



*"Leisure without Limits"*

#### Recreation Council Offices

**St. Louis County &  
St. Louis City Offices**  
11457 Olde Cabin Rd, Suite 235  
St. Louis, MO 63141  
(314) 726-6044

**St. Charles County Office**  
60 Gailwood Drive, Suite C  
St. Peters, MO 63376  
(636) 477-7704

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



#### Inside This Guide:

**Overnight Camps  
Day Camps  
Camp Resources  
Horsemanship  
Adult Adventures  
Travel  
Summer Events  
Agency Programs  
Destination Playgrounds**



## The Recreation Council of Greater St. Louis 2025 Summer Opportunities Guide for St. Louis City, St. Louis County & St. Charles County For Residents with Developmental Disabilities



With Summer right around the corner, The Recreation Council of Greater St. Louis hopes that this **Summer Opportunities Guide** provides you with the information you need to find a program or activity that is just right for YOU! It's never too early to make your summer plans since some programs fill quickly.

This **Summer Opportunities Guide** is a resource for information regarding summer programs and activities. The Recreation Council is not responsible for the claims made or services delivered by the camps and/or organizations listed in this guide. It is strongly recommended that a reference be obtained prior to committing to a program. It is also very important when you contact a program of interest that you provide as much information as possible about the person who will be participating in the program or activity. By sharing this information,

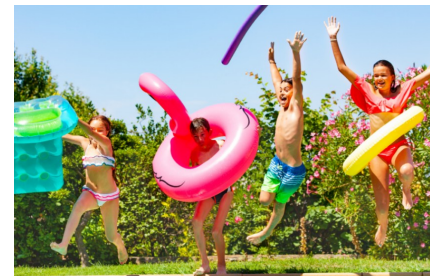
Funded in part by: Productive Living Board for St. Louis County Citizens with Developmental Disabilities, Saint Louis Office for DD Resources, and the Developmental Disabilities Resource Board of St. Charles County.

### Looking for Summer Activities?

program staff can plan to successfully include the participant in that program or activity.

Some program and activity information was not available at the time this publication went to print. Funding may be pending on some programs as well. Visit our online **Summer Program webpage** at [www.recreationcouncil.org/anytime-activities](http://www.recreationcouncil.org/anytime-activities) for current information, or contact the Recreation Council staff person in your service area for current information.

### Have a Great Summer 2025



### Need Funding to Attend an Overnight Camp, Day Camp, or Other Activity?

**Call the Recreation Council NOW!**  
Through our voucher programs, a limited amount of funding is available to assist individuals with developmental disabilities access recreation programs of their choice.

Funding is based on a first-come, first-serve basis. Contact your County Coordinator for eligibility requirements and to apply. Don't miss out, CALL NOW!

St. Louis City: 314-726-6044, ext. 105  
St. Louis County: 314-726-6044, ext. 103  
St. Charles County: 314-726-6044 ext. 104

**VISIT OUR WEBSITE** ~ Find out about a variety of leisure and recreation, and voucher programs on our website at:

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

**REVISED: May 2025**

# 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, 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? Is the program/activity site accessible?
- What is the ratio of program staff to participants?
- 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? (personal care, challenging behaviors, interpreters)
- What credentials, certifications, or qualifications 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? Who helps me with the registration process?
- Is your program accredited and/or monitored for safety & programmatic standards?
- If applicable, are references available? If not, ask other family members or participants if they are aware of the program and its reputation.

## Questions To Ask The Camp Director

*(modified information from the American Camp Association)*

When you are looking for a camp, every item you can think to ask about is important. Before you talk with a director, make a list of questions. Ask questions specific to your or your son/daughter's specific interests and support needs! If possible, try to visit the camp when it is in operation before you make your final selection. This will give you and/or your son/daughter the opportunity to observe the programs and philosophy of the camp in action. Here are some important items to consider when you meet with the camp staff.

*What is the background of the Director?  
What is the camp's philosophy? How are special needs handled?  
Is there transportation provided by the camp?  
What type of assistance do the counselors provide?  
What is the ratio of counselors to campers?  
What are the counselors' ages? Are references available?  
What training do the counselors receive?  
What kind of background checks are done on camp staff?  
What percentage of the staff return each year?  
What percentage of campers return each year?  
Is the Camp accredited by the American Camp Association?*



You can find a complete list of ACA Accredited Camps in the Guide to Accredited Camps.

Call 1-800-428-CAMP Also check out ACA's website at: [www.acacamps.org](http://www.acacamps.org)

The Recreation Council has available various articles on preparing for and attending camp. Call (314) 726-6044.

**Many thanks to our funding partners for their continued support of the Recreation Council's Programs and Services.**





# SPECIALIZED OVERNIGHT CAMPS



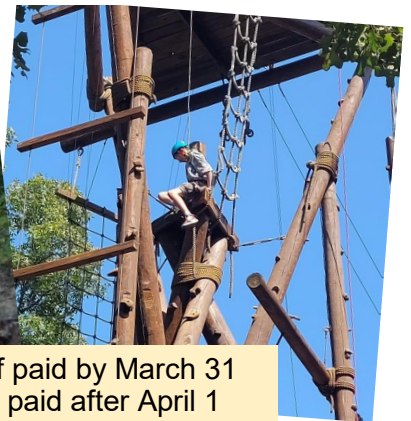
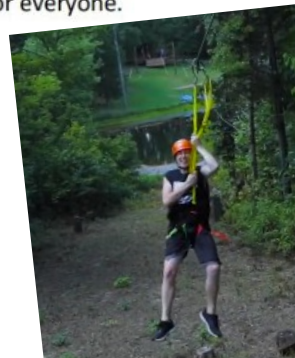
Welcome to Sunnyhill Adventure Camp!

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

6555 Sunlit Way  
Dittmer, MO 63023  
(636) 274-9044

Sunnyhill Adventures offers a combination of high-rope challenges, fishing, archery, and other activities designed to delight the outdoor enthusiast while allowing for the comforts of air conditioning and a warm bed. Youth programming is available for boys and girls ages 8-17, as well as adult programming for campers 18 years or older. The care and support of our campers is always our priority. Individual and group support options are available through counselor-to-camper ratios of 1:1 or 1:5, to accommodate the wishes and needs of both families and campers while ensuring a safe adventure experience for everyone.

ADVENTURE CAMP · JUNE 15 - JUNE 20, 2025  
ARTS FESTIVAL CAMP · JUNE 22 - JUNE 27, 2025  
EVERY DAY IS A HOLIDAY CAMP · JUNE 29 - JULY 4, 2025  
ADVENTURE CAMP · JULY 6 - JULY 11, 2025  
SUPERHERO CAMP · JULY 13 - JULY 18, 2025  
(YOUTH CAMPERS ONLY - DAY CAMP OPTION AVAILABLE)  
ADVENTURE CAMP · JULY 20 - JULY 25, 2025  
DISNEY CAMP · JULY 27 - AUGUST 1, 2025  
OLYMPIC CAMP · AUGUST 3 - AUGUST 8, 2025  
ADVENTURE CAMP · AUGUST 10 - AUGUST 15, 2025



Early bird cost: \$1,100 if paid by March 31  
Regular cost: \$1,300 if paid after April 1  
Register at [www.sunnyhillinc.org/adventures](http://www.sunnyhillinc.org/adventures)



WONDERLAND  
Camp EST. 1969

Wonderland Camp

18591 Miller Circle  
Rocky Mount, MO 65072

573-392-1000

Try one of our  
Fall WEEKEND  
CAMPS



Wonderland Camp has given children, teenagers and adults with disabilities the opportunity to come to camp for over 50 years. We're here for the friendships, the encouragement and the high-fives! All activities are adapted so that everyone can participate.

1 May 18-23, 2025	Aloha Summer
2 May 25-30, 2025	Around the World
3 June 1-6, 2025	Animal Kingdom
4 June 8-13, 2025	Big Machinery-PWS Only
5 June 15-20, 2025	Sports Mania
6 June 22-27, 2025	Disney
7 June 29-July 4, 2025	Party in the USA
8 July 6-11, 2025	Christmas in July
9 July 13-18, 2025	Splash Splash
10 July 20-25, 2025	Minecraft
11 July 27-Aug 1, 2025	Out to Sea



Cost: \$1,050 per week;  
Staffing ratios of 1:3 and 1:1 available.

Bring your own support person for  
\$1,150 per week.

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

☐ Fall Weekend » Fall Group- 3:1 Life Skills Camp- Kitchen Skills Aug 26, 2025 - Aug 29, 2025 \$525.00

☐ Fall Weekend » Fall Group - 3:1 Circus Sep 19, 2025 - Sep 21, 2025 \$400.00

☐ Fall Weekend » Fall Group- 3:1 Life Skills Camp- Community Safety Sep 22, 2025 - Sep 25, 2025 \$525.00

☐ Fall Weekend » Fall Group - 3:1 Spookfest Oct 17, 2025 - Oct 17, 2025 \$400.00

☐ Fall Weekend » Fall Group - 3:1 Halloween Oct 24, 2025 - Oct 26, 2025 \$400.00

☐ Fall Weekend » Fall Group- 3:1 Life Skills Camp- Social Skills Nov 6, 2025 - Nov 9, 2025 \$525.00

☐ Winter Weekend » Winter Group - 3:1 Snowballs & Stockings Dec 5, 2025 - Dec 7, 2025 \$400.00

☐ Winter Weekend » Winter Group- 3:1 Cookies with Santa Dec 12, 2025 - Dec 14, 2025 \$400.00





**Camp Barnabas**  
901 Teas Trl  
Purdy, MO 65734  
(417) 522-6011

## Changing Lives Through Disability Ministry

Camp Barnabas is a ministry in Southwest Missouri dedicated to providing a unique Christian summer camp experience to individuals with disabilities and chronic illnesses. It's a summer full of waterslides, fishing, canoeing, archery, ziplining, swimming, mini-golf, and so much more. We want our Campers to have a summer just like everyone else because, for most of the year, our Campers are on the outside. We want to create a place where they can be who God designed them to be.

