



# Recreational Opportunities

for youth and young adults with special needs  
Fox Valley Region\*

2023-2024 Edition

## Aquatics/Swimming

- **Appleton Parks and Recreation Department** – The Special Needs Beginner Swim Class is for children ages six and up who may have mild to moderate disabilities or who may require more of an intimate learning environment to maximize their potential. Participants are given time to practice skills while positive and corrective feedback is given on how to improve. Contact Krystal Ganz at [krystal.ganz@appleton.org](mailto:krystal.ganz@appleton.org) for any special requests prior to the start of class.
- **CP Aquatic Center in Green Bay**- Offers child swim lessons, independent exercise, and adaptive aquatics. The two warm water pools are equipped with handicap-accessible features, including handrails and pool ramps. Pools are open to the public; no membership fees are required. For program availability, more information, or to register for a class call 920-337-1122, or visit [www.wearecp.org](http://www.wearecp.org)
- **Fox Cities YMCAs** – Open swim and private swim instruction for children with special needs is available at Fox Cities YMCA. Call Roxanne Lee at 920-954-7640 with questions or for information on how to register at the Appleton location. To find out details about open swim and private lessons at Heart of the Valley YMCA, contact Erin Brennan at 920-830-5714. Open Swim and private lessons are offered at Fox West YMCA. Contact 920-757-9820 to learn more. Additionally, the Neenah YMCA also offers private swim lessons and open swim. Contact Maria Bady at [mbady@ymcafoxcities.org](mailto:mbady@ymcafoxcities.org).
- **Oshkosh YMCAs** – To learn more about swim lessons for individuals with special needs at the 20<sup>th</sup> Avenue YMCA contact Lawson Bailey at [lawsonbailey@oshkoshymca.org](mailto:lawsonbailey@oshkoshymca.org) or 920-230-8439. For details about the downtown location, Robin Liepert would be happy to answer your questions. She can be reached at [robinliepert@oshkoshymca.org](mailto:robinliepert@oshkoshymca.org) or 920-230-8915.
- **Splash Pad Morning** - In partnership with Neenah Parks and Recreation, SOAR Fox Cities is hosting a time at the Washington Park Splash Pad for individuals living with disabilities and their families. Every other Wednesday from 9-10am. Check either agency Facebook page for dates or contact Lisa McCallister at [lisa@soarfoxcities.com](mailto:lisa@soarfoxcities.com) or 920-731-9831 ext 110.
- **Swimtastic Swim School in Appleton** - Provides private, semi-private, and group lessons for children with disabilities all year round. Parents appreciate the easy registration process, flexible class times, small class sizes, individual attention, and professional staff. Swimtastic has a fun and relaxing environment with 90-degree water, palm tree shower, and water slide. For more information contact 920-722-7946 (SWIM) or email [mandy@swimtastic.com](mailto:mandy@swimtastic.com)

- **University of Wisconsin – Oshkosh** - With the assistance of the downtown Oshkosh YMCA, the University of Wisconsin Oshkosh physical education majors offer adapted aquatics lessons to Fox Valley community members. Lessons are tailored to individuals' specialized needs and can be recreational, therapeutic, or educational. Classes typically occur on Wednesday evenings. Please contact Alex Muller at [muellera@uwosh.edu](mailto:muellera@uwosh.edu) for questions or information to sign-up.

## Baseball/Softball

- **Discovery League** – Part of Neenah Baseball, Inc., Discovery League provides an “organized baseball opportunity” for people ages four and up with special needs. Games are played on Sunday evenings from 6:00 – 7:30pm at either Southview Park or Washington Park (on an accessible field) in Neenah from mid-May through July. For more information, contact Kathy Delchambre at 920-734-5641.
- **Kimberly High School Baseball Camp** - Kimberly High School's "A Difference Maker" baseball camp for kids with all types of disabilities & their siblings is held each fall. This FREE camp is organized by the Kimberly High School baseball players & coaches. Participants must be in grades 1-12. Each participant will receive a free t-shirt & treats. The camp is held rain or shine. Registration is required. Information can be obtained by contacting head coach Ryan McGinnis at [rmcginnis@kimberly.k12.wi.us](mailto:rmcginnis@kimberly.k12.wi.us).
- **Miracle League - Fox Valley, Green Bay & Manitowoc** – The Miracle League, with locations in Appleton, Allouez and Manitowoc is an organized baseball league for kids ages 4-19 with cognitive and/or physical disabilities. Manitowoc's Miracle League also offers a separate opportunity for those over 19. Two unique features of the league are that the player is paired with a volunteer buddy and the games are played on an accessible rubberized field. Games are played on weeknight evenings at John Wollner Fox Cities Miracle League Field in Memorial Park in Appleton, Resch Miracle Field and the Favre Family Miracle Recreation Area at Allouez Optimist Park in Allouez, and Miracles Park in Manitowoc. Register early for a spot on a team roster. For more information about the Fox Valley league, visit [www.goodwillncw.org/mlfv](http://www.goodwillncw.org/mlfv) or email [mlfoxvalley@goodwillncw.org](mailto:mlfoxvalley@goodwillncw.org). To learn more about the Green Bay league, check out [www.gbmiracleleague.com](http://www.gbmiracleleague.com) or email [gary.rogaczewski@gmail.com](mailto:gary.rogaczewski@gmail.com). To join the Miracle League of the Lakeshore, visit <https://www.miracleleaguelakeshore.com/> or email [miracleleaguelakeshore@yahoo.com](mailto:miracleleaguelakeshore@yahoo.com).

