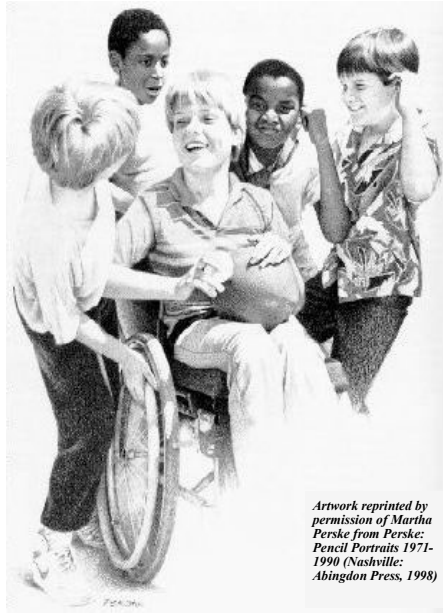


**The Recreation Council  
of Greater St. Louis**



# **Guide To Leisure Services**

*for St. Charles County  
Residents with Developmental Disabilities*



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

*The St. Charles County Guide to Leisure Services is funded by the  
Developmental Disabilities Resource Board of St. Charles County*



*Updated September 2024*

# About the Recreation Council of Greater St. Louis

**Services Provided by the Recreation Council...** The Recreation Council is a clearinghouse of recreation and leisure information for individuals with disabilities. We provide information & referral services, do community presentations & trainings, publish seasonal newsletters, email a weekly newsletter, offer a recreation resource center of equipment you can borrow at no charge, run a voucher program to help with fees for overnight camps and ongoing community recreation, have cooperative agreements with local parks and recreation departments for inclusion service, and meet with families individually to create plans for optimal recreation participation.

**Find a Program >**

Visit our website to search for a program

using the "Find a Program" tool, or type in your inquiry into the search bar found at the top right.



## VOUCHER PROGRAM:

If you need assistance paying for a community recreation program, adult adventure trip, overnight summer camp, or personal care while attending a recreation program, apply for financial assistance through the Recreation Council's voucher program. Funding is on a first-come, first-serve basis, and is awarded based on the cost of the recreation program you select. Get the current application at our website [www.recreationcouncil.org/applications](http://www.recreationcouncil.org/applications) or call our office at 636-477-7704. The voucher program for St. Charles County residents is funded through the Developmental Disabilities Resource Board of St. Charles County, [www.DDRB.org](http://www.DDRB.org).

*The Recreation Council has made every effort to ensure that the information in this Guide is correct. The Guide to Leisure Services is published as a resource to provide information on various choices and options which are available to individuals with developmental disabilities, and their families. It is recommended that you contact and speak with the recreation provider directly to discuss your interests and support needs.*

Look for this key throughout this Guide:

I = Inclusive Provider S = Specialized Program  
VE = Voucher Eligible N = Not Voucher Eligible  
VE\* = Voucher Eligible with Restrictions

## WEEKLY POST OF FUN, FREE

**EVENTS:** The Recreation Council sends out a weekly post by Google Groups that lists fun and free events and activities you can do in the St. Charles./St. Louis MO & surrounding area. View the blog post at [www.recreationcouncil.org/anytime-activities](http://www.recreationcouncil.org/anytime-activities) & email us to join the group & receive a weekly email with activity and event ideas.

## ADAPTIVE EQUIPMENT

The Recreation Council loans out several pieces of adaptive recreation equipment at no charge:

### Hippocampe Chair All-Terrain Chair

Discover Hippocampe, the 3-wheel, low riding All-Terrain chair that performs on grass, sand, gravel, and uneven terrain. It transports in a fabric carrying case for easy vacation travel.

Snow attachments available for winter fun. The wheels come off and the chair folds for transportation.



### 9-Square-In-The-Air

**Game:** Looking for a fun, backyard game to play? Borrow our 9-Square game, height-adapted for players using chairs. It's a combination of volleyball and 4-square and fun for ALL.

If you want to be included on the St. Charles County mailing list, or want more information on the programs in this publication, contact the **St. Charles County office** at:

**ADDRESS:** 60 Gailwood Dr—Suite C, St. Peters, MO 63376

**PHONE :** 636-477-7704 **FAX:** 314-726-3454

**E-MAIL:** [stchascounty@recreationcouncil.org](mailto:stchascounty@recreationcouncil.org)

**WEBSITE:** [www.recreationcouncil.org](http://www.recreationcouncil.org)

**ACTIVITIES:** [www.recreationcouncil.org/anytime-activities](http://www.recreationcouncil.org/anytime-activities)

**St. Louis City-County Office:** 314-726-6044

11457 Olde Cabin Road, Suite 235, St. Louis, MO, 63141

## Cycle St. Louis

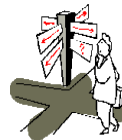
As a program of the Recreation Council, Cycle St. Louis is a group of nonprofit organizations and individuals who come together to create cycling opportunities for children and adults of all abilities in the St. Louis Metro area. Information at [www.cyclestl.org](http://www.cyclestl.org) or call 314-726-6044 x101.



### ***Tips on Finding a Recreation Program Just Right for You***

When choosing a leisure/recreation program or activity, gather as much information about that program or activity as possible. Keep in mind your specific support needs and interests. Before contacting program staff, make a list of questions to ask, and write down information about your support needs in order that they can successfully include you in the recreation program. Here are some questions you might include in your list before enrolling:

- Who handles special needs and accommodations for your program?
- Is the program or activity site accessible? Is the site safe for my needs?
- Can I visit the program or facility for a trial before I enroll?
- What is the ratio of staff to participants in the program I selected?
- Does the staff receive training on the needs of individuals with disabilities?
- Do I need to wear or bring anything special with me to this activity?
- Do you offer any scholarships, discounts, or reduced fees?
- What is your cancellation policy if I choose to withdraw from a program or activity?



### **St. Charles County is Home to Several Fully Accessible Playgrounds**

Zachary's Playground at Hawk Ridge Park, Lake St. Louis, 63367  
Brendan's Playground at Westhoff Park, O'Fallon, 63366  
Discovery Playground at Jaycee Park, St. Charles 63301  
McAuley's Playground at Hansen Park, Cottleville, 63304  
Jakes Field of Dreams at Heartland Park, Wentzville, 63385  
Veteran's Tribute County Park, Weldon Spring, 63304  
Kennedy's Playground, St. Peters, 63376  
Angie's Playground, Manion Park, Florissant MO 63031  
Gus' Playground & Theresa's Splashpad, St. Louis MO

- ⇒ *Themed equipment for countless hours of imaginative play*
  - ⇒ *Climbing Nets - complete with custom seats*
  - ⇒ *Traversable surfacing - poured-in-place and interlocking tiles*
  - ⇒ *Music Areas - for audible stimulation and creativity*
  - ⇒ *Waterplay - fully accessible splash pad for warmer days*
  - ⇒ *Toddler and 5-12 sections - fully ramped and accessible*
  - ⇒ *Swings - traditional, toddler, ADA accessible, & saucer swings*
  - ⇒ *Rollerslides, metal slides for those with cochlear implants*
  - ⇒ *Ramped play areas - room for children and adults to be together*
- Awesome Play Value - LOTS of FUN for EVERYONE!**



Visit Unlimited Play to learn more about accessible playgrounds:  
[www.unlimitedplay.org](http://www.unlimitedplay.org)  
636-757-3978

**All playgrounds exceed  
ADA requirements for  
accessibility**

# Welcome To Your Parks & Recreation Departments



## Inclusion Partnership Project

The Parks & Recreation Departments in the cities of O'Fallon, and St. Peters are members of the inclusion partnership for the purpose of increasing their capacity to include, accommodate and welcome everyone who wants to participate in their existing recreation programs. If you or a family member has a disability of any variety, mild to severe, temporary or lifelong, diagnosed or suspected and you want to learn what your Parks & Recreation Department can do to provide an equally effective opportunity to participate in their parks and recreation programs, contact Inclusion Coordinator, Brita Weight\* at 314-359-9970 or e-mail her at [recreation4uall@yahoo.com](mailto:recreation4uall@yahoo.com). Brita works with you to determine your specific needs, then works in partnership with the Parks & Recreation Department to implement a plan for successful participation. Call or Email Brita to discuss your inclusion needs.