June 1-6, 2025	18+, I/DD, Autism, no 1:1, returning campers only
June 8-13, 2025	16+, I/DD Autism
June 15-20, 2025	7-18, I/DD, Autism, Siblings
June 22-27, 2025	16+, Physical
No camp June 29-July 4, 2025	
July 6-11, 2025	7+, Blind, Deaf, Illness, I/DD/ Autism, Siblings
July 13-18, 2025	I/DD, Autism, Physical, Siblings
July 20-25, 2025	16+, I/DD, Autism
July 27-Aug 1, 2025	7+, I/DD, Autism
Aug 3-8, 2025	18+, I/DD, Autism, no 1:1

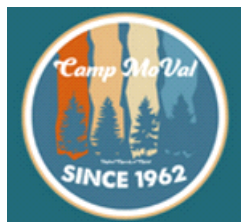


**Cost: \$1,500**

If you love camp, register by  
August 31, 2025 for summer 2026 and  
you get a \$200 discount

**Register at:**

[www.campbarnabas.org/campers](http://www.campbarnabas.org/campers)



## Camp MoVal

2659 Camp MoVal Road  
Union MO 63084  
636-583-2730



### Adventures in Community

**August 3-8, 2025 ~ Cost: \$625**

For adults (ages 18+) with special needs who are active and independent.

While exploring their faith, individuals participate in many traditional camp activities, including swimming, canoeing, arts and crafts, fishing, games, karaoke, and more. Most who attend have some form of developmental disability, and activities are modified for each camper's ability and needs.

### Summer Camp Programs

Camp MoVal has been welcoming all ages to participate in a wide variety of programs and activities since 1962. We ensure an amazing and unique camp experience in a safe and fun atmosphere for everyone, no matter their age. Take a look at the various camp programs we offer in the summer.

6/22 - 6/27/25 All Ages Camp #1 (grades 3-9)

6/22 - 6/27/25 High School Camp (grades 9-12)

6/29 - 7/3/25 Family Camp (all ages)

7/6 - 7/11/25 All Ages Camp #2 (grades 3-9)

7/13 - 7/18/25 All Ages Camp #3 (grades 3-9)

7/20 - 7/22/25 S.T.E.A.M. - Summer Camp (grades 3-9)

7/20 - 7/21/25 'And Me' - Summer Camp (all ages, adult guardian 21+)

8/3 - 8/8/25 Adventures in Community (ages 18+)

[www.missourimidsouth.org/camp-moval](http://www.missourimidsouth.org/camp-moval)



# Missouri Family Retreat

August 5-9, 2025



**Family Cost:**  
\$400 per person  
Ages 3 and under are free

**Location:**  
Cross Pointe Camp and  
Retreat Center  
31434 Main Street  
Rocky Mount, MO 65072

**Contact:**  
Rachel Riney  
314-773-5664  
rriney@joniandfriends.org

Family Retreat offers a haven for families living with disability. In a fully accessible camp environment, families are cared for, rejuvenated, and encouraged in Christ. Enjoy a fun, Christ-centered environment that is safe and accepting for each member of the family. During this time of respite, you will build lasting memories and find renewed hope as you take part in Bible study, accessible activities, and opportunities to connect with other families who face similar challenges. Join us for a time of fun and refreshment—it's a little slice of heaven!

Website: [www.joniandfriends.org/missouri](http://www.joniandfriends.org/missouri)

## Meramec Adventure Ranch

Meramec Adventure Ranch

1203 Meramec Wilderness Lane  
Steelville, MO 65565

Brett Bailey, Camp Director

[BBailey@kvc.org](mailto:BBailey@kvc.org)  
573-775-5513.



Meramec Adventure Ranch offers therapeutic adventure and wilderness programs to help the youth and families we serve confront personal challenges, and discover inner courage and a renewed passion for life.

**2025 Camp Dates:** June 22-24, 2025  
Cost: \$980 ~ Youth ages 7 & older with Autism

[www.missouri.kvc.org/meramec-adventure-ranch](http://www.missouri.kvc.org/meramec-adventure-ranch)

KVC Missouri



UNIVERSITY OF  
MISSOURI-ST. LOUIS

Office of Inclusive Postsecondary Education

113 Lucas Hall 1 University Boulevard  
St. Louis, MO 63121-4400

Office Number: (314) 516-5911

Admissions Toll-Free: 1-888-GO-2-UMSL

Email Address: [OIPE@umsl.edu](mailto:OIPE@umsl.edu)

College interested youth with disabilities ages 18 and older can experience what it's like to be a student at the University of Missouri - St. Louis at the Succeed Summer Enrichment Camp. Immerse yourself incoming in college life by living in a residence hall, take academic workshops and classes and enjoy recreation activities on campus.

**June 9-13, 2025 & July 14-18, 2025**

Each session is week-long and includes overnight stay at Oak Hall.

**Complete and email your application online**

Cost of week-long camp: \$600

Attendees must be able to manage medications independently, navigate basic hygiene and self-care independently, and must provide proof of intellectual or developmental disability.



[www.umsl.edu/education/oipe/summercamp.html](http://www.umsl.edu/education/oipe/summercamp.html)



## DASA Headquarters

INSIDE Mid Rivers Mall,  
Upper level next to Dillards  
1600 Mid Rivers Mall Circle, Ste 2272  
St. Peters, MO 63376

## Contact Us

Call us at 636-477-0716 to inquire about  
our programs and events!

### Disabled Athlete Sports Association ~ Camp WeCanDu

#### June, 2025 at Babler Outdoor Education Center, Babler State Park in Wildwood, MO

This camp provides an opportunity for local youth with physical disabilities to fully participate in a week-long, traditional summer camp experience loaded with fun activities and friendship. Children living with cerebral palsy, spinal cord injuries, visual impairments, and many other forms of physical disabilities come together for an unforgettable experience that enhances their ABILITIES and creates social bonds that last a lifetime.

### 2025 Camp Dates

June 15-20, 2025

Cost: \$400

\$25 early bird discount.



[www.dasasports.org/sports-and-fitness/summer-camps](http://www.dasasports.org/sports-and-fitness/summer-camps)



Camp Wartburg  
5705 LRC Road  
Waterloo, IL 62298  
618-939-7715 ext. 1

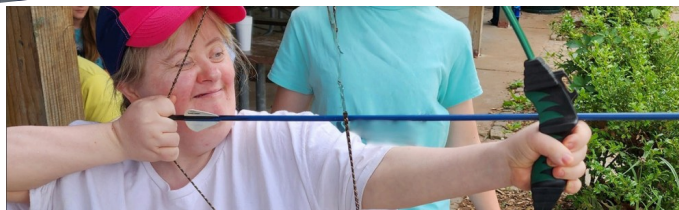
[www.campwartburg.com](http://www.campwartburg.com)

### Shepherding Sheep Camp

Dates: June 1-5, 2025

Cost: \$800

The Shepherding Sheep Program at Camp Wartburg is an experience designed to get children and adults with disabilities outdoors and in an environment of interaction with others. Camp Wartburg's participant to counselor ratio is one-to-one or one-to-two staff/volunteers per child/adult. Camp Wartburg is a wonderful environment, which enables campers to be themselves, enjoy the outdoors, and participate in fun activities. There is focused attention on the individual, which makes them feel special for the time they are at Camp. Our key focus is providing your child/adult with a one-of-a-kind adventure. Each day is filled with swimming, archery, canoeing, fishing, hiking, and other activities, all tailored to meet the needs of your participant.



### Traditional Youth Overnight Camp:

Weeks available from June 22-August 8, 2025

Camp Wartburg offers an array of overnight summer programs for Youth in grades 1-9. Enjoy nature-centered activities such as pond canoeing, archery, pond studies, fire-building, swimming, and hikes. Cost: \$800 per week.





**Business Office:**  
4025 Central,  
Kansas City, MO 64111  
info@campencourage.org  
Phone: 816-830-7171

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

## CAMP ENCOURAGE

### 2025 Camp Dates

**March 22 to 23**

**Overnight Session 1**

**July 26 to 29**

**Summer Session 2**

**August 23 to 24**

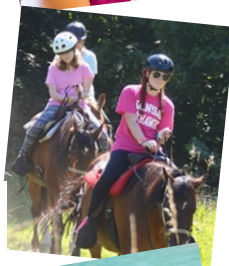
**Alumni Reunion Camp** (can select day or overnight)

**June 12 to 15**

**Summer Session 1**

**September 6 to 7**

**Overnight Session 2**



### Camp Encourage is Transformative

For youth with Autism, ages 10-18 who are active and independent

The mission of Camp Encourage is to provide youth on the autism spectrum meaningful experiences in which they build the knowledge, courage, and skills to be empowered participants in the community. Traditional camp activities & activities tailored around the individual campers' interests. We also provide free Camp Family events that provide a welcoming space for our campers and their families and our volunteers and supporters.

### Camp Cost:

**Overnight: \$595 ~ Summer: \$1295**

### Camp Location: Heartland Center

16965 NW 45 Highway  
Parkville, Missouri 64152



## Camp Courage, MO

2741 Briaroaks Lane  
Joplin, MO 64804

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



Camp Courage is a 4-day/3-night, specialized summer camping program for adults with special needs, including Down syndrome, birth defects, cognitive delays and high functioning Autism. Camp Courage Missouri is a unique program in that it exclusively caters to adults (ages 21 and older), giving them a typical camping experience.

This program is held each June, in Stewartsville, Missouri.

**Dates: June 19-22, 2025 ~ Cost: \$250**

Campers enjoy typical camping activities such as fishing, hay wagon rides, crafts and music; as well as Bingo, dance parties and an evening of carnival game fun. This program is ideal for individuals who enjoy outdoor activities and are comfortable being away from their home environment. Participants must be able to walk, shower, dress and feed themselves independently. Participants must be cooperative, enjoy being around other people and pose no flight risk.



Camp MITI OG  
7615 N Platte Purchase Dr  
Suite 116  
Kansas City, MO 64118

**Dates: July 14-19, 2025**

**Cost: Contact camp for details.**

Camp MITI OG is a week-long camp for children ages 8-16 living with spina bifida. It is accredited by the American Camp Association and has been held each summer since 1969. During their week of camp, children participate in camping activities including swimming, fishing, canoeing, arts and crafts, nature classes, classes on self-help medical care and evening campfires. Camp MITI OG is held at Lake Doniphan Conference and Retreat Center which is located in Excelsior Springs, Missouri and provides a wheelchair accessible environment

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





**Dates:** June 19 - 22, 2025  
**Location:** Lake Forest Academy  
1500 West Kennedy Road  
Lake Forest, IL 60045  
**Cost:** \$500 per person with  
scholarships available



Camp No Limits was developed to address the needs of children with limb loss/limb difference and their families and provide an opportunity to meet other families. We offer programs designed by specialized Occupational and Physical Therapists, Prosthetists, and adults with limb loss/limb difference. We have 11 locations across the U.S.

