerobic fitness, strength and balance in a safe, fun and rewarding atmosphere.

### **Jensen-Schmidt Tennis Academy**

A two-day tennis program designed to meet the sport specific needs of children and young adults with Down syndrome. For more information, visit their web site: [www.jensen-schmidt.com](http://www.jensen-schmidt.com)

### **St. Louis Arc 1177 North Warson Road, Creve Coeur, Missouri 63132 (314) 569-2211 (ask for the Leisure Services Department) [www.slarc.org](http://www.slarc.org)**

The Leisure Services Department offers a variety of recreational and leisure programs for youth, teens and adults. Activities to choose from include: Summer Programs, Individual and Team Sports; Leisure and Socialization Activities and the R&R Recreation and Relaxation program. Through participation in our programs, individuals are engaging in self-satisfying experiences that contribute to achieving a healthy leisure lifestyle.

## Gymnastics . . .



### **St. Louis Spirit Gymnastics Club 12975 Mauer Industrial Dr. Sunset Hills, Missouri 63127 (314) 843-3322 or [www.spiritsgym.com](http://www.spiritsgym.com)**

Our mission is to inspire and motivate children by nurturing their self-esteem, and gently empowering them to move beyond their comfort zone, achieve their full potential, and exceed their expectations!

**CIRCUS HARMONY** teaches the art of life through circus education. We work to build character and expand community for youth of all ages, cultures, abilities, and backgrounds. Through the teaching and performing of circus arts, we help people defy gravity, soar with confidence, and leap over social barriers, all at the same time. Call (314) 436-7676 or go to [www.circusharmony.org](http://www.circusharmony.org)

## Youth Sports . . .



### **Special Needs Soccer Association—SPENSA P.O. Box 510265, St. Louis, Missouri 63151 [spensa@sbcglobal.net](mailto:spensa@sbcglobal.net) or [www.spensa.org](http://www.spensa.org)**

The Special Needs Soccer Association, SPENSA, is a St. Louis-based soccer program for young people with disabilities. This program is open to any boy or girl with a disability, ages 5-21. It is designed to bring the excitement and fun of playing soccer to players who traditionally have not had a place in the youth soccer system. Games are normally played at the World Wide Technology Soccer Park. The park is located at I-270 and Highway 44. SPENSA is free of charge to its participants.

### **KEEN St. Louis**

P.O. Box 440412, St. Louis, MO 63144  
314.399-9458 or [www.keenstlouis.org](http://www.keenstlouis.org)

KEEN is a national, nonprofit volunteer-led organization that provides one-on-one recreational opportunities for children and youth with developmental and physical disabilities at no cost to their families and caregivers.

KEEN empowers youth with disabilities and impact volunteer coaches through participation in non-competitive, one-on-one programs of physical activity and fun, supporting the overall health and well-being of all participants. KEEN programs are free, but YOU MUST REGISTER

Our core program, "KEEN Sports" takes place in a gym with a variety of sports equipment available. Other popular programs include KEEN Swim, KEEN Yoga, KEENFit, - with KEEN's unique approach, almost any activity is possible.

## Youth Sports . . .



### **SPIRIT LEAGUE**

**Florissant Area Athletic Association (FAAA)  
(314) 607-9433**

The Florissant Area Athletic Association's Spirit League offers baseball and soccer programs for children whose physical and/or cognitive limitations prevent them from participating in typical league play.

The program is open to children and young adults 6 – 21. A buddy system is employed for children and young adults that require assistance when playing.

The majority of the baseball and soccer games are played at the FAAA fields located in North St. Louis County.

### **T.A.S.K.**

*“Team Activities for Special Kids”*

**980 Horan Dr., Fenton, MO 63026**

**(636) 343-8275 or [www.tasksports.org](http://www.tasksports.org)**

T.A.S.K. offers year-round instructional sports programs that provides athletic and social opportunities to kids with special needs. We offer activities in team sports, individual sports, social clubs and life skills. The purpose of the program is to build self-esteem and skills in children with special needs. Each athlete receives a team t-shirt and trophy upon completion of the sport.

Located in Fenton, TASK's facilities has a lighted and irrigated soccer field, turf tee-ball field, grass softball field, a putting green, a fishing dock, a sensory room, a regulation sized basketball court, a regulation-sized volleyball court, 2 small basketball courts, 2 small volleyball courts, and an elevated walking track. Call for more information or go to our website.



### **St. Louis Challenger Baseball**

**402 N. Geyer, Kirkwood, Missouri 63122**

**(314) 822-2518 or [www.challengerbaseball.org](http://www.challengerbaseball.org)**

St. Louis Challenger Baseball is a baseball league for people 5 years old and up with developmental disabilities. Challenger Baseball has teams for players from 5 years to 10 years, 11 years to 17 years, and 18 years and up.

Teams play other teams with similar skill levels. We don't count outs and we don't count runs. Our teams wear full uniforms. All players bat each inning and play the full game in the field. We have kids and young adults without disabilities, called "buddies", ages 10 to 20, who assist Challenger players at bat and in the field. If a Challenger player needs help running the bases or getting a ball that gets by him or her, a "buddy" will help. Any child, regardless of their disability, can play.

## Agency Sports & Recreation . . .

### **UCP Heartland**

**4645 LaGuardia Drive, Berkeley, MO 63134**

**(314) 994-1600**

**[www.ucpheartland.org](http://www.ucpheartland.org)**

Provide students ages 6-20 with differing abilities the opportunities to enjoy day camp with peers. UCP Heartland also provides school break camps. Call now for information.

### **Special Olympics St. Louis Metro Area**

**2945 S. Brentwood Blvd., St. Louis, MO 63144**

**314-961-7755 or [www.somo.org](http://www.somo.org)**

Special Olympics runs year round athletic training and competition for children and adults designed to build self-confidence, self-esteem, improve coordination, and greater social relationships. A variety of sports are available throughout the year at various locations in St. Louis City, St. Louis County and St. Charles County.

### **Kelly's Martial Arts, Inc.**

**(314) 849-7705**

Located in South County, Our mission is to train and motivate people of all ages and abilities to be leaders with positive attitudes, and develop character traits that include: Integrity, Self-Control, Responsibility, Respect, Cooperation, and Discipline. Here at Kelly's Championship Martial Arts, we strive for Black Belt Excellence in all we do! You will leave motivated and feeling better about yourself!

### **ATA Martial Arts**

**Located in Bridgeton, MO**

**(314) 306-3374 or [www.stlblackbeltacademy.com](http://www.stlblackbeltacademy.com)**

Black Belt Academy works with children and adults of all abilities to teach them self-discipline, self-defense, and coordination skills in this unique karate experience. Typical students and students with disabilities join together in the same class.

### **ST. LOUIS VARIETY**

**11840 Westline Industrial Dr.-Suite 220**

**St. Louis, MO 63146 ~ 314-720-7700 ~ [www.varietystl.org](http://www.varietystl.org)**

Adventure Summer Day Camp is for children with disabilities ages 4-12 and teens ages 13-16. This FREE weekly day camp is filled with activities such as music, swimming, rock climbing, soccer, basketball, ice skating, bike riding, cooking, and field trips. Camp is held in St. Louis, MO. **Registration begins in JANUARY & fills quickly.** Variety also offers Winter Adventure Mini Day Camp, a children's theater and chorus program, and works to get therapeutic equipment and bikes for those who qualify.