### O'Fallon Parks and Recreation (I, VE)

Renaud Center ~ 2650 Tri Sports Circle ~ O'Fallon, MO 63368  
636-474-2732 ~ [www.renaudcenter.com](http://www.renaudcenter.com)

### St. Peters Parks & Recreation, [www.stpetersmo.net](http://www.stpetersmo.net) (I, VE)

The Rec-Plex ~ 1 St Peters Center Dr ~ St. Peters, MO 63376 ~ 636-939-2386  
Cultural Arts Center ~ at the City Hall ~ St Peters ~ 636-397-6903

*\*The following parks are not currently participating in the partnership.  
Contact these parks directly to set up your accommodations:*

### St. Charles Parks & Recreation (I, VE)

1900 W. Randolph St ~ St. Charles, MO 63301  
636-949-3372 ~ [www.stcharlesparks.com](http://www.stcharlesparks.com)

### Wentzville Parks & Recreation (I, VE)

968 Meyer Rd ~ Wentzville, MO 63385  
636-332-9236 ~ [www.wentzvillemo.org](http://www.wentzvillemo.org)

### Lake Saint Louis Parks & Recreation (I, VE)

200 Civic Center Dr ~ Lake St. Louis, MO 63367  
636-625-1200 ~ [www.lakesaintlouis.com](http://www.lakesaintlouis.com)

### St. Charles County Parks & Recreation (I, VE)

201 N. 2nd Street, St. Charles, MO 63301  
636-949-7535 ~ [www.sccmo.org](http://www.sccmo.org)



Key: I = Inclusive Provider S = Special Needs Program VE = Voucher Eligible VE\* = Voucher Eligible with Restrictions N = Not Voucher Eligible

### **City of St. Charles Parks & Recreation**

The city of St. Charles runs a network of parks that include nature trails, picnic areas, a skate park, and 3 outdoor pools: McNair, and the newly remodeled pools at Blanchette & Wapelhorst Parks. Our playground at Blanchette Park features metal slides for children with cochlear implants. For adults, we offer a travel program, softball leagues, fitness, karate, tennis, and golf lessons. Children can take t-ball, soccer, tennis, dance, karate, swim lessons, and basketball, or enroll in our summer day camp for children up to age 14. Families enjoy annual special events, and can visit our fully accessible Discovery playground located at Jaycee Park.

### **City of Wentzville Parks & Recreation**

We provide a multitude of classes include fitness, sports leagues, cultural arts, and enrichment classes for children, teens, adults, and seniors. Summer camp is popular for children up to age 12. Special events include a soapbox race, Easter egg hunt, holiday light display, a pet pool day, and more. Parks feature playgrounds, picnic shelters, paved trails, ball fields, fishing lakes, swimming pools, & many other outdoor amenities. Progress Park Center has a gymnasium, fitness center, & banquet hall. Rotary Park is the home of the St. Louis Renaissance Fair and the St. Charles County Fair.

### **City of O'Fallon Parks & Recreation Renaud Center**

The Renaud Center is a 66,000 square-foot facility in O'Fallon Sports Park, offering recreation opportunities for patrons of all ages. For adults, we have training classes, sports leagues, cultural arts, dance, tai chi, trips, and fitness. Youth programs include aquatics, sports, fitness, school break camps, and summer day camp. Special events include a family camping night, hayrides, a luau, holiday events, and movies in the park. O'Fallon is home to 6 parks and the fully accessible Brendan's Playground in Westoff Park. Come swim with us at our newly remodeled Alligator Creek swimming pool. Opening in 2019 is O'Day Park off Highway DD, designed as a rustic park to enjoy the beauty of nature.

### **~ City of St. Peters Rec Plex ~**

The City of St. Peters is home to the Rec Plex, a fully accessible facility that has two pools, 3 NHL size ice-skating rinks, a fitness center, 2 gymnasiums, and a food court. We operate 20 parks with 2 outdoor pools, playgrounds, athletic fields, picnic areas, walking trails, fishing ponds, a BMX track, and a golf course. The City Centre Park has a ramped playground with seated swings. Classes include fitness, aquatics, ice skating, fencing, sports leagues, and other special interest classes for adults, children, teens and seniors. Adults can enjoy our trips and tours program. We hold annual special events including holiday events, ice skating competitions, and swim meets. Summer day camps are offered for children up to age 12. Visit our new "Cove" waterpark at Rec Plex South.



### **~ St Peters Community & Arts Center ~**

Artists, musicians, and performers of all ages and skill levels come here to view one of our local talent art shows, take a class in drawing, painting, sculpture, piano, guitar, and voice, or attend a performance in our 280 seat, fully accessible theater. We offer summer art camps for children up to age 12 and fencing camp for up to age 16. Call us for more information 636-397-6903.

### **St. Charles County Parks & Recreation**

Visit one of 15 county parks for special events like star-gazing, park walks, bike rides, special celebrations such as Earth Day, dog walks, nature hikes, summer camp, & more. Most activities are free! The Youth Activity Park offers skateboarding & rock climbing. Klondike & Quail Ridge Parks have a rentable conference center. Indian Camp Creek & Klondike have cabins and tent camping facilities. Broemmelsiek Park has an astronomy center. Veteran's Tribute has an accessible playground. Visit the website for a listing of features & programs.

### **City of Lake St. Louis Parks & Recreation**

The City of Lake St. Louis offers opportunities for individuals of all ages to participate. Choose from art for kids and adults, sports leagues, fitness classes, holiday events for children, summer day camp, and plenty of adult special events, including the Annual Triathlon. Visit Zachary's Playground, a fully accessible place for kids of all abilities.

# Sports & Recreation

**Jewish Community Center (The J)** (I, S, VE)  
Creve Coeur ~ Chesterfield ~ 314-442-3295  
[www.jccstl.com/community/life-enrichment](http://www.jccstl.com/community/life-enrichment)

The J is an inclusive agency that welcomes people of all abilities in our fitness, youth, adult, and day camp programs. The J has two beautiful recreation centers, summer day camps for children, overnight camp, and adult recreation. Theater Unlimited at the Creve Coeur campus is a program for adults with disabilities to bring the joy of performing to life. Inclusion services are offered for all our programs and services.

