

## Recreation

Recreation comes in many forms: physical, arts, therapeutic, social and more. Sometimes recreation is offered for individuals with disabilities and sometimes it is offered for the entire family. Recreation benefits children with special needs as well as the family who cares for the child. It can bring a family closer together and increase the child's independence. In addition to finding ways to enlarge their world, children develop their strengths, positive self-image, friendships and inclusion in their community. Explore the possibilities:

### **Physical Recreation:**

The Adaptive Sports program is designed for individuals with orthopedic, visual, and/or other physical/health impairments. Youth and adults alike enjoy the program's range of competitive sports, including swimming, track & field, bocce and more.

[www.milwaukeerecreation.net](http://www.milwaukeerecreation.net) (After clicking on "Programs" choose "Special Olympics and Adaptive Sports" or "Therapeutic Recreation")

Many community YMCA's provide adaptations needed to participate or provide specially designed classes.

- o Metropolitan Milwaukee area

(Visit the web site to find Milwaukee locations, addresses and telephone numbers)

<http://www.ymcamke.org/site/pp.asp?c=fkLQJ9MXKwH&b=317060>

- o 1750 Valley Rd., Oconomowoc  
262-567-7251

<http://www.ymcaatpabstfarms.org/>

- o To search for the closest locations:

<http://www.ymca.net/>

Challenger Little League provides boys and girls with disabilities the opportunity to experience the emotional development and fun of playing Little League baseball. Call the Little League Regional Office nearest you for information.

### Greenfield Little League Challenger Division

League plays on Sat. mornings at Alan Kulwicki Park in Greenfield and will accept as many children as are interested. Challenger Division is open to anyone with a special need ages 6 – 21 and they do not need to live in the Greenfield community. Participants need to supply their own glove. Jeff McGrath, Manager: (414) 817-8655

### TOPSoccer

is a community-based training team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, age 8-19, who has a mental or physical disability. There are currently seven TOPSoccer sites. Milwaukee, Brookfield, Madison, Racine, Sussex, Merton, and Walworth. For more information contact John Janasik at the Wisconsin Youth Soccer Association state office, 414-545-7227 or 800-937-7778 ext.17 or email, [janasik@execpc.com](mailto:janasik@execpc.com).

### Wisconsin Special Olympics

Wisconsin Special Olympics offers year-round sports training and athletic competition for children and adults cognitive disabilities and closely related developmental delays. Call for site nearest you:

Greater Milwaukee Area

10224 N. Port Washington Rd., Mequon, WI

262-241-7786

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

### **Accessible Playgrounds in SE Wisconsin**

- Port Washington Possibility Playground, Upper Lake Park

<http://www.possibilityplayground.org/index.html>

- Imagination Station, 700 S. Main St., Oconomowoc

<http://www.oconomowocplayground.org/>

### **Horseback Riding**

S.M.I.L.E.S. transcends traditional therapeutic methods by offering challenged individuals of all ages the joy of participating in an equine assisted program which provides social, emotional, physical, and personal rewards.

### Special Methods in Learning Equine Skill

N2666 County Road K

Darien, WI 53114

262-724-3470

<http://www.smiles.nu/>

### Midwest Therapeutic Equestrian Health Center

16303 60th Street

Bristol, WI

(262) 857-6573

(No web site)

### Lifestriders

Through Equine-Assisted Therapy, children and adults can experience the beneficial physical and mental benefits achieved through the human-horse connection.

W288S290 Elmhurst Dr

Waukesha, WI 53188

<http://www.lifestriders.org/>

### Avalon

Avalon T.E.C. (Therapeutic Equestrian Center) offers clients with physical and emotional challenges an opportunity to heal in nature's surroundings. The center allows clients to exercise their minds and bodies through a series of six week sessions.

N. 9368 Green Valley Rd.

Watertown, WI 53094

(920) 206-1148

<http://www.avalontec.org/>

### Ranch Community Services

The Ranch Riding Center was established in 1976, providing an alternative form of physical and recreational therapy for individuals with a variety of disabilities.

N84 W19100 Menomonee Avenue, Menomonee Falls

262-251-8670

<http://www.ranchwi.org/therapeutichorsebackriding.htm>

### Rides & Reins Therapeutic Equestrian Center

Their mission is to provide a therapeutic riding program for children and adults living with physical and cognitive disabilities.

4371 Arthur Road, Slinger

(262) 644-8324

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

### **Arts:**

Very Special Arts provides fine art and performing art opportunities for people with disabilities

<http://www.vsawis.org>

### Donna Lexa Community Art Centers

1345 S 47th Street - West Milwaukee Community Center

phone: 414-672-1520

OR

496 W Main St

Waukesha, WI 53186

Phone: 262-521-2292

Donna Lexa Center's mission is to provide high quality, individualized fine art instruction for adults with developmental disabilities, using a wide variety of media. Projects are selected to enhance, interest, and challenge students to develop artistic skill, promote individual abilities, and allow for creative expression.