Camp No Limits - Illinois takes place at Lake Forest Academy. Enjoy the beautiful campus, organic gardens, wildlife discovery center, swimming, kayaking, track and field, sports chairs and a fun filled adventure afternoon! Join in for sessions including energizers, OT/PT/Sibling Club life skills sessions, biking clinic, running clinic, peer support groups, dance, talent show, treasure hunt themed group activity, and more.



[www.nolimitsfoundation.org/camps](http://www.nolimitsfoundation.org/camps)



**Special Olympics**  
Missouri

Training for Life Campus  
305 Special Olympics Drive  
Jefferson City, MO 65101  
573-635-1660

### Gary Brimer Sports Camp

**Dates:** July 17-20, 2025

**Location:** Training for Life Campus in Jefferson City

**Cost:** \$300 with scholarships available

Gary Brimer Sports Camp gives athletes a chance to experience several different sports while also learning important life skills. In addition to sports opportunities, athletes have the opportunity to learn about art, nature, health and much more! Athletes enjoy the usual summer camp experience while gaining important independent life and social skills. They also get to enhance their sports skills in a friendly and encouraging environment.

Registration closes June 1, 2025

Register at Website: [www.somo.org/camp](http://www.somo.org/camp)



### Camp Courage

**Dates:** 2025 dates to be determined.

**Location:** Training for Life Campus in Jefferson City

**Cost:** TBD with scholarships available

Camp Courage is specifically catered for athletes with low motor skills. We'll focus on sports such as bocce, basketball and track and field.

[www.somo.org/camp](http://www.somo.org/camp)



Contact Information

618-558-8852

[campguardian@yahoo.com](mailto:campguardian@yahoo.com)

### CAMP GUARDIAN

We provide a FREE week of summer overnight camp for individuals of all ages with special needs; Missouri National Guard citizen-soldiers, airmen and retirees, and family members of military.

**Camp Guardian** sessions accommodate a wide range of physical and developmental disabilities. Previous campers have included those with Down syndrome, cerebral palsy, autism, muscular dystrophy, Opitz syndrome, spina bifida, Klippel-Trenaunay-Weber (KTW) syndrome and traumatic brain injury.

<https://usafpararescue.wixsite.com/camp-guardian>

**2025 Camp Dates To be Announced**

**Cost:** FREE due to generous donations

**Camp Location:** Babler State Park

Outdoor Education Center

800 Guy Park Drive

Wildwood, MO 63005







108 Matrix Commons Dr  
Fenton, MO 63026  
314.469.8035  
info@camprainbow.com

Our summer camps give children dealing with a pediatric cancer or blood-related diseases and their families time to take a breath and just have a fun in a less stressful situation, while interacting with others who are in the same situation. Your child should either be diagnosed with a cancer or blood-related disease and be treated by one of the St. Louis Children's Hospitals OR be a sibling of a child diagnosed with a cancer or blood-related disease and treated by one of the St. Louis Children's Hospitals. Cost: FREE!



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

All summer camps will be held at Camp Sunnyhill located in Dittmer, MO. 6555 Sunlit Way, Dittmer, MO 63023

#### **SIBS Camp June 1 - June 4, 2025**

Camp Rainbow SIBS Camp was created for the Super Important Brothers & Sisters ages 6-17 years old.

#### **Oncology Overnight Camp June 8 - June 11, 2025**

Camp Rainbow Oncology Overnight Camp serves children ages 6-13 diagnosed with cancer and blood-related diseases

**SAVE THE DATE for Family Camp October 17-19, 2025** ~ Registration will open in June



Camp Hickory Hill

Location: 5 miles north of Columbia, MO  
PO Box 1942 ~ Columbia, MO 65205  
573-445-9146 -9146



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

Camp Hickory Hill sustains a community, culture and medically-sound program of support for persons with diabetes, especially children, using our camp environment to foster education, self-reliance, confidence, an active lifestyle and skill in the successful management of diabetes.

#### **Camp 2025:**

June 22-28, 2025 Ages 13-17

June 29-July 5, 2025 Ages 7-12

**Cost:** sliding scale from \$400-\$1,200



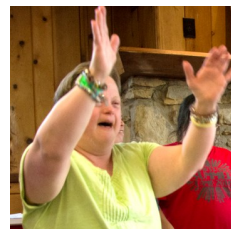
Epilepsy Foundation of  
Greater Southern Illinois  
3515 North Belt West  
Belleville, IL 62226  
618-236-2181  
info@epilepsygsil.org

Camp Roehr is a 7-day overnight week **at YMCA Camp Lakewood in Potosi, MO**, and is sponsored by the Southern Illinois Epilepsy Foundation. Camp Roehr provides young people ages 6-18 who have epilepsy the opportunity to focus on their strengths and have fun in a safe, supportive environment.

**Camp Dates:** June 7-13, 2025

**Cost:** \$500

[www.efgreatersil.org/camphome](http://www.efgreatersil.org/camphome)



**HEARTLAND CAMPS**

#### **FRIENDSHIP CAMP for Adults With Disabilities**

**Dates:** August 5-8, 2025

**Cost:** \$650

God can use camp as a life changing experience for everyone which is why we developed this program for adults with developmental disabilities who are high functioning. Campers participate in daily activities including Bible study, worship, swimming, crafts, games, carnival, dance party and a final talent show to end the week. Campers stay in our air-conditioned buildings and are always with our trained staff. Vehicles are available for those who are not able to walk our hills. This is a 4-day camp.

#### **Heartland Camp**

16965 NW 45 Hwy, Kansas City MO 64152  
1-816-891-1078

[www.heartlandcamps.org/friendship-camp](http://www.heartlandcamps.org/friendship-camp)

## Combination Programs

### Offering Day, Overnight, Specialized, & Inclusive Options



**CAMP LITTLE GIANT**  
 Touch of Nature Outdoor  
 Education Center  
 SIU Mail Code 6888  
 Carbondale, IL 62901  
 Contact us at 618-453-1121

### **Day Camp for Youth ~ Weekend Retreat for Youth and Adults**

Camp is held near Little Grassy  
 Lake in Makanda, IL

[www.ton.siu.edu/programs](http://www.ton.siu.edu/programs)



### **2025 EDVENTURE YOUTH DAY CAMP**

This traditional camp is designed for  
 children ages 5-10. We create a  
 safe, positive, healthy, and  
 enjoyable environment through  
 various outdoor education and  
 character-building activities.

**June 16-20, 2025**

**Cost: \$250**

**8:30am-3:30pm daily**

Camp Little Giant has served campers with disabilities since 1952. It was the first camp of its kind in the nation, the first camp accredited by the American Camp Association, and ultimately paved the way for the Special Olympics. From swimming and environmental education to boating, sports, games, outdoor education, and arts and crafts, every week promises memorable opportunities for growth and fun.

Our camper to staff ratio is 4-1. *Campers with higher needs may bring their own caregiver with camp director approval.*

**Camp Little Giant Weekend Retreat for ages 13-adult  
 July 25-27, 2025 ~ Cost \$50**

## **NextED Challenge: Immersive Learning Experience**

Through a summer camp experience, NextED Challenge provides young adults with intellectual and developmental disabilities ages 18-30 an opportunity to challenge their expectations of living on their own. Attendees participate in hands-on learning, interactive group activities, & community exploration.



**Overnight Adventure:** June 23-27 & July 14-18, 2025  
 at Oak Hall at UMSL ~ COST: \$1,000 per week.

**Day Adventure:** Aug. 4-8 & Aug. 11-15, 2025  
 at an Air BnB near Forest Park ~ COST: \$500 per week.

Register by email: [nexted@slarc.org](mailto:nexted@slarc.org)  
 Or call 314-569-2211

**GIRL SCOUTS of Eastern MO:** Designed for girls in grades K-12, GSEM offers overnight and day camps perfect for first time campers or girls with busy schedules, families, and troops adventures. To learn about the overnight, day, and adventure summer programs being offered by the Girl Scouts, visit [www.girlscoutsem.cld.bz/2025-Camp-Adventure-Guide](http://www.girlscoutsem.cld.bz/2025-Camp-Adventure-Guide)

**SCOUTS BSA: Greater Saint Louis Area Council:** Scouting offers overnight and day camps for boys and girls ages 6-20. In addition to traditional summer camps, Scouts BSA offers specialty camps in STEM, High Adventure, Horsemanship, Eagle Path, & more. Sign up through your Pack, Troop, or Crew, or contact Scouts BSA to find out how to register individually.

**Overnight & Day Camps:** [www.stlbsa.org/camps](http://www.stlbsa.org/camps)



**girl scouts**  
 of eastern missouri



**GREATER ST. LOUIS AREA  
 SCOUTING**



# TRADITIONAL OVERNIGHT CAMPS



## Cub Creek Animal & Science Camp

Phone: 573-458-2125 | Fax: 573-458-2126

Camp Address: 16795 State Hwy E. Rolla, MO 65401

Register: [www.cubcreeksciencecamp.com](http://www.cubcreeksciencecamp.com)

Campers: ages 7-17



### 2025 Camp Weeks

June 1-7	\$1290
June 8-14	\$1350
June 15-21	\$1350
June 22-28	\$1350
June 29-July 5	\$1350
July 6-12	\$1350
July 13-19	\$1350
July 20-26	\$1350
July 27-Aug. 2	\$1350
August 3-9	\$995

## We're Not Your Typical Summer Camp

Cub Creek Science Camp is the only summer camp for kids in the country with a hands-on, interactive zoo. With more than 300 animals and over 100 species, our overnight summer camp is an animal lover's paradise. No other sleepaway camp can say they are an animal camp, science camp, adventure camp, vet camp, nature camp, while still offering all the traditional summer camp activities such as swimming, fishing, hiking, arts and crafts, ropes course. We are a truly unique summer camp experience. At the end of the day, we love that we can provide a unique experience for all of our campers, but what we want most is to provide a safe place for all kids to be themselves, make friends, and grow their passions.