**Superstars Special Needs Cheer** (S, VE)  
**at Chances Pride Acro Gymnastics**  
827 Midpoint Dr. O'Fallon, MO 63366

314-807-8001 ~ [www.cpacrotumblegym.weebly.com](http://www.cpacrotumblegym.weebly.com)

Superstars Cheerleading is a team for children ages 6 and older of ANY and ALL abilities including mobility issues. We work on social skills, motor skills, self-confidence and much more. 1 on 1 buddies will be provided if needed. Every athlete will have the opportunity to participate in local competition and exhibition events. Monthly fees, plus competition fees and uniform costs.



**Special Olympics Adaptive Cheer Team:**

Meets Mondays from 6:30-7:30pm at Element Church in Wentzville. Contact Coach Michelle at 636-542-1608 or [mchlldnswl@gmail.com](mailto:mchlldnswl@gmail.com). This is a year round team.

## **Inclusive Swim Schools Serving Swimmers with Disabilities**

**Foss Swim Schools:** O'Fallon, MO: 636-542-8399 ~ St. Charles: 636-204-5404

**Barron Swim School:** O'Fallon, MO, youth group and private: 636-542-8551

**Big Blue Swim School:** youth swim lessons, 636-465-9215

**British Swim School:** all ages & special needs class: St. Charles: 314-312-1878

**Abby's Swim School:** all ages, private lessons, Lake St. Louis, 651-216-4964

**ISR Survival Swim Skills:** Christie Cloutman, 314-764-7706

**St. Peters Rec Plex:** all ages, group and private lessons: 636-939-2386

**O'Fallon Renaud Center:** all ages, group and private lessons: 636-474-2732

**St. Charles Parks:** all ages, group & private summer outdoor swim lessons

**YMCA:** all ages, group & private, O'Fallon, MO: 636-379-0092

St. Charles: 636-928-1928

**YMCA of Greater St. Louis** (I, VE)

Gateway Region Inclusion Services ~ 314-436-1177

[www.gwrymca.org/inclusion-and-adaptive-support-services](http://www.gwrymca.org/inclusion-and-adaptive-support-services)



The YMCA offers a variety of traditional programs for adults and youth, including sports, swimming lessons, special events, school-age child care and a weekly summer camp for children. Financial assistance is available to reduce the membership fee for low income families and individuals.

**YMCA Adaptive Sports Center** (S, VE)  
**Miracle League & Adapted Sports**

[www.gwrymca.org/ymca-adaptive-sports](http://www.gwrymca.org/ymca-adaptive-sports)

The newly launched adaptive sport center offers adaptive sports for people with disabilities. Specialized sports include baseball, basketball, martial arts, water sports, gardening, bocce ball, climbing, fitness & more.

O'Fallon Family YMCA: 636-379-0092

St. Charles Family YMCA: 636-928-1928

Adapted Sports Complex: 314-436-1177

**Team Central Power Kids** (I, S, VE)  
2675 Metro Blvd ~ Maryland Heights MO  
314-291-0101 ~ [www.teamcentral.org](http://www.teamcentral.org)

We offer a specialized weekly gymnastics & movement classes and an open gym for children ages 3 and older who have developmentally delays or physical challenges. Our professional staff create a fun, safe, & educational environment while developing flexibility, coordination, strength, & self-confidence.

## **Super Swimmers Academy**

**St. Louis, MO** (I, S, VE)

314-989-0901

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

This learn-to-swim school works with youth ages 5-12 of all abilities and levels. We specialize in teaching beginners of all ages and children with special needs. Owner Sarah Marx.



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VE = Voucher Eligible VE\* = Voucher Eligible with Restrictions

## Blues Special Hockey Club (S, VE)

[www.facebook.com/  
gatewaylocomotivesspecialhockey](http://www.facebook.com/gatewaylocomotivesspecialhockey)



The Blues Special Hockey program is a team for players with developmental disabilities who want to learn and play ice hockey. There are no age groups and no tryouts. Participants don't even need to be able to skate. All you need is what you already have desire. You will learn how to skate, hold a stick, handle a puck, make a pass, take a shot, and make a save. Everyone learns at their own pace. What you will do immediately is *participate* at every practice and at every game. Play occurs at Blues Rinks in Creve Coeur Park

## Special Needs Soccer Association (S)

[www.spensa.org](http://www.spensa.org) ~ 314-894-1339

SPENSA is a seasonal soccer program for youth ages 5-21 with disabilities. Play occurs at World Wide Technology Field off Highway 44. Cost: *Free*

## Spirit League, in Florissant, MO (S, VE)

[www.facebook.com/faasports](http://www.facebook.com/faasports)

Baseball & soccer programs for children ages 6-21 whose disability prevents them from participating in standard leagues.



## Emerge Everyone ~ Adult Fitness (S)

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

Join our FREE adult special needs class happening every Saturday, focused on modified fitness to keep all ability levels healthy and fit. Non-specialized group classes and personal training sessions available for a fee.

St. Charles ~ 920 Hemsath Rd, 63303 ~ 636-362-3700

Wentzville ~ 1231 Wentzville Parkway, 63385 ~ 636-448-6300

## Spectrum Fitness Personal Training (S, VE)

636-875-4343 ~ [www.spectrumfitnessmo.com](http://www.spectrumfitnessmo.com)

Personal Trainer, Stephanie Hoffman, offers private and group sessions for special needs youth and adults to meet your individual fitness, health, and well-being goals. Classes are held at CrossFit O'Fallon, 2001 Trade Center Drive, St. Peters, MO, 63376.



## We Rock the Spectrum—Sensory Sensitive Gym for ALL children (S, VE)

Fenton: [www.werockthespectrumfentonmo.com](http://www.werockthespectrumfentonmo.com) ~ St. Ann: [www.werockthespectrumnorthcountystil.com](http://www.werockthespectrumnorthcountystil.com)

2075 Bentley Plaza Dr, 63026 ~ 636-529-8282 closed due to weather damage & need for new owner  
Focused on the needs of youth with autism, we are a safe place for ALL children. We offer open play sessions, classes, therapy-focused programs, and summer day camps. Come give us a try.

## Traditional fitness locations that serve people with disabilities:

- Club Fitness: St. Peters: 636-498-2582; St. Charles: 636-724-2582, [www.clubfitness.us](http://www.clubfitness.us)
- Anytime Fitness, St. Peters, 636-387-7777; [www.anytimefitness.com](http://www.anytimefitness.com)
- CrossFit, St. Charles, [www.crossfitstcharles.com](http://www.crossfitstcharles.com), 636-362-3700; O'Fallon, [www.crossfitofallonmo.com](http://www.crossfitofallonmo.com), 636-542-8771

## Ohana Martial Arts (I, S, VE)

2287 First Capitol Drive ~ St. Charles, MO  
314-486-4127 ~ [www.ohana.kajukenbo.org](http://www.ohana.kajukenbo.org)

We teach *Kajukenbo*, a combo of four martial arts styles that encourage personal expression of martial arts. We tailor our classes to your needs and offer a special needs class for youth & adults with disabilities. Our classes are upbeat, challenging, and fun! And, you can check out a class for *FREE*. Contact Ken to learn about this creative style of martial arts.