## Biking

- **iCan Bike Camp** – Riding a bike is not only a great social or family activity, it can also increase an individual's independence! iCan Bike is a five-day camp offered annually in the Fox Valley with 90 minute sessions each day designed to teach youth and adults with disabilities to ride a conventional two-wheeled bike. To inquire about date or to sign up, please go to [www.covey.org](http://www.covey.org)

## Clubs

- **4-H** – Provides children ages 5 years – one year post high school with positive educational opportunities to learn new life-long skills, develop leadership qualities, and contribute to their community. Accommodations are made as needed. Call University of Wisconsin, Division of Extension in Outagamie County at 920-832-5123 for more information about program offerings or a club in your area.

- **Boy Scouts of America – Bay-Lakes Council** – Provides unique programs for individuals with physical, intellectual, or emotional disabilities. The Cub Scouting program is for boys and girls in grades K – 5; the Scouts BSA program is for boys and girls in grades 5 – 12; the Venturing program is for young men and women in grades 9 - 12. The upper age limit is waived for individuals with intellectual disabilities. With parental involvement, youth with disabilities can be mainstreamed into traditional scouting groups or participate in special needs groups where groups exist or can be organized. Contact Josh Anderson at [joshua.anderson@scouting.org](mailto:joshua.anderson@scouting.org) to learn more.

## Curling

- **Green Bay Curling Club** – Provides *Learn 2 Curl Clinics* for both adults and juniors at various times during the curling season. Clinic teaches slide, stick, or wheelchair delivery. Also offers *Try It! League* for beginners. Please watch the website at <http://curlgb.com> for program updates or contact [gbcurling@gmail.com](mailto:gbcurling@gmail.com).

## Dance/Cheerleading

- **Brighter Days Dance** – Individuals with special needs are encouraged to participate in any of Brighter Days' offerings based on their developmental level as appropriate. For those ages 13 and older, *Shooting Stars* is a jazz/hip hop class specifically for individuals with disabilities that runs on Monday mornings from September - April. Call 920-759-5659 or visit [www.brighterdaysdance.com](http://www.brighterdaysdance.com) for details.
- **Fox Cities Exceptional Abilities Prom**– See full description under 'One Time Offerings' on the last page.
- **Fusion Athletics** - Legacy is a cheerleading team for athletes of all abilities ages 5 to 21. The season runs from July to April with practices held one night a week. Participants learn a 2.5 minute routine full of jumps, stunts, dancing, and fun tailored to maximize the athletes' abilities. To learn more, call 920-323-5505 or visit [www.fusionathleticsgb.com](http://www.fusionathleticsgb.com)
- **Green Bay Elite Cheer** – Offering a cheer team designed for all abilities, Green Bay Elite's team is co-ed and available for ages 6 and up. The team practices once a week and provides the opportunity to perform with a "cheer buddy". Contact Coach Diane for more information - 920-903-4877 or [GBEDIANE@aol.com](mailto:GBEDIANE@aol.com)
- **Night to Shine** – See full description under 'One Time Offerings' on the last page.