## YMCA CAMP LAKEWOOD

573-438-2155

13528 State Hwy AA, Potosi, MO, 63664

**Dive into a world of adventure with our diverse overnight camps in Potosi, MO! Explore Traditional, Equestrian, Rangers, Mini Camp and Leadership. Our structure is designed to be progressive, with opportunities for ages 6-17.**

### 2025 Camp Dates and Rates

Main Camp: ages 8-12

East Camp (Teens) ages 13-16

Special Topic Camps Available

Weeks available from June 8-August 1, 2025

5 nights ~ Cost: \$980-\$1,180 per week

### Mini Camp - 3 nights

Cost: \$590

Ages 6-9: June 15-18, 2025 &

June 29-July 2, 2025

Ages 10-16: August 3-8, 2025



Nestled amid forest-covered hills and a private lake, YMCA Camp Lakewood serves as the perfect backdrop for a summer filled with adventure. Campers participate in activities like kayaking, horseback riding, archery, and swimming. Individualized supports available upon request and meeting with camp staff prior to attending.

[www.gwrymca.org/camps/ymca-camp-lakewood](http://www.gwrymca.org/camps/ymca-camp-lakewood)



SHERWOOD FOREST

Highway 21 South  
Lesterville, MO, 63654  
(573) 637-2476

### Mini Camp: 1st & 2nd Graders

June 10-16, 2025

Cost: \$35

### Explorers: 3rd – 5th Graders

June 19-July 2, 2025

Cost: \$50

### Leadership: 6th–9th Graders

July 8-August 4, 2025

Cost: \$75



[www.sherwoodforeststl.org/register](http://www.sherwoodforeststl.org/register)

## HELP KIDS DISCOVER THE BEST IN THEMSELVES

Every child deserves to experience camp. Sherwood Forest serves children from low-income households and underserved communities in Missouri and Illinois, who live at or below the federal poverty line. Our camp sessions are several weeks long so your child's desire to attend camp is crucial to success. Children must be able to demonstrate behavior that is safe and appropriate for their age.

# Specialized Day Camps



11457 Olde Cabin Road, Suite 235  
St. Louis, MO 63141  
(314) 989-1188



LifeBridge Camps are offered at various times throughout the year when school is out of session to provide youth the opportunity to participate in fun activities and connect with friends and their community.

LifeBridge Camp is offered to those who live in St. Louis City, St. Louis County, and St. Charles County who are between the ages of 6-18 (19-21 if enrolled in high school). Typical camp hours are from 9 a.m. to 3 p.m. with group sizes up to 80 campers per day.

LifeBridge supports include up to a 1-1 staff to participant ratio, personal care needs, & accessible transportation if available.

## 2025 Dates

Teen Camp: June 9-13, 2025  
St. Louis County Summer Camp:  
June 23-27, 2025  
at Promise Community Homes  
St. Louis City Summer Camp:  
July 14-18 & July 21-25, 2025  
at Thomas Dunn Learning Center  
St. Charles Summer Camp:  
August 4-8 & August 11-15, 2025  
at Knights of Columbus Hall in Cottleville

**Cost: \$150 per week**

[www.lifebridgestl.org/youth-services](http://www.lifebridgestl.org/youth-services)

## Information:

Shea O'Bryant  
Youth Services Coordinator  
shea@lifebridgestl.org  
314-701-7264



## Camp Lighthouse

Our family special needs disability summer day camp, Camp Lighthouse, is nothing like the ordinary summer camp. We do crafts and water activities like other camps, in addition to horsemanship and adapted water skiing, rock climbing, tree climbing or zip-lining. This camp takes place at Strong Tower Ranch in Wright City, MO. There is a minimal fee to attend camp. Snacks, lunch and tons of fun are provided.

### CAMP RATES

#### \$50 PER PERSON DAY RATE

1 PERSON	\$175
2 PEOPLE	\$325
3 PEOPLE	\$450
4 PEOPLE	\$550
5+ PEOPLE	\$625



## May 24-27, 2025

Saturday, Sunday, & Monday, May 24-May 26, 2025 - hours vary by day

Location: Strong Tower Ranch, 600 Sunshine Lane, Wright City, MO 63390

Tuesday, May 27: Adaptive Skiing at Lake St. Louis,

Location: Donnie's Pavilion (formerly Jefferson Point), Lake St. Louis, MO 63367

Cost: \$175/individual up to \$625 for a family of 5 or more (\$50 per person deposit due with app.)  
For a guaranteed Camp t-shirt completed applications with deposit are due by May 1, 2025.

REGISTER at [www.harborunlimited.com/camp-lighthouse](http://www.harborunlimited.com/camp-lighthouse) or 314-956-2665





1138 N. Warson Rd  
St. Louis, MO 63132  
314-962-0482  
[info@miriamstl.org](mailto:info@miriamstl.org)

[www.miriamstl.org/camp](http://www.miriamstl.org/camp)

Our academic and therapeutic summer camps provide individualized instruction, research-based interventions, and certified/licensed, professionals will ensure your child builds confidence and skills in reading, writing, speech or social/emotional development. Cost: \$1,300 to \$2,100 per session.



Builders and Architects

June 9-27, 2025

Entering Grades K-8

Nuts, Bolts, and Thingamajigs

July 7-25, 2025

Entering Grades K-8



**Chesterfield Location:**

1023 Chesterfield Parkway East, 63017

**Academy Office:** 636.449.5775

**Katies Hayes, Instructor:** 636-449-3941

**Summer Production:** This 2-week, half day camp is designed for youth living with physical, cognitive, or developmental disabilities to perform a fully staged musical theatre production. In just two weeks, campers will work together to learn songs, scenes, and choreography from a musical while enjoying daily activities like acting games and group outings to improve confidence and assist in developing social skills.

**Dates:** June 9-20, 2025; Mon-Fri from 1-4pm  
**Ages:** 12 and older ~ **Cost:** \$325

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



LIMITLESS OPPORTUNITIES  
FOR SPECIAL PEOPLE

#### TASK - "Team Activities for Special Kids"

The 2025 Summer Fun Camp has a HEROES theme highlighting police, firefighters, medical professionals, armed forces, and animal rescue, with activities in art, science, games, and more. TASK-CBC campers are partnered with a CBC student for a week of fun and games. TASK Teen Camp features a MOVIES theme with activities, inflatables, creation station & more. "After-Hours" adult camp is now a full day with age specific games, music, art, social activities and more. NEW: Summer school youth can come for half days the weeks of June 16 & 23 (limited slots).



Summer Fun: June 16-20 for ages 15+; full day and half day slots

Summer Fun: June 23-27 for ages 5-14; full day and half day slots

TASK-CBC Camp: July 7-11 for ages 5+; 9am-2pm

Task Camp: July 14-18 for ages 14-18; 9am-2pm

After Hours Adult Camp: July 21-25 for ages 18+; 9am-2pm

**COST:** Full Day-\$175 per week; Half Day-\$90 (limited slots)

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

Click on "participant registration"

980 Horan Drive  
Fenton, Missouri 63026  
P: 636.343.TASK (8275)  
[info@taskstl.org](mailto:info@taskstl.org)

**IN ORDER TO PARTICIPATE IN A TASK SUMMER CAMP/PROGRAM, YOUR CHILD MUST PARTICIPATE IN A TASK ACTIVITY PRIOR TO COMING TO CAMP.**

Camp CANNOT be your child's first experience with TASK. The reason for this is so that we are familiar with your child, his or her needs, and can prepare to meet their needs the best we can.



11840 Westline Industrial Drive  
Suite 220, St. Louis, MO 63146  
314.720.7700

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

#### 2025 Dates

June 2-6  
June 9-13  
June 16-20  
June 23-27  
July 7-11  
July 14-18



At Camp, Variety Kids are empowered to form friendships, try new things, grow in self-esteem, and explore the world around them with independence and confidence. Summer Camp is for ages 4 – 20 for local youth with disabilities. Campers are paired with a counselor “buddy” and split into groups based on age. Activities include swimming, ice skating, fishing, playing games, making crafts, music, visiting area attractions, and much more.

Camp takes place in week-long sessions Monday to Friday from 9:00 am to 3:00 pm. The location of camp changes daily to accommodate different activities and adventures, but each is located within the St. Louis region.

Questions? Contact Amy at [amy@varietystl.org](mailto:amy@varietystl.org) or 314-720-7719

#### Summer Camp 2025:

- A \$100 deposit is required to ensure camper attendance.
- Campers are allowed to attend camp for ONE week only.

#### REGISTRATION OPENS IN JANUARY AND FILLS QUICKLY

When camp registration is full, a waiting list will be created. Due to the high demand, we recommend you complete your application as soon as possible to avoid being waitlisted.



PHONE: 314-402-4032

EMAIL: [RENEE@CAMPCIRCLESTAR.COM](mailto:RENEE@CAMPCIRCLESTAR.COM)

ADDRESS: PO BOX 711 BALLWIN MO 63011



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

Most children with special needs thrive on individual attention. That is what we provide at Camp Circle Star. 1:1 supervision is given to all our campers, so that they may explore, engage, and enjoy all the camp activities at the highest possible level. We let campers choose their own activities from many fun and exciting choices. We limit the size of our camp to about 14 campers each week, so as not to be too overwhelming for our kids. We pride ourselves with being a “custom-made camp” for your child.

#### 2025 Summer Camp

##### Dates:

weekly in June and July 2025

**Cost:** \$400 per week + \$50 optional daily transportation fee from our Ballwin office



#### Contact us for details:

314-402-4032

[renee@campcirclestar.com](mailto:renee@campcirclestar.com)

[sara@campcirclestar.com](mailto:sara@campcirclestar.com)

## Camp Independence ~ 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. Camp activities include adaptive basketball, dance, soccer, martial arts, baseball, swimming, yoga, and more. Participants will receive specialized attention from pediatric therapists in adaptive sports programs designed to challenge campers to increase their activity level, aerobic fitness, strength, and balance in a safe, fun, and rewarding atmosphere.

**DATES:** June 9–13, June 16–20, June 23–27, July 7–11, July 14–18, July 21–25, 2025

**TIME:** 9:00 am to 4:00 pm

**LOCATION:** Webster Groves Recreation Complex, 33 E. Glendale, Webster, MO

**CAMPERS:** Children and young adults with a primary diagnosis of Cerebral Palsy (CP) between the ages of 7-21 years old, functioning at a first-grade level or higher and able to follow directions. Campers must also be able to sit independently or with minimal adaptive support (i.e. -wheelchair).