## The Boxing Therapy (I, S, VE\*)

1227 North 2<sup>nd</sup> St., St. Charles, MO 63301  
[www.facebook.com/RealBoxingTherapy](http://www.facebook.com/RealBoxingTherapy)

Jose Jones, owner and therapist, is ready to show you how to box for fitness and self-improvement. He uses the skill of boxing to teach self-esteem skills, of setting personal goals, or just plain having fun while learning the art of boxing. (*\*therapy program not voucher eligible*)

# Specialized Sports Programs

## St. Louis Challenger Baseball (S, N) 402 N. Geyer, Kirkwood, MO 63122 [www.challengerbaseball.org](http://www.challengerbaseball.org)

St. Louis Challenger Baseball operates a baseball league for people with developmental disabilities. We have over 60+ teams with youth over age 8 and adult divisions. Summer league runs from April to June, with an All-Star game in July. Fall League runs from August to October. We don't count outs and we don't count runs. All players bat each inning and play the full game in the field. Non-disabled buddies, ages 10-20, assist Challenger players at bat and in the field. Registration fees for the season are minimal and no player is turned away due to fees. We welcome non-disabled youth who would like to be buddies.



## Disabled Athletic Sports Association 1236 Jungermann Rd ~ 63376 (S, VE) 636-477-0716 ~ [www.dasasports.org](http://www.dasasports.org)

DASA offers an extensive program of competitive and recreational sports available to boys and girls ages 5-18 with permanent physical or visual disabilities and who are cognitively age appropriate. Athletic skills, self esteem, independence, and sportsmanship are key focus areas while athletes participate in Swimming, Track and Field, Rock Climbing, Tennis, Golf, Martial Arts, Soccer, Archery, Ice Hockey, and Summer Camps. Visit our newest addition, the ABILITY Gym located in Mid Rivers Mall.



## Midwest Disabled Water Ski Association [www.mdwsa.org](http://www.mdwsa.org) ~ (S, VE)

MDWSA develops, organizes, promotes, and provides a comprehensive program of adaptive water skiing for those with physical & developmental disabilities, visual impairments, and special needs. Our big events include a polar bear ski in the winter and a ski clinic in the summer.



## KIDS ENJOY EXERCISE NOW [www.keenstlouis.org](http://www.keenstlouis.org)

This FREE sports & recreation program is for youth ages 5-17. Athletes with disabilities meet with a 1:1 volunteer to do noncompetitive sports like soccer, basketball, baseball, bowling, scooters, hula-hoops, hockey, football, & more. 314-399-9458



## Team Activities for Special Kids (TASK) 980 Horan ~ Fenton, 63026 636-343-8275 (S, VE) [www.taskstl.org](http://www.taskstl.org)



Team Activities for Special Kids is a year-round instructional sports and socialization program for all ages. Our program includes golf, tennis, softball, T-ball, swimming, soccer, bowling, volleyball, basketball, floor hockey, karate, kickball, art, dance, fitness club, teen social club, kid's club, recreation club, and more. We hold summer day camps and sports camps at the beautiful new facility in Fenton.

## Gateway Disabled Snow Ski Program (S, VE) This program gives people with disabilities the opportunity to snow ski. Volunteers buddy up with skiers. Sessions are at Hidden Valley Ski Resort in Eureka, MO [www.GDSPSTL.org](http://www.GDSPSTL.org)



## Jensen-Schmidt Tennis Academy for People with Down Syndrome (S, VE) [www.jensen-schmidt.com](http://www.jensen-schmidt.com) ~ The Jensen-Schmidt Tennis Academy is a 2-day tennis program offered each summer in St. Louis that is designed to meet the needs of children and young adults with Down Syndrome.



## Horseback Riding



332 Stable Lane  
Wentzville MO  
636-332-4940

[www.thstl.org](http://www.thstl.org) (S, VE\*)

Come horse around with us this summer. We offer several weeks of summer day camp at our beautiful Wentzville campus that includes riding skills, nature activities, crafts, group activities, and personalized activities by a certified therapeutic riding instructor. We also offer year-round therapy using horses to meet your habilitation goals. (*\*therapy is not voucher eligible*)

### Exceptional Equestrians (S, N)

636-390-2141 ~ [www.eemv.org](http://www.eemv.org) ~ Washington, MO

Therapeutic riding and vaulting, a military veteran program, and summer camp for children. We serve riders ages 2 to adult.

### Equine-Assisted Therapy (S, N)

314-971-0605 ~ [www.eatherapy.org](http://www.eatherapy.org)

Specialized therapeutic horseback riding program in Wildwood, MO serving children, adults, & veterans.

### Arise Learning Center & Stables (S, VE\*)

Equine Assisted Personal Development

314-474-9400 ~ [www.ariseequinetherapy.org](http://www.ariseequinetherapy.org)

The special needs riding program at Arise Equine Therapy offers riding lessons for all ability levels for youth and adults. (*\*voucher funding may not be used for therapy services*)

## Special Needs Day Camp

### LifeBridge Summer Day Camp (S, VE)

[www.lifebridgestl.org/youth-services](http://www.lifebridgestl.org/youth-services) ~ 314-701-8125

Special needs day camp for youth ages 6-19 (up to age 21 if still in school). Traditional camp activities and field trips to fun community attractions. Offered one week per summer at locations in St. Louis & St. Charles.

### Circle Star Summer Day Camp (S, VE)

PO BOX 711, BALLWIN MO 63011-314-402-4032

[www.campcirclestar.com/camp](http://www.campcirclestar.com/camp)

Special needs camp for youth with Autism, providing 1:1 staffing, self-directed activities, and small camp size. Camp is held in DeSoto, MO with transportation daily from St. Louis.

**The J – Jewish Community Center** (S, I, VE), Inclusive Summer Youth Day Camp for grades K-9 at two locations: [Creve Coeur](#) & [Chesterfield](#). Inclusion Services and Specialized Teen camp for ages 15-21. [www.jcstl.com/community/life-enrichment](http://www.jcstl.com/community/life-enrichment) ~ Call Shale at 314-442-3295.

## The Great Outdoors

MO Department of Conservation (I, VE)

August A Busch Wildlife Area

636-441-4554 ~ [www.mdc.mo.gov](http://www.mdc.mo.gov)



MDC protects and manages Missouri fish, forest, and wildlife resources, and provides classes on a variety of outdoor topics. We have a number of accessible lakes, trails, ranges, and facilities to encourage people with disabilities to get outdoors. **FREE** classes are offered on using, protecting, and enjoy the great outdoors. Get a list of classes at [www.mdc.mo.gov/mdc-events](http://www.mdc.mo.gov/mdc-events)

### StrongTower Horse Ranch (I, VE)

600 Sunshine Ln, Wright City, MO 63390

636-333-0212 ~ [www.strongtowerranch.org](http://www.strongtowerranch.org)

Non-Specialized riding, horsemanship, and youth summer day camps with the goal of providing quality, Christ-centered programs that are entertaining, character building, and habilitating.

### Ride On St. Louis (S, VE)

8499 Upper Byrnesville Rd, Cedar Hill, MO 63016

636-464-3408 ~ [www.rideonstl.org](http://www.rideonstl.org)

We focus on horsemanship skills and therapy for riders of all ages and abilities. We use horse-human interaction to support quality of life for our riders.