### Lake Country Fine Arts

112 W. Capitol Dr.

Hartland, WI

(262) 367-2900

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

Their goal is to satisfy the creative needs of all people ages 3 through adult including senior citizens and people with special needs. An adaptive clay class encourages creating beauty through tactile & kinesthetic learning modes.

### **Music Therapy**

Wisconsin Conservatory of Music

1584 North Prospect Avenue, Milwaukee

(414) 276-5760

<http://www.wcmusic.org/Music%20Therapy/musictherapy.htm>

### Music Jamboree

Music Jamboree is a music-making and movement class for children and their families. Families participate together in playing instruments, moving to music, singing and learning. Activities are designed to promote each child's confidence and advancement in various areas of development. Classes are held in a variety of community locations.

Milwaukee Center for Independence

2020 W. Wells St., Milwaukee

414-937-2182

<http://www.mcfi.net/children/default.htm>

### Music Therapy Services of Waukesha County, LLC

Music is one aspect of life to which all people can relate. We all carry the internal rhythm of our beating hearts. Music therapy is a multi-sensory modality which directly affects several areas of the brain, causing changes which affect all of us, even those who do not seem to respond to their environments. Main Clinic:

1125 James Dr., Hartland, WI

262-367-6663

<http://www.musictherapy.freesevers.com/index.html>

## **Camps**

There are many overnight and day camps available to serve children with a variety of special needs. This is a small sampling of camps in the Southeastern Wisconsin area. Camps fill up quickly, it is a good idea to begin looking into programs in February. For more information about camps that serve a specific population contact the Special Needs Family Center: 414-266-6333 or 1-800-234-5437.

### Adventures for Life Camp

Milwaukee Center for Independence

2020 West Wells

Milwaukee, WI 53233

414-937-2098

<http://www.mcfi.net/Default.htm>

Overnight and Day Camps available. Serve ages 12-21 with developmental disabilities. To participate in overnight camp must be at least 16 years old.

### Adventures in Independent Living

IndependenceFirst (at YMCA Camp Matawa grounds)

N885 Youth Camp Road

Campbellsport, WI

Tel (414) 226-8375

<http://www.independencefirst.org/home/>

IndependenceFirst provides an opportunity for youth with severe disabilities ages 8-18 to experience the fun of camp while working towards increasing their independence.

### Camp Pow Wow

Menomonee Falls, WI Serve ages 7 to-99. There are also sessions available just for adults. Resident camp and day camps are offered. Provided by the Association for the Rights of Citizens with handicaps (ARCh)  
262-542-9811

#### Easter Seals – Camp Wawbeek

Located near Wisconsin Dells. Serves people with physical disabilities ages seven and up. Weekend and weeklong sessions are available.  
WI 13 North, Wisconsin Dells  
608-277-8288 (voice)  
[http://wi.easterseals.com/site/PageServer?pagename=WIMA\\_camping\\_recreation](http://wi.easterseals.com/site/PageServer?pagename=WIMA_camping_recreation)

#### Easter Seals – Respite Camp

The Wisconsin Elks Association and Easter Seals Wisconsin recognized respite as the number one need of parents and caregivers of individuals with disabilities and have teamed up to provide this unique program.  
608-277-8288 (voice)  
Waubeek Rd., Wisconsin Dells  
[http://wi.easterseals.com/site/PageServer?pagename=WIMA\\_respite\\_care](http://wi.easterseals.com/site/PageServer?pagename=WIMA_respite_care)

#### Camp Whitcomb/Mason

Provide residential and day camps. Eligibility, children ages 7 to 16 years old, including campers with hearing impairments, learning disabilities, and or mild cognitive disorders. Main site is located in, Hartland, Wisconsin  
262-538-1190  
[www.campwhitcombmason.org](http://www.campwhitcombmason.org)  
Business hours 8 a.m. to 4:30 p.m. Monday through Friday, areas served Milwaukee, Ozaukee, Washington, and Waukesha counties.

#### Wisconsin Lions Camp

The Summer Camp program at the Wisconsin Lions Camp is reserved for children and adults with disabilities. They serve youth with mild cognitive disabilities and with Type I and Type II diabetes, as well as youth and adults who are Deaf and Hard of Hearing or Blind and Visually Impaired.  
3834 County Road A  
Rosholt, WI 54473  
715-677 - 4969  
<http://www.wisconsinlionscamp.com/>

#### Wisconsin Badger Camp

The mission of Wisconsin Badger Camp, Inc is to provide quality recreational and educational experiences for persons with developmental disabilities in a natural setting. Their purpose is to provide individualized care and a quality program.  
Platteville, WI  
608-348-9689

#### Wisconline

To search a database of Wisconsin camps, visit this website:  
<http://www.wisconline.com/attractions/camps/>