## Day Camps

- **Camp Hope** – Sponsored by the Appleton YMCA and held at Plamann Park in Appleton during the summer. Camp Hope is a two week day camp for children ages 6-13 who have cognitive or physical disabilities. Activities include swimming, arts/crafts, singing, team building, and games. For further details, contact Jolene Gross at [jgross@ymcafoxcities.org](mailto:jgross@ymcafoxcities.org)
- **Camp Inspiration** – Sponsored by the Appleton YMCA and held at Plamann Park in Appleton during July. Camp Hope 2.0 is a one week day camp for children ages 14-18 who have cognitive or physical disabilities. Activities include swimming, arts/crafts, singing, team building, a field trip, and games. For further details, contact Jolene Gross at [jgross@ymcafoxcities.org](mailto:jgross@ymcafoxcities.org)
- **SOAR Through Summer Camp** - Summer camp at its finest! This camp runs weekly from the second week of June through mid-August. Homebase for camp is the SOAR building but the camp explores the community by walking or by taking a bus (city bus or

school bus) allowing campers to take part in a large number of community events and field trips. Days are filled with music, fitness, life skill classes, and lots of laughs. Registration is done online and will begin in 2023 for the summer months. Questions, Call Lisa McCallister 920-731-9831 x110 or [lisa@soarfoxcities.com](mailto:lisa@soarfoxcities.com)

## Football

- **Challenger Football League** – Sponsored by Fox Valley Pop Warner Football, Inc., this opportunity provides a no/minimal contact, flag football experience for boys and girls ages 6 – 18 that have special needs and are unable to participate in other football divisions. Teams are made up of 8-12 players and are individualized to the players' needs with parents/buddies assisting as needed. Five games are played beginning in September. For additional information contact Sue Hipple at [sue.hipple@att.net](mailto:sue.hipple@att.net) or visit <http://www.foxvalleypopwarner.org/page/show/458259-challenger-league>.
- **Kimberly High School Football Difference Maker Camp** - This football camp is for all children with special needs ages Pre-K through 8th Grade. The camp is hosted by members from the Kimberly High School Leadership Class, the Kimberly football team, the Kimberly football coaching staff, and Kimberly faculty in Kimberly during the month of May. The camp consists of 8 to 10 fun and exciting stations that range from trying on football equipment to practicing touchdown celebrations. More information and sign-up sheets will be posted on [KimberlyFootball.com](http://KimberlyFootball.com) in April.
- **Xavier Hawks Football Camp** - This co-ed camp sponsored by the Autism Society of the Fox Valley, in cooperation with the Appleton Xavier High School Football team is offered each September for individuals with autism of all ages and playing abilities. (Please note: Camp is not expected to run in 2023 but plans are in the works for 2024.) This special day-long camp starts with stretching and warm ups, continues with skill work at ten different stations, and concludes with an awards ceremony and picnic lunch for all participants and their families. Contact Bob Olson by phone at 920-788-5298 or email [bob.olson1976@gmail.com](mailto:bob.olson1976@gmail.com) for more information.

## Hiking/Running/Walking

- **Barrier Free Trail** - The Barrier-Free Trail provides an outdoor fitness opportunity, inspires creative play and imagination, improves social bonds, supplies vitamin D from sunshine to strengthen bones and more! The ¼-mile path, near the Apple Creek YMCA, is flat and friendly for all. For more information, contact Jill Rasmussen at [jrasmussen@ymcafoxcities.org](mailto:jrasmussen@ymcafoxcities.org) or 920-733-9622.
- **Heckrodt Wetland Reserve** - If you can get to the Reserve, we'll get you in the wetland! Heckrodt Wetland Reserve boasts over three miles of ADA friendly trails that are free to use and allow visitors to have an immersive experience in the wetlands. In addition to the trails, kids are encouraged to explore the Wild Space outdoor learning-scape.
- **myTEAM TRIUMPH Wisconsin** – myTEAM TRIUMPH-WI uses a teamwork approach and community focus in endurance athletics to create communities that embrace, celebrate, and empower those with diverse abilities. Program provides the opportunity for members to participate in running, biking and triathlon events throughout the state by pairing Captains (athletes with disabilities) with Angels (able bodied athletes) and the specialized equipment needed to experience the “thrill of the race” with a focus on

building impactful relationships through the experience. For more information, visit [www.myteamttriumph-wi.org/](http://www.myteamttriumph-wi.org/)

- **Sensory Woods at Barkhausen-** Barkhausen is home to the first-of-its-kind Sensory Woods which connects people with all abilities to the sensations of nature. Inspired by personal experiences and desire to help create a positive community impact, park staff produced a vision that took more than year to become reality. Accesible trails, raised wildflower beds, and a sensory wall are just some of the things you'll find. Visit <https://www.browncountywi.gov/i/f/files/Park-Management/Sensory%20Woods%20Brochure.pdf> to learn more about what it offers!