### Community Living SOAR

School Break and Summer Day Camp (S, N)

[www.communitylivingmo.org](http://www.communitylivingmo.org) ~ 636-970-2800

Social Opportunities and Recreation (SOAR) serves children with disabilities ages 12 – 21. Summer Camp is a nine-week program, which provides a full day of pre-planned summer activities and field trips in a supportive environment. Fall, Winter, & Spring camp happen when school is on break. Call to get on the waiting list.

### Camp Independence (S, N)

Hatfield CP Rehabilitation Center

[www.stlouischildrens.org](http://www.stlouischildrens.org) ~ 314-454-2642

These week-long summer sports camps are held in Webster Groves & Clayton for youth ages 7-18 with Cerebral Palsy. Then join our triathlon in September at Wash U.



# Overnight Camps & Adventure Programs



## Wonderland Camp (S, VE)

18591 Miller Circle ~ Rocky Mount, MO 65072

1-573-392-1000 ~ [www.wonderlandcamp.org](http://www.wonderlandcamp.org)

Wonderland Camp, a specialized camp located on beautiful Lake of the Ozarks, is dedicated to serving campers with mental & physical impairments. We serve children ages 6 & up, and adults. Our trained staff and accessible facilities are built to accommodate the needs of campers of all ability. We have a nurse on duty 24 hours a day & special diets can be accommodated. The normal ratio is three campers to one staff, but can be modified based on individual need. We offer swimming in an accessible heated pool, fishing, hiking, boating, archery, arts & crafts, a game room with up to date amusement games, music and dancing, as well as other activities. Family Retreats and fall mini camps offered annually.

## YMCA Camp Lakewood (I, VE)

13528 State Hwy AA, Potosi, MO 63664

[www.ymcaoftheozarks.org](http://www.ymcaoftheozarks.org) ~ 1-888-386-9622

This inclusive co-ed residential camp set amidst 5,000 beautiful woodland acres with a private 360-acre lake, provides programs based on the YMCA's five core values. Our popular traditional summer camp for ages 6-17 includes activities like swimming, horseback riding, climbing tower, zip line, archery, arts & crafts, and campfires. Try the Ranger, Junior Ranger, Leaders-In-Training, or a special elective session on horsemanship, sports, or high adventure. We offer mini-camps, tween camp, women's weeks, a Girl Scout weekend, group outdoor adventures, leadership training, & outdoor programs for adults ages 50+.

## Sunnyhill Camp (S, VE)

P.O. Box 246 ~ Dittmer, MO 63023

636-274-9044 [www.sunnyhilladventures.org](http://www.sunnyhilladventures.org)

Sunnyhill offers overnight summer camp for children & adults with developmental disabilities. Campers enjoy fun, exciting, educational experiences in a beautiful outdoor setting. We emphasize dignity, promote independence, and offer challenge by choice. Test your limits on our climbing tower or on our newest feature, a zip-line. Campers are given the opportunity to make new friends, learn new skills, experience personal growth, explore the outdoors and have fun.

## Sunnyhill Adult Adventures (S, VE)

Sunnyhill's On the Road Adventures gives adults with developmental disabilities ages 18 and older the opportunity to take weekend trips out of town with the support of Sunnyhill Adventures staff. Join us in visiting places like Lake of the Ozarks, the MO State Fair, Branson, Chicago, Memphis, Indianapolis, & Nashville. We also offer one day holiday celebrations. Join us for fun, relaxation, & adventure.

## CAMP BARNABAS (S, VE)

[www.campbarnabas.org](http://www.campbarnabas.org) ~ 1-417-476-2565

Camp Barnabas is a Christian summer camp dedicated to providing summer camp experiences to people with special needs and their siblings. Through adaptive activities, people with physical, mental, and/or medical challenges experience a life-changing week of unforgettable fun and friendship. We have a team of registered nurses and licensed physicians to care for the medical needs of everyone at camp. Locations near Springfield, MO in the cities of Purdy and Shell Knob.

## Group Vacation & Travel for People with Disabilities

**Sundial Tours:** Since 1968, Sundial has been managing escorted tours and vacations for persons with disabilities to destinations around the U.S. Based in Oregon ~ 1-800-547-9198 ~ [www.sundialtour.com](http://www.sundialtour.com)

**New Directions:** A special needs travel program based in California. 1-805-967-2841, [www.newdirectionstravel.org](http://www.newdirectionstravel.org)

**Wilderness Inquiry:** Meet new friends, explore wilderness areas, participate in exciting outdoor activities. Gateway to Adventure Trips are modified for people with disabilities. 1-800-728-0719, [www.wildernessinquiry.org](http://www.wildernessinquiry.org)

**Trips, Inc:** Specialized trips for people with developmental disabilities. 1-800-686-1013. [www.tripsinc.com](http://www.tripsinc.com)

**Sprout:** A travel program for individuals with DD based in New York. 1-888-222-9575, [www.GOSPROUT.org](http://www.GOSPROUT.org)

**Adapted Sports Center, Colorado:** High adventure activities in Colorado for people with special needs, [www.adaptivesports.org](http://www.adaptivesports.org)

**Autism on the Seas:** Cruise vacations for adults and families living with Autism, Down Syndrome, and other related disabilities. ~ 1-800-516-5247 ~ [www.autismontheseas.com](http://www.autismontheseas.com)

**Outward Bound:** High adventure trips to wilderness locations (not specialized), 1-866.467.7651, [www.outwardbound.org](http://www.outwardbound.org)

**St. Charles Parks Extended Trips:** (Inclusive) Group travel to various US locations: 636-949-3372 [www.stcharlesparks.com](http://www.stcharlesparks.com)

**Road Scholars:** Travel opportunities for people of all walks of life (not specialized) 1-800-454-5768, [www.roadscholar.org](http://www.roadscholar.org)

**Camp Encourage:** Specialty camp for ages 8-18 with autism in Linwood, KS. [www.campencourage.org](http://www.campencourage.org) ~ 1-816-830-7171 (S, VE)

**Cub Creek Science Camp:** Inclusive summer camp program for children ages 7-17 who love nature, science, and animals. Rolla, MO ~ [www.cubcreeksciencecamp.com](http://www.cubcreeksciencecamp.com) ~ 1-573-458-2125 (S, VE)

**Camp Little Giant:** Specialized camp of SIU for ages 8-80+ with disabilities; Variety of outdoor & creative activities. ~ Carbondale, IL [www.ton.siu.edu](http://www.ton.siu.edu) ~ 1-618-453-1121 (S, VE\*)

**Camp Wartburg:** Inclusive Christian camp for youth; offers mini camp for people with disabilities of all ages. Waterloo, IL [www.campwartburg.com](http://www.campwartburg.com) ~ 1-618-939-7715 (I, S, VE)

**Champ Camp:** Medical specialty camp for children with respiratory issues. Indianapolis~[www.champcamp.org](http://www.champcamp.org)~1-317-679-1860 (S, VE)

**Camp Roehr:** Specialty camp for ages 6-18 with epilepsy located at Pere Marquette State Park, IL 1-618-236-2181 x114 [www.efgreatersil.org/camphome.html](http://www.efgreatersil.org/camphome.html) ~ (S, VE)

**Camp MITIOG:** Spina Bifida Camp in Excelsior Springs, MO (Kansas City area). [www.campmitiog.org](http://www.campmitiog.org) ~ FREE! (S)

**Camp MO-Val** Christian Camp offering inclusive camps for children & a week for adults with special needs, 1:5 ratio only Union, MO, 636-583-2730, [www.campmoval.org](http://www.campmoval.org) (I, S, VE\*)