**REGISTRATION:** Summer Camp Independence 2025 camper registration is open Feb. 3-March 3, 2025.



[www.stlouischildrens.org/conditions-treatments/cerebral-palsy-center/sports-rehabilitation/camp-independence](http://www.stlouischildrens.org/conditions-treatments/cerebral-palsy-center/sports-rehabilitation/camp-independence)





## WE ROCK THE SPECTRUM

2075 Bentley Plaza Drive  
Fenton, MO 63026 ~ 636-529-8282

### SPECIALLY-DESIGNED SENSORY PLAY EQUIPMENT

We Rock the Spectrum – Fenton, MO was founded to provide a place for children of all ability levels to play and grow together. As the only kid's gym that offers an inclusive philosophy, we have found all children can benefit from our uniquely designed sensory equipment that is specifically designed to aid children with sensory processing disorders. However, in our experience, all children are able to benefit greatly from this equipment and by allowing children of all ability levels to play together they are able to learn a great deal from each other and become the best motivation for success on every level.

### SPRING BREAK AND SUMMER BREAK CAMPS

\$79 per day ~ \$379 per week \$20 extra for 1:1  
Summer weeks June 2-August 15, 2025

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



Washington MO location at Four Rivers YMCA  
400 Grand Avenue, Washington, MO 63090 ([map](#))

Washington University School of Medicine ([map](#))  
4444 Forest Park Avenue ~ St. Louis, MO 63108

### 2025 Camp Dates, Locations, and Costs:

Washington University:

Grades 3-5: June 23-27 ~ July 21-25 ~ July 28-Aug 1 (AM)

Grades 6-8: July 28-August 1 (PM only)

Four Rivers YMCA:

Grades 3-5: August 4-8 (PM only)

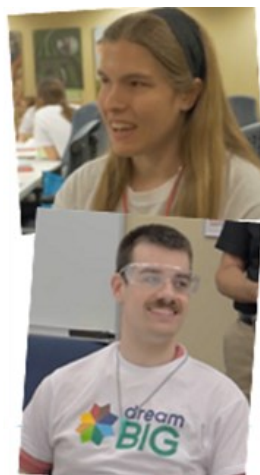
Cost: \$125 per half day session

### Train Your Brain SUMMER DAY CAMP

Children who just completed elementary school grades 3-5 or middle school grades 6-8 are eligible to register for this half-day, week-long summer camp. Project skills like planning, goal setting, organizing, and time management are directly taught and practiced with brain games and STEM projects (science, technology, engineering, and math). The week culminates in an Ultimate challenge where families are invited to participate with their child and see first hand their child's hard work during the week.

Contact [sarah.cheathamoberle@wustl.edu](mailto:sarah.cheathamoberle@wustl.edu) if you have questions about camp or would like to discuss your child's needs with Sarah prior to registering. 1-706-271-7306

[www.otservices.wustl.edu/items/trainyourbrain](http://www.otservices.wustl.edu/items/trainyourbrain)



Starkloff Disability Institute  
PO Box 775670  
Saint Louis, MO 63177  
314-588-7090

**Location:** There is a camp "home base" location is the St. Louis area for student drop off and pick up. We take accessible transportation to visit companies during the day.

### Dream Big Career Camps

At the Dream Big Career Camp, youth participants engage in educational activities aimed specifically at inclusion and independent living. Throughout the camp week, our staff present topics such as disclosure, reasonable accommodations, and making the best choices for college and curricula. Career Camp participants also visit with leading companies and learning centers to apply their learning.

### 2025 Camp Dates

**Middle School Camps** (ages 11-14):

June 9-13, 2025 & July 7-11, 2025

**High School Camps** (ages 14-21):

six-day camps. June 20+23-28, 2025  
& July 18+21-25, 2025

**Cost:** FREE

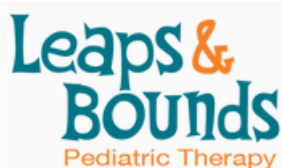
[www.dreambigcamp.org](http://www.dreambigcamp.org)



iCan Bike programs are for youth with disabilities ages eight and up who want to learn to ride a 2-wheel bike. 80% of participants ride a 2-wheeled bicycle by the end of the week. The rest gain immeasurable confidence and skills toward riding independently.

[www.icanshine.org/programs/camp-locations](http://www.icanshine.org/programs/camp-locations)  
[www.lydiafaithcoxfamilyfoundation.com/bike-camp](http://www.lydiafaithcoxfamilyfoundation.com/bike-camp)

June 16-20, 2025 ~ YMCA of Callaway County Fulton, MO  
 Cost: \$200 with lots of scholarships available  
 Register online at [www.icanshine.org/ican-bike-fulton-mo](http://www.icanshine.org/ican-bike-fulton-mo)  
 or contact [nancyhanson1183@gmail.com](mailto:nancyhanson1183@gmail.com) ~ 573-826-0223



324 Jungerman Road,  
 St. Peters, MO 63376  
 (636) 928-LEAP (5327)

*Specialized Youth Camps and Therapy programs. Ages 5-14. Our therapeutic day camps for ages 5-12 are a great option for children who struggle in large, traditional camp programs. They are week-long learning enrichment programs that incorporate therapeutic activities to address your child's needs and include lessons incorporating reading, science, and social studies. Call for pricing.*

[www.leapsandboundskids.com/current-programming](http://www.leapsandboundskids.com/current-programming)



**Hope**  
Therapy Relief

**CAMP BRIGHT HOPE**  
WHERE EVERY KID SHINES

**June 2-27**  
weekly or monthly rates

<b>Address</b> 650 Office Parkway St. Louis, 63131	<b>Hours</b> 8 AM to 4 PM M-F
<b>Activities</b> • Gross and Fine Motor Skills • Speech • Behavior • Music	<b>Registration</b> <a href="http://therapyrelief.com/camp-bright-hope">therapyrelief.com/camp-bright-hope</a>

Illustration of four diverse children, one in a wheelchair, smiling.

[www.therapyrelief.com/camp-bright-hope](http://www.therapyrelief.com/camp-bright-hope)



**Summer Day Camp**  
for St. Louis County Youth  
with Disabilities

4645 LaGuardia Drive, St. Louis, MO 63134  
 314-994-1600

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

UCP offers youth ages 6-20 with differing abilities and **who live in St. Louis County** the opportunities to enjoy day camp with sports, arts & crafts, cooking, games, social skills, life skills, exploring the community, and making new friends. We are a welcoming, supportive environment, with a ratio of 1 staff member to 3 campers, and support physical needs such as administering medications and g-tube feedings.

For more information or to register for UCP Heartland Youth Camps, email Lynn Winterberg at [camp@ucpheartland.org](mailto:camp@ucpheartland.org).



# Community Day Camps

JEWISH COMMUNITY CENTER

**J Day Camps: Play. Connect. Grow.**  
**Camp Creve Coeur | Camp Chesterfield**

Weekly from June 2-August 8, 2025



Adult and year-round programs for people with disabilities are also offered at the J.

Youth ages 3 to 13 years are welcome at the J Day Camps. Our camps feature the activities kids love most like swimming, sports, gymnastics and arts. The Life Enrichment department at the J provides accommodation and accessibility services to ensure that everyone can access and participate in our wonderful programs, regardless of ability or diagnosis. We also provide programs specifically designed for individuals with disabilities. Contact The Life Enrichment Department at 314-442-3295 to enroll.

**Cost:** \$355-\$365 per week with early bird and member discounts

**Creve Coeur**  
 2 Millstone Campus Drive  
 St. Louis, MO 63146  
 314-432-5700

**Chesterfield**  
 16801 Baxter Road  
 Chesterfield, MO 63005  
 314-442-3428

[www.jccstl.com/camps-afterschool/j-day-camps](http://www.jccstl.com/camps-afterschool/j-day-camps)



**BOYS & GIRLS CLUBS**

## Youth and Teen Summer Day Camp

Our daytime Summer Camp gives youth ages 5-18 a summer to remember filled with friends, outside adventures, and new discoveries. Summer Camp includes meals, snacks, field trips, themed weeks, and special activities.

**St. Charles:** \$145 + \$35 membership  
**St. Louis:** \$250-\$275 + \$25 membership  
**Bethalto, ILL:** \$600 + \$25 membership

St. Charles & O'Fallon, MO

[www.bgcstc.org/membership/summer-camp](http://www.bgcstc.org/membership/summer-camp)

Greater St. Louis Area and Illinois

[www.bgcstl.org/programs/summer-camp](http://www.bgcstl.org/programs/summer-camp)

Boys & Girls Clubs  
 of Greater St. Louis  
 2901 North Grand Ave  
 St. Louis, MO, 63107  
 314-335-8000

Boys & Girls Clubs  
 of Greater St. Charles  
 1211 Lindenwood Ave  
 St. Charles, MO 63301  
 636.946.6255

## 2025 DATES

STL camps:  
 Weekly June 9-August 1

SCC Camps:  
 Weekly June 2-August 8

Illinois Camp:  
 Month-long sessions  
 June and July, 2025



## College for Kids St. Charles Community College

These youth half-day summer camps happen in June, July, and August with sessions for ages 5-14. Adventure awaits at our summer camp programs at the College for All Kids & the Performing Arts Summer Academy. Immerse your child in a world of excitement, creativity, and friendship, with over 150 different half day camps in culinary arts, science, computers, technology, performing arts, and visual arts and more. Our instructors and assistants are professionals, teachers, college, or high school students who are excited to see that the summer is filled with fun activities.



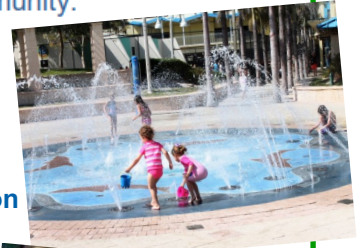
[www.stchas.edu](http://www.stchas.edu) ~ "Continuing Education"  
 Register at [www.stcharles.augusoft.net](http://www.stcharles.augusoft.net)  
**Cost:** varies by camp selected

# Municipal Parks and Recreation Inclusion

Municipal Parks & Recreation Inclusion Partnership: The following parks and recreation departments invite people of all ages and abilities to participate in the numerous programs and special events they plan. Try day camp, t-ball, dance lessons, soccer, martial arts, an exercise class, a craft class, drawing class, swim lessons, or any of the numerous programs for tots to senior citizens. The inclusion coordinator will meet with you to determine the supports your child needs to attend summer day camp. Mid County Inclusion Partnership provides services at local parks and recreation departments. Inclusion helps to enhance the quality of life for individuals with and without disabilities through recreational opportunities that include everyone regardless of their limitations. Inclusion programs help to foster friendships and create a sense of community.