## Hockey

- **Wisconsin Skeeters** - This sled hockey program is for both girls and boys interested in playing sled hockey, a type of ice hockey where players sit in adaptive sleds and propel themselves up and down the ice with sticks. The program attracts individuals from around the state. Participants can practice/play as much or as little as they want during the season (October to April). Kids are provided with sticks and sleds and the program has additional equipment to use on an as needed basis. If you are interested in learning more, please contact Kathie Natzke at 608-558-8866 or [wisconsinskeeters@gmail.com](mailto:wisconsinskeeters@gmail.com) or visit [www.skeeterssledhockey.com](http://www.skeeterssledhockey.com)

## Horseback Riding

- **BEAMING Inc.** – See full description under 'Therapy – Recreation Oriented'.
- **Crossfire Ranch** – Nestled near Reedsville, Crossfire Ranch's mentoring programs offers equine assisted growth and learning opportunities to vulnerable youth through their *Spurs* program. Summer camps for youth in kindergarten to eighth grade provide the opportunity to grow in character, horse knowledge, and skills while having a lot of fun along the way! Contact Heidi Gossen at 920-740-0010 or visit [www.crossfireranch.org](http://www.crossfireranch.org) to learn more.
- **Exceptional Equestrians** – Offered in West De Pere, Exceptional Equestrians is a program for children and adults with special needs offering equine assisted learning, hippotherapy, a GAIT and posture analysis lab, and adaptive riding for children ages 2 and up. The year-round facility is temperature controlled and fully accessible. Exceptional Equestrians works closely with Country Kids Pediatric Therapy Clinic which offers clinical OT and PT services. For additional information please visit [www.exceptionalequestrians.org](http://www.exceptionalequestrians.org) or call 920-347-3174.
- **Firefly Acres Horse Farm** – Located just a few minutes from Green Bay in Oneida, Firefly Acres is a horse rescue and equine assisted therapy program whose mission is to reach out to individuals of any age who have experienced painful circumstances and need a place to be accepted and find value. Visit [www.fireflyacreshorsefarm.org](http://www.fireflyacreshorsefarm.org) or call or text Lisa at 920-609-5637.
- **Lucky Stables** - Lucky Stables offers one on one and group sessions for riders tailored to an individual's ability. Located in Neenah and open seven days a week, reach out on Facebook, email [luckystablesllc@icloud.com](mailto:luckystablesllc@icloud.com) or call 920-213-5203.



## Martial Arts

- **ATA Black Belt Academy** - Teaches life skills (honor, respect, perseverance, courtesy, self-esteem, goal setting), bullying prevention, and the art of self-defense quickly and easily through Taekwondo. Welcomes all ages and abilities. Several of their instructors have autism. Call 920-882-7887 or visit their website <https://www.appleton-ata.com/> to learn more.
- **Team Propel** - Thrive Martial Arts offers a special needs karate program called Team Propel. Our Team Propel students meet once a week on Fridays from 4-4:45. Our students will focus on goal setting, following directions, and gross and fine motor skills. Interested students have the opportunity to advance in belt rank. Send any inquiries to Shanna Buettner at [communications@thrivekarate.com](mailto:communications@thrivekarate.com)

## Music

- **Appleton & Green Bay ARTS for ALL Wisconsin Choirs** – For those who like music, this is a great opportunity. Run through ARTS for ALL Wisconsin, the choir invites anyone age 18 and over, with or without a disability, to be a part of their group. Choirs meet in both Appleton and Green Bay Visit <https://www.artsforallwi.org/> to register or call 608-241-2131 with questions!
- **Expressive Therapies** – See full description under ‘Therapy—Recreation Oriented’
- **Music for People with Disabilities – Ages 5 – Adult** – A part of the well-known Lawrence Community Music School, music enrichment classes are taught by board-certified music therapist Sara Devine. Ten week fall and spring sessions are arranged by age: youth (5-12), teens (13-18), and adults (19+). Youth and teens participate in musical activities focused on interaction and socialization skills as well as fine and gross motor skills. The adult program provides opportunities for interaction, socialization, and the use of music for self-expression. Class size is limited, so early registration is recommended. Visit the Community Music School website for more information and to sign up: <http://go.lawrence.edu/cms-disabilities> Families without access to a computer may call 920-993-6278.
- **Thrive Music Therapy** – See full description under ‘Therapy – Recreation Oriented’.