**Camp No Limits:** Specialty camp for youth with limb loss. Located at YMCA Trout Lodge in Potosi, MO. 1-207-569-6411 ~ [www.nolimitsfoundation.org](http://www.nolimitsfoundation.org) (S, VE)

**Joni & Friends Family Retreat:** Specialized camp for those with special needs; families attend together; One week in Missouri. [www.joniandfriends.org](http://www.joniandfriends.org) ~ 1-818-707-5664 (S, VE)

**Meramec Learning Ranch:** Specialized camp for youth ages 7-18 with Autism. Steelville, MO ~ 1-573-775-5513 ~ (S, VE) [www.missouri.kvc.org/meramec-adventure-ranch](http://www.missouri.kvc.org/meramec-adventure-ranch)

**Sherwood Forest Camp:** Inclusive camp for children who are economically disadvantaged. Lesterville, MO [www.sherwoodforeststl.org](http://www.sherwoodforeststl.org) ~ 1-573-637-2476 (S, VE)

**William's Syndrome Camp:** Specialized music camp for youth and adults held in Michigan & Georgia. [www.williams-syndrome.org](http://www.williams-syndrome.org) ~ 1-248-244-2229 ~ 1-800-806-1871 (S, VE)



## Scouting USA (I, VE)

**4568 West Pine ~ St. Louis, MO 63108**  
**314-361-0600 ~ [www.stlbsa.org](http://www.stlbsa.org)**

Since its founding in 1910, Scouting has worked to instill sound physical, mental, social, and spiritual development for youth in grades K-12. As of 2019, boys and girls are welcome to join all levels of scouting. Through outdoor skills, we encourage teamwork, personal responsibility, leadership, service, and character development in an environment that appreciates the importance of each scout. The Venturing and Exploring programs are open to young men and women ages 14-20. Adults can also be involved as volunteer leaders at any level of scouting. Special Needs Scouting provides youth with significant disabilities the opportunity to participate in the scouting program at an individual pace & into adulthood as needed.



## Youth Scouting

**Girl Scout Council of Eastern MO (I, VE)**  
**2300 Ball Dr ~ St. Louis, 63146**  
**314-400-4600 ~ [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 interest of girls at five levels of age appropriate activities. All girls in kindergarten through 12th grade are encouraged to participate in Girl Scouting. Summer overnight and activity camps are available for a wide variety of interests.



**ARC Escapes Weekend Adventures**  
**314-569-2211 ~ [www.slarc.org](http://www.slarc.org) (S, VE)**

This weekend getaway overnight trip program serves adults with disabilities ages 18 and older. Trips occur about 4 times per year to destinations in the Midwest such as Branson, Hannibal, Springfield, Tulsa, and more.



### SEARCH OUT YOUR OWN CAMP:

American Camp Association, 1-800-428-CAMP  
[www.acacamps.org](http://www.acacamps.org) ~ [www.campchannel.com](http://www.campchannel.com)  
Search website for summer camps in our area:  
[www.blueprint4summer.com](http://www.blueprint4summer.com)

**Key:** I = Inclusive Provider S = Special Needs Program VE = Voucher Eligible  
N = Not Voucher Eligible VE\* = Voucher Eligible with Restrictions  
\*Special Needs Overnight Summer Camp is not funded for St. Charles County residents ages 21 and older, nor for SCC youth ages 18-20 who have fully graduated from school.

# Specialized Agency Programs

**WILLOWS WAY** (S, N)  
Project H.E.A.R.T.  
800 Friedens ~ Suite 100  
St. Charles, MO 63303

636-947-6591 ~ [www.willowsway.org](http://www.willowsway.org)

Project HEART, which stands for "Health Enrichment and Resource Training" provides stimulating, person-centered health education classes, skills training and resource information to people with developmental disabilities and those supporting them. Monthly training classes focus on health related topics, like cooking and nutrition, exercise, personal hygiene, depression management, relationships and problem solving. Call 636-757-0515 for information.



**COMMUNITY LIVING** (S, N)  
1040 St. Peters Howell Rd.  
St. Peters, MO 63376  
636-970-2800 [www.communitylivingmo.org](http://www.communitylivingmo.org)



**Adult Recreation** ~ Community Living provides year-round, community-based recreation programs in St. Charles County for adults with developmental disabilities. Group events are scheduled each month, including classes, sporting events, shows, dances, bowling, crafts and more. Individualized support is available for members who require 1:1 assistance.

**Teen Recreation** ~ This well-balanced, age appropriate recreation program includes social interaction, creative expression, spectator appreciation, intellectual stimulation, relaxation, and physical exercise for youth ages 12-21. We offer school break camps and summer camps. (See page 10.)

**Teen Club** ~ This after-school program specializes in serving teens, ages 12-21, with developmental disabilities who are either entering middle school and have not yet graduated from high school. Choose from several school locations in St. Charles.

**ShowMe Aquatics & Fitness**  
2085 Bluestone Dr. Suite 202 ~ 63303  
636-896-0999 (S, N)



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

Our Aqua Ability Program is a combination of therapy, water exercise, adaptive swimming lessons, and individual and group water programs for better health, mobility, and well-being of people with physical and developmental disabilities. ShowMe Sports is an integrated sports and training program that provides sport training options to athletes of all abilities.

**Easter Seals Midwest** (S, N)  
**PEERS Social Skills Training**



11933 Westline Industrial Drive, St. Louis, MO 63146  
1-800-200-2119 ~ [www.easterseals.com/midwest](http://www.easterseals.com/midwest)

PEERS® stresses the importance of developing and maintaining friendships for teens with autism ages 11 to 18 and their parents. During each 14-week group session, your teen is taught important social skills and practices those skills. Parents learn how to assist their teen in making and keeping friends. Contact Easter Seals to see if you qualify for their funding for Charles County residents.

**Family Advocacy & Community Training**



[www.factmo.org](http://www.factmo.org) ~ 636-949-2425 (S, N)

The F.A.C.T. Family Support program has been developed to help you manage life's challenges. A Parent Support Partner will visit you at home and give you emotional and practical support to help you access community services such as health care, special education, recreation, housing, caretakers, employment and finances, and more.



**Pathways to Independence** (S, N)  
11457 Olde Cabin Road Suite 235  
St. Louis, MO 63141

314-863-0202 ~ [www.ptistl.org](http://www.ptistl.org)

Pathways offers individuals ages 18 and older with learning disabilities and associated social and developmental disabilities the opportunity to participate in educational, cultural, social and volunteer activities in the community. Social College is a series of discussions and activities focusing on participant-identified social topics. An emphasis is placed on WHY social norms are important and HOW to apply those skills in a variety of settings.

Key: I = Inclusive Provider S = Special Needs Program  
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VE\* = Voucher Eligible with Restrictions

## HARBOR Unlimited (S, VE)

[www.harborunlimited.com](http://www.harborunlimited.com) ~ (314) 956-2665

HARBOR Unlimited is a nonprofit organization that works closely with families who have a disabled person in their lives to experience unlimited opportunities. We work with all age groups and encourage full families to participate. HARBOR stands for Hope, Achieve, Reach, Believe, Open arms, and Relate, all of which we aim for our families to receive through our activities and camp. We offer FREE monthly events to bring families together to re-energize and revitalize lives.