## Parks and Recreation

St. Charles: Brita Weight at 314-359-9970  
 Southwest St. Louis County: Terri Johnson, 314-835-6157  
 Mid County, Sarah Croy, 314-290-8507  
 North County: Inclusion Services 314-839-5575



### St. Charles County Parks & Recreation

St. Peters Rec-Plex (636) 939-2386  
 St. Peters Community & Arts (636) 397-6903  
 O'Fallon Renaud Center (636) 474-2732  
 St. Charles Co. Parks & Recreation (636) 949-7535  
 Wentzville Parks (636) 332-9236

### South/West County Parks & Recreation

Ballwin (636) 227-8950  
 Brentwood (314) 963-8689  
 Des Peres (314) 835-6150  
 Manchester (636) 391-6326  
 Crestwood (314) 729-4860  
 Ellisville (636) 227-7508  
 Kirkwood (314) 822-5855  
 Sunset Hills (314) 842-7265

### North County Parks & Recreation

Bellefontaine (314) 867-0700  
 Ferguson (314) 521-4661  
 St. Ann (314) 429-4545  
 Bridgeton (314) 739-5599  
 Hazelwood (314) 839-5575  
 Florissant (314) 839-7670

### Mid County Parks & Recreation

Richmond Heights (314) 645-1476  
 Maryland Heights (314) 738-2599  
 Clayton (314) 290-8500  
 Webster Groves (314) 963-5600

## ST. LOUIS COUNTY PARKS - Camp Queeny, Camp Eagle, Camp Laumeier

[www.stlouiscountymo.gov/st-louis-county-departments/parks/programs-activities](http://www.stlouiscountymo.gov/st-louis-county-departments/parks/programs-activities) ~ 314-615-4386  
 St. Louis County Parks offer inclusive day camps for children at parks throughout St. Louis County. Check out their website for more information on 2025 camp dates, locations and fees.

## ST. CHARLES COUNTY PARKS - Camp Quail, Camp Kinetic, and more.

[www.sccmo.org/2279/Parks-Recreation](http://www.sccmo.org/2279/Parks-Recreation) or call 636-949-7535  
 St. Charles County Parks offer one week nature and outdoor day camps for children. Check out their website for more information on 2025 camp dates, locations. **Cost:** \$75-\$150/week

## YMCA - GATEWAY REGION Traditional Summer Day Camp

[www.gwrymca.org/summer-camp](http://www.gwrymca.org/summer-camp) Register by February 28 for early bird discount  
 Traditional Youth Day Camp with locations in the St. Louis and St. Charles Metro area.  
 We offer youth the opportunity to have fun in a traditional day camp setting.



Inclusion Services Available: While participating in these programs, children are given support at no extra cost to the family when needed. Although every effort is made to provide reasonable accommodations, there may be instances where a child's needs may exceed the parameters of the scope of our program. [www.gwrymca.org/inclusion-and-adaptive-support-services](http://www.gwrymca.org/inclusion-and-adaptive-support-services) ~314-436-1177





## WELCOME TO AR WORKSHOP OLIVETTE!

9200 Olive Blvd. Ste. 112, St Louis, MO 63132 (314) 898-9151



AR Workshop is your destination for all things DIY! Adult single day classes in wood, paint, crochet, holiday crafts, hat burning, candle pouring, and more.

Half day summer camps for girls and boys ages 7-14 from June 9- August 15, 2025 with topics like Sew-Good, Candle Pouring, Pop Star, Glam Series, String Art, Squeegy, Canvas Pillow, Jewelry Holder, and more.



Adult Workshops

## CAMP PREVIEW EVENT + FREE PROJECT

SATURDAY, APRIL 6, 2024

2:00 PM - 4:00 PM

Artists with disabilities are welcome, but if you have support needs, you will need to bring your own support person. Contact the AR Workshop to discuss

[www.arworkshop.com/olivette](http://www.arworkshop.com/olivette)



In University City  
6880 Washington Ave  
St. Louis, MO 63130  
314-725- 6555

**COCA, Creative Arts:** Traditional Camps with over 200 topical camp weeks to pick from including singing, acting, art, dance, circus, clay, cooking, fashion, jewelry, Legos, sewing, acting, and more.

**Half-day** camp weeks for ages 3-12

May 27–August 15, 2025. Cost \$160-\$212.

**Specialty Camps** available for teens ages 13-18.  
Limited number of full-day camps - cost \$312+

### INCLUSION SERVICES AND SLIDING SCALE

**FEES AVAILABLE:** COCA has highly experienced teaching artists on staff who lead group instruction for 10–20 campers each day. COCA's teaching artists are prepared to make accommodations within their instruction to timing, directions, physical activity level, and/or complexity to help students succeed. Campers who require one-on-one support of an assigned aide or para may contact camp arrange to bring their own support person.

[www.cocastl.org/summer-arts-camps](http://www.cocastl.org/summer-arts-camps)



803 Lafayette Ave, Webster Groves, MO 63119  
314-961-6912

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



We offer a 1-week magic camp throughout the summer at schools and community centers throughout the St. Louis area. We also offer week-long camps in the other performing areas including circus, comedy, magic, balloons, and mystery magic. Check out Camp St. Louis page at [www.abrakid.com/camp](http://www.abrakid.com/camp) for our camp schedule.

**2025 camp dates are not yet published.**

Abra-Kid-Abra does traveling shows and birthday parties. See our website for information on booking an event.



We offer everything you expect of a modern swim school: thoroughly-trained teachers, warm water at 91 degrees, private changing areas, and pools purpose-built for learning.

**Summer Group Swim Camp**  
**2025 dates and cost to be announced**

**Private Lessons:**  
**Available Year-Round**

**Schools**

Ballwin: 14880 Manchester Road  
Ballwin, MO 63011 ~ 636-317-3677

Creve Coeur: 12760 Olive Blvd.  
Creve Coeur, MO 63141, 314-949-7100

O'Fallon, MO: 1680 Highway K, Megan Crossing  
O'Fallon, MO 63366 ~ (636) 542-8399

Rock Hill: 9550 Manchester Rd  
Rock Hill, MO 63119 ~ (314) 720-6500

St. Charles: 1916 Zumbuhl Road  
St. Charles, MO 63303 ~636-204-5404

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

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

Foss Swim Schools: O'Fallon, MO: 636-542-8399 ~ St. Charles: 636-204-54

Big Blue Swim School: Youth Swim lessons, 636-465-9215

British Swim Special Needs School: St. Charles: 314-312-1878

Abby's Swim School: Lake St. Louis, 651-216-4964

Swim Theory: 50 Algana Ct, St Peters, 636-896-5755

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

St. Peters Rec Plex: Group and Private Lessons: 636-939-2386

O'Fallon Renaud Center: Group and Private Lessons: 636-474-2732

St. Charles Parks: Group & Private summer swim lessons

YMCA: O'Fallon, MO: 636-379-0092; St. Charles: 636-928-1928

**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.

**Laumeier Sculpture Garden Art Camps**: Traditional Day Camp for youth ages through age 18. Cost varies by camp. Adventure into an inspiring new world full of sculptures, natural wonders, and imaginative art projects! Experience the woodland trails, creek, and green spaces of Laumeier Sculpture Park's beautiful 105-acre campus and get creative in our engaging education spaces.

**Weekly and Daily Sessions: June 9-August 1, 2025**

LITTLE BUDS ART CAMP: Ages 3.5-6 / Half-day, weekly sessions \$160

ART ADVENTURERS: Ages 5-10 / Full-day, weekly sessions / Mon-Fri - \$320

ART SQUAD, Ages 11-15 / Full-day, weekly sessions / Mon-Fri - \$320

TEEN ART DAYS, Ages 13-18 / Half-day Classes / Tuesdays - \$20-\$60/day

[www.laumeiersculpturepark.orgartcamp](http://www.laumeiersculpturepark.orgartcamp)



18 Fenton Plaza, Fenton, MO

7347 Mexico Rd, St. Charles, MO

**The Little Gym**: For children ages 4 months to 12 years (and their parents), The Little Gym gymnastics programs help children learn and grow through movement and imaginative play. Summer camps and weekly programs to be announced as summer gets closer. Combining fun physical activity, games, and arts & crafts, we'll help your child beat the summer heat by staying cool at The Little Gym.

[www.thelittlegym.com/camps](http://www.thelittlegym.com/camps)

**Contact the Little Gym for cost and dates**



[www.artscopestl.org/summer-camp-create](http://www.artscopestl.org/summer-camp-create)

**Ages: 5 - 10 years old**  
**Rate: \$300 / per week**  
**Times: M - F | 9 am - 3pm**  
**Dates: June 2-Aug 15, 2025**

**Artscope Summer Camp**: Day Camp for grades K-5 weekly all summer long. Camps happen at Tower Grove Park in St. Louis City. Artscope fosters emotional well-being, expansive and intentional inclusivity, and environmental harmony through imaginative art, dialogue, and visionary play. Scholarships available. 314-865-0060.



# HORSEMANSHIP



332 Stable Lane, Wentzville, MO 63385  
636.332.4940 (M-F, 8:30 am - 4:30 pm)

Summer Day Camp at TREE House is a **half day** experience for up to four individuals per week for ages six and older. Campers learn horsemanship and riding skills along with nature-oriented activities and crafts, all with a certified therapeutic riding instructor. Camper must be able to sit independently on a horse, and pose no flight risk.

**No Camp in Summer 2025 due to construction at our building.  
Check back for 2026 dates.**

[www.thstl.org/services/summer-camps](http://www.thstl.org/services/summer-camps)



RIDE ON ST. LOUIS  
Love, Strength & Joy

**Summer 2025 program information is not yet available.**

Adapted horsemanship programs are available year-round.

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

Equine-assisted service contributing positively to the cognitive, physical, emotional and social well-being of individuals with special needs. Clients are encouraged to perform horsemanship activities to support the client's individual needs.



785 Yellow Finch Ln.  
Washington, MO 63090  
636-390-2141

Our summer programs offer a variety of activities and learning experiences for children of all ages. Located at our beautiful farm outside of Washington, MO, these camps will leave your children with memories to treasure.