## ST. LOUIS VARIETY (S, N)

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.

## LifeBridge Partnership (S, VE)

[www.lifebridgestl.org](http://www.lifebridgestl.org) ~ 314-701-8125

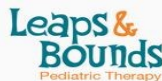
LifeBridge Partnership serves children (and adults in the St. Louis area) with developmental disabilities by providing recreational and social opportunities. See page 9 for information on the St. Charles summer camp for ages 6-20.



## People First ~ St. Charles

636-949-2425 x266 ~ [www.factmo.org](http://www.factmo.org) (S)

People First is a self-advocacy organization run by young adults with developmental disabilities. Monthly social events and regular advocacy activities increase quality of life and protect equal rights for people with disabilities.



## LEAPS & BOUNDS (S, VE\*)

324 Jungermann Rd, 63376  
636-928-5327

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

Swings hanging from the ceiling, a trampoline, a rock wall and more create a one-of-a-kind, fun-filled experience for your child. We hold one-day fun workshops and many classes that combine fun & therapy.

(\*therapy is not voucher eligible, reduced funding for fun day program)

## St. Louis Arc Teen and Adult Recreation (S, VE)

1177 N. Warson Road, 63132 ~ 314-569-2211

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



The Arc serves people of all ages with developmental disabilities by providing support groups, employment, residential services, adult day programs, social skills, technology training, & recreation programs. Our adult recreation program includes classes & sports where you meet other people with similar interests. Our youth programs help you gain independent living skills while socializing with peers. We use the LifeCourse tools to help you find and realize your dream of a better life. Visit the website to see all our programs.

## Special Olympics (S, N)

2945 South Brentwood Ave  
St. Louis, MO 63144

314-961-7755 ~ [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.

## Developmental Disabilities Resource Board

636-939-3351 ~ 1025 Country Club Rd, 63303

DDRB is your St. Charles County funder of a wide range of programs and services for people with developmental disabilities. Check out their extensive directory of community resources at

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



# Arts & Education



1023 Chesterfield Pkwy East  
Chesterfield, MO 63017

636-449-5775

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



## STAGES "Access the Arts" (S, VE)

Program is designed for students ages 6 and older with physical, developmental, or cognitive delays to instill a love for the beauty of musical theatre arts.

## STAGES Performing Arts Academy

### STAGES Troupe Broadway ~ ages 14+ (S, VE)

Calling all performers with disabilities! Step on stage and be a part of an exciting musical theatre troupe. Participants rehearse and perform a musical revue in front of audiences.

*Audition required.*

### Theater, Acting, Dance, Voice (I, VE)

These inclusive classes develop creativity, performance skills, and self-confidence. Students work on a variety of dance, music and drama activities.

## St. Charles Community College (I, VE)

4601 Mid Rivers Mall Dr

636-922-8233 ~ [www.stchas.edu](http://www.stchas.edu)

The Continuing Education Division offers adult non-credit classes throughout the year including arts, crafts, computers, music, recreation, dance, fitness, sports, theater, language, and more. Children can attend "College for All Kids", a non-specialized summer program for youth ages 3-16 with a wide variety of half day camps.



## Learn to play an instrument at one of these community providers who offer private instruction. (I, VE)

- [Palen Music](#) O'Fallon, various instruments 636-300-9553
- [Lacefield Music](#) Piano Studio, Chesterfield, 636-778-2070
- [Altman Piano Studio](#), piano, keyboard, guitar 314-315-5238
- [Mid Rivers Music](#) St. Peters, various instruments, 636-970-3385
- [Music & Arts Studio](#) St. Peters, various instruments, 636-244-3770
- Berry Music: [www.berrymusicstl.mymusicstaff.com](http://www.berrymusicstl.mymusicstaff.com)
- [Different Dynamics](#), specialized music events, 314-496-9060 (S)
- [Midwest Music Therapy](#), Adapted Music, 314-960-0475 (S, N)

## Danceabilities—Specialized Dance for All (S, VE)

These specialized dance classes are for youth of all ages and abilities. We run class sessions in St. Charles at the Performing Arts Center, 63303, and at Dance Factory in Maryland Heights. We share the love of dance, music, and movement. Contact Tori or Lauren at 314-269-3180 for information or visit their facebook page: [www.facebook.com/DanceabilitiesSchoolofDance](http://www.facebook.com/DanceabilitiesSchoolofDance)

## Code Ninjas (I, VE)

2955 Hwy K, O'Fallon, MO 63368

[www.codeninjas.com/mo-ofallon](http://www.codeninjas.com/mo-ofallon) ~ 636-851-9634

Youth ages 7-14 learn computer programming in a fun, safe, and inspiring learning environment, with a game-based curriculum that they'll love. We offer year-round drop-in sessions, and a summer camp program.

## St. Peters Cultural Arts (I, VE)

1 St. Peters Centre Blvd (City Hall)

636-397-6903 ~ [www.stpetersmo.net](http://www.stpetersmo.net)

Operated by the City of St. Peters, the Center provides instruction in art, music, voice, and theater for all ages, as well as week-long summer art, theater, and fencing camps for children and teens. Come visit our art gallery.



## My King Dance Studio (I, S, VE\*)

2140 Bryan Valley Commercial Dr.

O'Fallon, MO 63366 ~ 636-978-3321

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

Christian-based dance instruction tailored to fit differing age groups and skill levels. *Creative Dance 4 Special Dancers* is class for students with special needs with discounted tuition (\*special needs class not funded due to significant discount provided by program)

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VE\* = Voucher Eligible with Restrictions

## Additional St. Charles County Community Providers

Here are some inclusive community recreation providers who have served people with disabilities in their existing programs and services. Since they do not provide specialized services, discuss your needs with them to make sure it's the right program for you.