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

**Saddle Up Camp Ages 6-15**  
For beginning riders  
June 2-6 or June 16-20, 2025  
Cost: \$350 per week

**Giddy Up Camp Ages 6-15**  
Intermediate & Advanced riders  
June 9-13 or June 23- 27, 2025  
Cost: \$350 per week



# Camp Resources



Phone: (314) 394-7030  
E-mail: [info@sef-stl.org](mailto:info@sef-stl.org)

**The Special Education Foundation** provides support and assistance to students who receive services from the Special School District of Saint Louis County (SSD). SSD serves children and youth with disabilities, ages 3 to 21, throughout St. Louis County. Contact them today to find out about their Kid-to-Camp Program. Through this program, the Foundation provides financial assistance to parents so their child can attend summer camp.

[www.sef-stl.org](http://www.sef-stl.org)



**The Blueprint4** platform houses and organizes information about all the best summer learning opportunities. The easy-to-use mobile tool features a powerful search function, browsable listings, helpful links, and planning tools to help families prepare for summer success.

[www.blueprint4.com](http://www.blueprint4.com)



**The American Camp Association** is a community of camp professionals who, for over 100 years, have joined together to share our knowledge and experience and to ensure the quality of camp programs. Because of our diverse 10,000 plus membership and our exceptional programs, children and adults have the opportunity to learn powerful lessons in community, character-building, skill development, healthy living, and lessons that can be learned nowhere else. Find all the ACA accredited camp listed on our website.

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



## Kids-Out-And-About

St. Louis/St. Charles Area 2025 summer camp guide for kids

Pick the dates you want to explore on our calendar and see what summer camps are available. Hundreds of local summer camps: day camps, overnight camps, sports, drama, music, theatre, arts & crafts, technology, robotics, horseback riding, preschool, & more.

[www.saintlouis.kidsoutandabout.com/content/guide-summer-camps-st-louis-mo-area](http://www.saintlouis.kidsoutandabout.com/content/guide-summer-camps-st-louis-mo-area)



**STL Magazine Camp Finder:** From arts to athletics, these summer programs provide plenty of options for children to continue their development outside of the school year.

[www.stlmag.com/sponsored-content/summer-camp-guide](http://www.stlmag.com/sponsored-content/summer-camp-guide)





# Summer Events



MDWSA was created to provide a safe, fun and extremely memorable water ski experience for individuals with physical and developmental disabilities, visual impairments, and special needs.

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

## PARTICIPANTS

Of course, without you we wouldn't be here. **All disabilities are welcomed.** If you have the desire, we will make it happen. We have plenty of adaptive water ski equipment to ensure that you have an amazing experience. It doesn't matter if you have never skied or if you are ready for the Paralympics or Special Olympics, we have the equipment you need! If you are not comfortable with the thought of skiing, or just don't want to ski, that's ok! Participants can also go on an inner tube ride or a boat ride.

## VOLUNTEERS

We need LOTS of volunteers. Volunteering at Summer Splash is rewarding for everyone! Ask yourself if you are an experienced boat driver or water craft operator, water person, dry land person, paper work person, equipment person, food prep person, love to take pictures or maybe you just like to make new friends. If you answered "yes" to any of these, then we have a job for **YOU!** No matter what your skill level is... or isn't, we will find you something to do.

### Summer Splash:

**July 25-26, 2025**

9am-4pm

at Tremayne Shelter

Creve Coeur Park

13725 Marine Ave

Maryland Heights, MO 63043

### More 2025 Ski Dates:

Tuesday May 27 & July 8, 2025  
Lake St. Louis, MO, Jefferson Pt

Saturday August 16th  
Wright City, MO – Forest Lake



**Event Location:** Kemp Lake  
1357 Grotemac Lake Road  
Leasburg, MO 65535

### Event Coordinator

Fred Kemp

(314) 323-7191

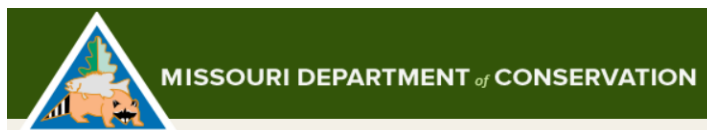
[fkemp@kemplake.org](mailto:fkemp@kemplake.org)



This is a C.A.S.T. for Kids event designed to provide children with disabilities, ages 6–18, the opportunity to enjoy a quality outdoor recreational experience through the sport of fishing. You can expect 2-3 hours of fishing, a delicious lunch and an awards celebration where your child will receive a personalized plaque. The event starts at 8:00 am and ends at 1:00 pm. Please note a parent or guardian must be present with your child for the entirety of the event. Take to the water with C.A.S.T. for an unforgettable morning of fishing and boating.

**2025 Cast For Kids Event**  
**June 14, 2025 ~ Cost: FREE!**

[www.castforkids.org/event/kemplake](http://www.castforkids.org/event/kemplake)



The Missouri Department of Conservation (MDC) offers **FREE** nature classes for outdoor lovers of all ages and abilities. Topics include in wildlife, fishing, hunting, outdoor journaling and painting, hiking, and more. Registration is required for most classes unless indicated.

Events around the region: [www.mdc.mo.gov/events](http://www.mdc.mo.gov/events)

Events for the month: [www.activities.recreationcouncil.org/mdc-nature-programs](http://www.activities.recreationcouncil.org/mdc-nature-programs)



St. Louis Regional Office  
2360 Hwy D  
St Charles, MO 63304  
(636) 441-4554

[stlouis@mdc.mo.gov](mailto:stlouis@mdc.mo.gov)

# Adult Adventures



6555 Sunlit Way  
Dittmer, MO 63023  
636-274-9044



[www.sunnyhillinc.org/adventures](http://www.sunnyhillinc.org/adventures)

The **Travel Adventures** program by Sunnyhill takes participants on weekend road trips to popular destinations like Nashville, Branson, Memphis, and Kansas City. With provided trip chaperones, the program aims to promote self-sufficiency through cultural exploration. These journeys allow adults to gain personal growth, skill development, social interaction, and community engagement.

## Sunnyhill Adult Adventures & Travel On-The-Road Trips



- Kansas City, MO Trip, Sept 12-14, 2025
  - Memphis Tennessee Trip, Oct 17-19, 2025
  - Branson Trip, November 21-23, 2025
- Cost: \$950 per trip.**

## 2025 WONDERLAND FALL WEEKENDS

### **Specialized Youth and Adult Weekends**

These weekend camps are reserved for individuals with disabilities:

August 26-29, 2025 - Life Skills-Kitchen-\$525

Sept 19-21: Circus Weekend -\$400

Sept 22-25: Life Skills-Community Safety-\$525

October 17-19: Spookfest-\$400

October 24-26: Halloween-\$400

November 6-9: Life Skills-Social Skills-\$525

Dec 5-7: Snowballs & Stockings-\$400

Dec 12-14: Cookies with Santa-\$400

**Family Camp**, October 10-12, \$300 for the camper and parent(s) plus \$50 for each additional child.

**Community Camps:** open to those without disabilities:

Father-Son Camp on August 8-10, \$300

Mama is a Happy Camper: October 3-5, \$200

[www.wonderlandcamp.org/camp-schedule](http://www.wonderlandcamp.org/camp-schedule)



Contact Donny Conner  
Coordinator of Leisure Services  
314-817-2293  
[dconner@slarc.org](mailto:dconner@slarc.org)

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

**ALL 2025 Trips are FULL at this time. Contact the St. Louis Arc to inquire on next year's trips.**  
COST: \$880 per trip.

A weekend getaway adventure program for adults ages 18 & older. Individual trips are planned throughout the year to give participants the opportunity to travel and explore various locations throughout the Midwest. There will be both pre-planned activities, such as ziplining, hiking, sporting events, and more.

**Municipal Park Day Trips:** Join your local park department for a day trips for adults to fun locations in our area and around Missouri. **TRIPS ARE SEASONAL** and not all parks offer trips year round. Check out these Catalog links below to see **IF** a park near you is hosting a day trip soon:

[Ferguson](#) ~ [Florissant](#) ~ [Webster Groves](#) ~ [Maryland Heights](#)  
[St. Peters](#) ~ [St. Charles](#) ~ [O'Fallon, MO](#) ~ [Wentzville](#)



See the **MUNICIPAL PARKS PAGE** in this publication for contact information for your local park office.





## YMCA Trout Lodge Weekend Adventure

Featuring incredible views of Mark Twain National Forest and sunrises over the water, Trout Lodge's cabins and recently renovated Lodge guest rooms provide a home base as you explore dozens of activities, from the Alpine Tower, paintball course, and zip line to trail rides, archery and water sports. Plus each fun-filled day includes your cafeteria-style meals in the Lodge dining room with sweeping views of Sunnen Lake.

Contact the Recreation Council to start planning your adult adventure at Trout Lodge

[www.gwrymca.org/locations/ymca-trout-lodge](http://www.gwrymca.org/locations/ymca-trout-lodge)

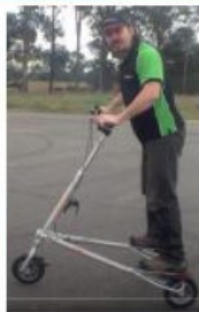
**BIG MUDDY CANOE ADVENTURES** ~ COST: \$80-\$100+ depending on experience you select.. Whether this is your first time paddling or you're a bonafide river rat, Big Muddy Adventures has a trip for you. We offer a wide range of options, from hour-long paddles to multi-day expeditions to private island dinners. We supply everything you need, including an experienced guide, double-wide safety canoes, life jackets, and lunch.

[www.2muddy.com/trips](http://www.2muddy.com/trips)



### Trikke STL: Electric Tricycle Tours

Take a ride on our innovative three-wheeled, adult-size *Elektrik Trikes* on a tour of downtown St. Louis, Forest Park, Grant's Bike Trail, Soulard, Tower Grove, and other Greenway Trails in the area. We can customize your tour for unlimited and never ending choices. One-hour tours begin at \$65 per person and happen from March-November. 314-487-4553 or [www.trikkeSTL.com](http://www.trikkeSTL.com)



**Gateway Arch Tours:** Gain a new perspective on this magnificent monument while cruising the Mighty Mississippi. With a variety of sightseeing, dinner, and specialty outings to choose from, a riverboat cruise is a fun and relaxing adventure. 877-982-1410 ~ [www.gatewayarch.com](http://www.gatewayarch.com)



## RYZE ADVENTURE PARK

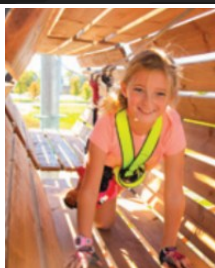
Greg Hoffmann  
12420 Grace Church Rd  
Maryland Heights, MO 63043  
314-886-7993  
[greg@ryzeadventure.com](mailto:greg@ryzeadventure.com)



### OBSERVATION DECK

Enjoy the views from our stair-access observation deck. Bypass the climbing elements, relax on the top level of the tower.

\$6/person



### LITTLE NINJA COURSE

16 elements, close to the ground but full of adventure.

Kids (Ages 4-7) - \$29

Up to 1.5 hours



### MINI GOLF

Play the 18-hole mini-golf course.

All Ages - \$10/round



### THE ADVENTURE TOWER

Zip, climb, leap, soar, free fall, and more on the 4-story adventure tower. Over 110 elements with something for all skills and abilities.

Youth (Ages 8-17) - \$39

Adult (Ages 18+) - \$49

Up to 2.5 hours

RYZE Adventure Park St. Louis is the ultimate outdoor adventure, anchored by a 4-story adventure tower. Our activities include ziplining, an obstacle ropes course, mini golf, and so much more. Tackle the adventure tower, a 4-story ropes course with over 100 different obstacles, including zip lining and a "free fall" rappel station. Kids love this obstacle ropes course to climb and explore at their pace. There are 16 elements, close to the ground but full of adventure.

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

# Adventures Outside Missouri



**Trips, Inc Travel Program** for Adults with Disabilities: Trips, Inc.™ provides all-inclusive vacation packages for travelers 18 and older with intellectual and developmental disabilities. From theme parks to national parks, Alaska to Hawaii, cruises and international destinations-our excursions take you all over the world!



[www.tripsinc.com/upcoming-trips](http://www.tripsinc.com/upcoming-trips)



## **Wilderness Inquiry, Gateway to Outdoor Adventures for People with Disabilities:**

Wilderness Inquiry shares the outdoors with everyone, including persons with intellectual and physical disabilities. Designed for adults with developmental disabilities, brain injuries, and other forms of cognitive disability, Gateway to Adventure (Gateway) is a program that helps people develop the skills they need to enjoy inclusive outdoor recreation activities. Trips cost varies. 1-800-728-0719

[www.wildernessinquiry.org/programs/gateway-to-adventure](http://www.wildernessinquiry.org/programs/gateway-to-adventure)

## **Group Vacation & Travel for People with Disabilities**

**ACCESSIBLE GO:** Hotel Booking Web Tool, your one stop shop for disability travel needs - [www.accessiblego.com](http://www.accessiblego.com)

**Wheel the World:** Use this site to find accessibility vacations around the world. [www.wheeltheworld.com](http://www.wheeltheworld.com)

**Governor's Council on Disability** - Travel Resources - [www.disability.mo.gov/leisure](http://www.disability.mo.gov/leisure)

**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)

**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)

**WanderRock** international small group adventures for neuro-diverse young adults [wanderrock.com](http://wanderrock.com)



Three Main Street, Suite 105  
Burlington, VT 05401  
(802) 846-5298



**Kelly Brush Foundation** hosts several events throughout the country to provide exciting and immersive experiences for people with spinal cord injuries.

The Kelly Brush Foundation hosts several camps throughout the year to provide exciting and immersive experiences for people with spinal cord injuries. Check out the upcoming camps, or [sign up for our newsletter](#) to stay tuned for more events in the future. All camps provide financial support options, including travel and lodging.



[www.kellybrushfoundation.org/camps](http://www.kellybrushfoundation.org/camps)



# AGENCY PROGRAMS



Adaptive sports programs at the Y provide children and adults with disabilities the chance to play sports and participate in learning opportunities in a safe, fun atmosphere.

We offer many adaptive sports programs year-round including Adaptive Basketball, Adaptive Baseball, Adaptive Bowling - and that's just to name a few.

The Y, in partnership with The Miracle League, provides a chance to experience the joys and benefits that come from playing baseball. Learn about our new Adaptive Sports Complex being built on the South County YMCA campus, in partnership with the St. Louis Cardinals and Cardinals Care, the team's charitable foundation, Boniface Foundation and Miracle League.

## Programming Locations:

Chesterfield Family YMCA: 636-532-3100  
South County Family YMCA: 314-849-9622

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



St. Louis Arc  
1177 N. Warson Road  
St. Louis, Missouri 63132  
314-569-2211

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

## Neighborhood Experiences, Summer Teen Project

Neighborhood Experiences is an eight-week summer pre-employment training project that supports youth ages 13-20 with disabilities in St. Louis City and St. Louis County. Participants explore job opportunities, practice workplace expectations through volunteering, and develop the hard & soft skills needed to be successful in the workforce.

**Dates:** June 9-August 1, 2025 ~ **Cost:** \$300

For information call Paige Hawes at 314-817-2249

or visit [www.slarc.org/programs/school-age/camp-summer-programs](http://www.slarc.org/programs/school-age/camp-summer-programs)



## Arc United Softball, Basketball, Soccer, Kickball, Pickleball

Arc United is for people of **all abilities** to play together and compete in a community recreational league. A "united" team combines St. Louis Arc athletes and community athletes playing on the same team. For information, contact Dan Correll, Coordinator of Leisure Services: [dcorrell@slarc.org](mailto:dcorrell@slarc.org) ~ 314-817-2227.

## Arc Adult Recreation

Programs in art, cooking, music, travel, book club, sports, and so much more. Cost varies by program selected. Check out the Summer 2025 program brochure for more information.



[www.slarc.org/programs/adulthood/social-instructional](http://www.slarc.org/programs/adulthood/social-instructional)



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



We're a baseball league for kids and adults with developmental disabilities from ages 5 on up. Since 1994 the main goal of St. Louis Challenger Baseball has been to make friends!

When we play baseball we don't count outs, we don't count runs, all players bat and play the field every inning. We do modify the game for the fun of each player. We seek to have a buddy (people who don't have a disability between the ages of 10 and 25) for each of our players. Not only do our players make great friends with their teammates, but they make great friends with their buddies. Come join us. It'll be the most fun you'll ever have.

**Game Dates:** Sundays, April 26-June 28, 2025; **All-Star Game:** July 12; **Picnic:** July 20.  
**Time:** Saturday mornings, 9:00 and 10:30 am at Tilles Park, McKnight and Litzsinger.  
**COST:** \$25, but we waive that if you can't afford it.



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

Artists First is an inclusive, non-profit art studio empowering artists of all abilities. Artists First uses creative self-expression to build equity, equality and empowerment in the Saint Louis region and beyond. We believe in bringing art to the community as a means of integration, healing, support, and finding common ground.



### ADULT OPEN STUDIO HOURS:

no appointment necessary

Monday - Thursday : 10AM - 3PM

Friday: 10AM - 2PM

1st Sat of every month: 10AM - 2PM

### AF for Veterans:

Open Studio Hours +  
Monday 4PM - 7PM

### Youth Open Studio:

Thursday 3PM - 6PM



## LIFEWORKS PROGRAM

Fully Funded open art studio for city residents with developmental disabilities



ST. LOUIS OFFICE FOR  
Developmental  
Disability Resources



"Here at Blank Canvas Studios, we strive to create an environment where people can express themselves in a creative way. The goal of the studio is to provide people of all ability levels the opportunity to create and be celebrated for their uninhibited style of raw art."

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



# Accessible Play Areas



## VARIETY WONDERLAND PLAYGROUND IN FOREST PARK

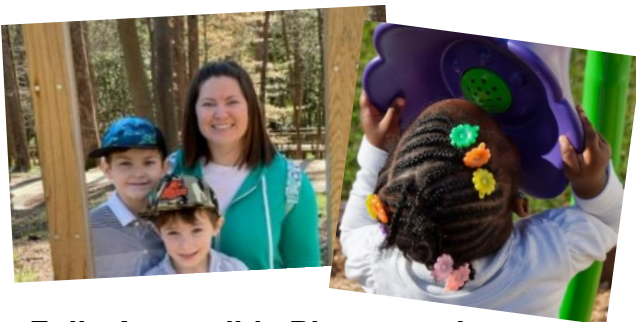
Forest Park's Variety Wonderland Playground, located just outside the Dennis & Judith Jones Visitor and Education Center, received major improvements in April of 2021. Created in 2005, the half-acre Variety Wonderland Playground was one of the first playgrounds in the St. Louis region that was fully accessible to children of all abilities. Since then, it has become a favorite for St. Louis families and Forest Park visitors from around the region.

[www.forestparkmap.org/variety-wonderland-playground](http://www.forestparkmap.org/variety-wonderland-playground)

## Unlimited Play Accessible Playgrounds

Unlimited Play is a 501(c)3 non-profit organization that helps to plan, design and build fully accessible playgrounds that allow all children – regardless of their abilities – to play together. A valuable resource in our community, Unlimited Play has unique expertise in this area, and is available to assist in the development of inclusive playgrounds that promote dignity, understanding and respect among children.

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



## Fully Accessible Playgrounds in the Metro Area

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

## Ollie's Fun Forest Playground and Sensory Trail

St. Peters, MO City Centre Park

This accessible, one-of-a-kind nature route will encourage and nurture growth for all minds and bodies.

[www.stpetersmo.net/353/St-Peters-Parks](http://www.stpetersmo.net/353/St-Peters-Parks)



# Area Attractions

## *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.wentzville.mo.gov/visitors">www.wentzville.mo.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

## *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
Scottrade 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	<a href="http://www.gcpastl.org">www.gcpastl.org</a>
MJ Performing Arts Academy	<a href="http://www.mjperformingartsacademy.com">www.mjperformingartsacademy.com</a>
Day Spring Arts & Education	<a href="http://www.dayspringarts.org">www.dayspringarts.org</a>

### **St. Peters Cultural Arts**

1 St. Peters Centre Blvd ~ 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.



### **STAGES Performing Arts Academy, Theater, Acting, Dance, Voice**

1023 Chesterfield Pkwy East, Chesterfield, MO 63017 ~ 636-449-5775 ~ [www.stagesstlouis.org](http://www.stagesstlouis.org)

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