- Arts & Education
  - Camp Invention STEM Camp, 1-800-968-4332, [www.invent.org/educators/camp-invention](http://www.invent.org/educators/camp-invention)
  - Foundry Art Centre, Studio classes, 636-255-0270, [www.foundryartcentre.org](http://www.foundryartcentre.org)
  - ID Tech Camp, 1-888-709-8324, [www.idtech.com](http://www.idtech.com)
  - Painted Pot, O'Fallon, 636-300-4515, [www.thepaintedpotstl.com](http://www.thepaintedpotstl.com)
  - Wild About Art, Wentzville, 636-357-1781, [www.wildaboutart4kids.com](http://www.wildaboutart4kids.com)
- Dance & Cheer
  - Excel Performing Arts, 636-978-4444, [www.excelperformingarts.com](http://www.excelperformingarts.com)
  - Hi NRG, 636-532-7762, [www.hinrggymnastix.com/ofallon](http://www.hinrggymnastix.com/ofallon)
  - St. Peters Academy of Dance, 636-279-2790, [www.stpetersacademyofdance.com](http://www.stpetersacademyofdance.com)
- Gymnastics
  - GymQuarters, O'Fallon, MO, 636-498-6854, [www.gymquarters.com](http://www.gymquarters.com)
  - Northside Gymnastics, O'Fallon MO, 636-330-0260, [www.northsidegym.com](http://www.northsidegym.com)
  - LittleBits Gym, Lake St. Louis, 636-312-4044, [www.littlebitsgym.com](http://www.littlebitsgym.com)
  - Little Gym, St. Peters: 636-970-1220, [www.thelittlegym.com/stcharlesmo](http://www.thelittlegym.com/stcharlesmo)
  - Olympia, St. Peters, 636-970-1800, [www.olympiagymnastics.org](http://www.olympiagymnastics.org)
  - Stacey's Gymnastics, 636-327-5867, [www.staceysgymnastics.com](http://www.staceysgymnastics.com)
- Martial Arts
  - Buccaneer Blades, Fencing, 314-570-8037, [www.buccaneerbladesfencing.com](http://www.buccaneerbladesfencing.com)
  - Gracie Barra Jiu-Jitsu: 636-544-3655, [www.GBOFallon.com](http://www.GBOFallon.com)
  - Kuk Sool Won 636-978-5425, [www.kswofallon.net](http://www.kswofallon.net)
  - Master's Park, US Yong-In 636-627-9689, [www.uytkd.weebly.com](http://www.uytkd.weebly.com)
  - Momentum Arts 636-614-6303, 636-614-6303, [www.facebook.com/Momentummartialarts1](http://www.facebook.com/Momentummartialarts1)
  - World Martial Arts St. Charles: 636-928-0001, O'Fallon 636-978-5906, [www.blackbeltstl.com](http://www.blackbeltstl.com)
- Water Sports
  - Midwest Scuba Diving, St. Charles 636-255-0707, [www.midwestscuba.net](http://www.midwestscuba.net)
  - Y-Kiki Scuba in St. Louis, 314-469-8722, [www.y-kiki.com](http://www.y-kiki.com)
- Sports & Camps
  - Boys & Girls Clubs, St. Charles 636-946-6255; O'Fallon 636-688-8578; [www.bgcstc.org](http://www.bgcstc.org)
  - Chesterfield Baseball & Softball 636-537-4645, [www.cbsasports.com](http://www.cbsasports.com)
  - i9 Sports, [www.i9sports.com](http://www.i9sports.com)
  - Golf Headquarters, 636-240-0458, [www.golf-headquarters.com](http://www.golf-headquarters.com)
  - St. Peters Athletic Association 636-397-3149, [www.spaa.com](http://www.spaa.com)
  - St. Charles Youth Soccer (SCCYSA) 636-498-1056, [www.sccysa.org](http://www.sccysa.org)
  - Upward Sports: basketball, cheer, flag football, soccer, volleyball, baseball and softball, [www.upward.org](http://www.upward.org)
  - Vetta Sports: Soccer, Racquet Sports, & Hockey, 636-498-4625, [www.vettasports.com](http://www.vettasports.com)

## St. Charles Area Attractions & Resources

St. Charles Visitor Center & Historic District	<a href="http://www.discoverstcharles.com">www.discoverstcharles.com</a>	636-949-3217
St. Charles County Parks	<a href="http://www.sccmo.org">www.sccmo.org</a>	636-949-7535
City of St. Peters—Amenities	<a href="http://www.stpetersmo.net">www.stpetersmo.net</a>	636-477-6600
City of O'Fallon - Attractions	<a href="http://www.ofallon.mo.us">www.ofallon.mo.us</a>	636-240-2000
City of Wentzville - Visitors	<a href="http://www.wentzvillemo.gov/visitors">www.wentzvillemo.gov/visitors</a>	636-327-5101
Lake St. Louis - Community	<a href="http://www.lakesaintlouis.com">www.lakesaintlouis.com</a>	636-625-1200
MDC Busch Wildlife Refuge	<a href="http://www.mdc.mo.gov">www.mdc.mo.gov</a>	636-441-4554
St Charles City-County Library	<a href="http://www.stchlibrary.org">www.stchlibrary.org</a>	636-441-2300
Foundry Art Center ~ St. Charles	<a href="http://www.foundryartcentre.org">www.foundryartcentre.org</a>	636-255-0270
Ozzie Smith Sports Complex-O'Fallon	<a href="http://www.ofallon.mo.us/ozzie-smith-sports-complex">www.ofallon.mo.us/ozzie-smith-sports-complex</a>	636-379-5606
St. Charles Convention Center ~ St. Charles	<a href="http://www.stcharlesconventioncenter.com">www.stcharlesconventioncenter.com</a>	636-669-3000
St. Charles Family Arena ~ St. Charles	<a href="http://www.familyarena.com">www.familyarena.com</a>	636-896-4200
Community News - St. Charles County	<a href="http://www.mycnews.com/st-charles-county">www.mycnews.com/st-charles-county</a>	636-379-1775
Lindenwood University	<a href="http://www.lindenwood.edu">www.lindenwood.edu</a>	636-627-2540
St. Charles Community College	<a href="http://www.stchas.edu/student-life">www.stchas.edu/student-life</a>	636-922-8238

## ***Quick Guide to Agencies***

Adam Morgan Foundation.....	636-447-2326
Association on Aging and Developmental Disability (AADD).....	314-647-8100
Babler Outdoor Education Center.....	636-458-3048
Barnabas Camp.....	1-417-476-2565
BCI Employment Services.....	636-978-4300
Boys & Girls Clubs..... St. Charles: 636-946-6255..... St. Peters: 636-240-9150	
Bridgeway Behavioral Health.....	636-224-1000
Center for Autism Education.....	636-978-7785
Community Council of St Charles County.....	636-978-2277
Community Living.....	636-970-2800
Delta Center for Independent Living.....	636-926-8761
Department of Mental Health, Regional Office, St Charles (DMH).....	636-926-1200
Developmental Disabilities Resource Board (DDRB).....	636-939-3351
Disabled Athlete Sports Association (DASA).....	636-477-0716
Easter Seals Midwest, St. Charles County Office.....	314-567-7705
Emmaus Homes.....	636-534-5200
FACT—Family Advocacy & Community Training.....	636-949-2425
Family Forward, St. Louis.....	314-968-2350
Giant Steps of St. Louis, Services for Children with Autism.....	314-932-1051
Jewish Community Center (The J).....	314-432-5700
KEEN-Kids Enjoy Exercise Now.....	314-259-5980
Leaps and Bounds, St. Peters.....	636-928-5327
Life Bridge Partnership.....	314-989-1188
MO-Mentor.....	636-685-0804
Pathways to Independence.....	314-863-0202
Recreation Council.... St. Louis Office: 314-726-6044.... St. Charles Office.....	636-477-7704
RHD-Missouri.....	636-946-1500
Ride-On Therapeutic Horsemanship.....	636-464-3408
ShowMe Aquatic & Fitness.....	636-896-0999
Special Olympics.....	314-961-7755
St. Louis ARC.....	314-569-2211
St. Louis Life.....	636-561-1900
St. Louis Variety-The Children's Charity.....	314-720-7700
St. Louis Wheelchair Athletics.....	314-775-2512
Sunnyhill Adventures.....	636-274-9044
Team Activities for Special Kids (TASK).....	636-343-8275
Tree House of St. Louis.....	636-332-4940
Unlimited Play Accessible Playgrounds.....	636-757-3978
United Services / Uncommon Grace Pediatric Therapy.....	636-926-2700
Vocational Rehabilitation.....	636-940-3300
Willows Way.....	636-947-6591
Wonderland Camp.....	1-573-392-1000
YMCA of Greater Metro Area Inclusion Services.....	314-962-5979