## Outdoor Activities – Boating/Fishing/Hunting

- **Adaptive Sportsmen** - Adaptive Sportsmen Inc. has a mission of providing outdoor recreation for people who are physically challenged. They feature fishing, target shooting, ATV rides and hunting. Participants can borrow adaptive equipment or inquire about resources to help acquire their own. More information is available at [www.adaptivesportsmen.org](http://www.adaptivesportsmen.org)
- **Appleton Parks and Rec Accessible Kayak and Canoe Launches** – Visit Lutz or Telulah Park to utilize the two ADA accessible kayak and canoe launches on the Fox River. Visit <https://appletonparkandrec.org/parks-pavilions-trails/parks/> for details.
- **Challenge The Outdoors, Inc.** – "Dedicated to serving the recreational needs and desires of the physically challenged sportsman." Provides numerous adaptive sportsman activities for those who love the outdoors including deer, turkey, and pheasant hunts, fishing events, archery shoots, clay shoots, etc. Most events include provision of needed equipment, mentors, and food. Members also attend events such as Timber Rattlers baseball games, nature rides, etc. For more information or a calendar of

events call 920-593-6300, visit the website [www.ctoforme.org](http://www.ctoforme.org) or find them on Facebook at <https://www.facebook.com/groups/challengetheoutdoors>.

- **Fishing for a Cure** – This half-day event that typically occurs the first Saturday in June offers kids and young adults with disabilities the opportunity to go fishing for a day. Held in Oshkosh, capacity is limited, so early registration is encouraged. Call Todd Schmidt at 920-858-9937 for details.
- **Fishing Has No Boundaries** – Started in 1986, this organization hosts annual fishing events “to open up the great outdoors for people with disabilities through the world of fishing.” Annual events are scheduled each summer throughout Wisconsin (Chippewa Valley, Eagle River, Fond du Lac, Hayward, Madison, Milwaukee, and St. Croix Valley). Specialized equipment is provided at each event or the staff can help locate adaptive equipment for use at other times as well. If you are interested in events in any of the areas, contact the headquarters in Hayward, Wisconsin at 1-800-243-3462 or visit their website [www.fhnbinc.org](http://www.fhnbinc.org)

## Playgrounds

- **Adaptive Playground at CP** - Families with and without special needs are encouraged to use the Robert Cloud Memorial Playground for children of all abilities. The playground has a rubber surface which allows children to move independently in their wheelchairs, swings that enable children needing trunk and core support the freedom and excitement to experience movement, and much more. Public access hours: Saturday & Sunday from dawn until dusk; Monday – Friday after 5:30PM until Dusk. Children must be accompanied and supervised by a responsible adult. CP is located at 2801 S. Webster Ave., Green Bay. *Please note, the building is not accessible during these times. No pets are allowed on the playground; however, service animals specifically trained to aid a person with a disability are welcome.*
- **High Cliff State Park Accessible Playground** – Located in Sherwood (N7630 State Park Road), the playground opened in 2020 to serve as a fun place to play for individuals of all abilities. You'll find the playground in the upper park on the left hand side of the road on the way to the pavilion and tower.
- **Oshkosh Inclusive Park** – Located at South Park in Oshkosh, this Inclusive Park Project provides a safe and accessible outdoor recreational environment for individuals of all abilities and ages. The result of a community effort, and made possible through a partnership of individuals, businesses, and the city of Oshkosh, the playground opened in summer 2015.
- **Treaty Park** - Located at 300 E. Maes Avenue in Kimberly, the park hosts a concrete trail that connects to a regional trail network, a shade structure, and a playground with accessible surfacing. The playground hosts amenities such as the Burke Volta Spinner allowing persons of all abilities to experience motion together. The park also hosts 2 Freedom Swings for persons of all abilities and transfer points within the play structure. Come and explore the newest park in Kimberly! Both Red and White Cedar Parkways (adjacent to the park) are one-way streets with a parking lane on the street. Off street parking with accessible spaces is offered on North Main Street one block to the west of the park.
- **Universal Playground** – Located in Appleton’s Memorial Park (1620 East Witzke Boulevard), the playground design integrates a variety of play experiences while providing for access and needs of persons with physical, sensory or developmental

disabilities. Playground has been operating since being built by the Fox Cities Community in 2004 with an upgrade in 2020.

## Soccer

- **TOPSoccer (The Outreach Program for Soccer)** – The program strives to provide soccer opportunities for players with intellectual, emotional, and/or physical disabilities to develop at their own pace in a safe, fun and supportive environment. Each week the players are matched with Buddies, who are volunteer school-aged athletes or adults that participate with your child throughout the session.
  - **Green Bay** - The Synergy Soccer Club sponsors this program which consists of 10 sessions (5 fall and 5 spring) held indoors at Purdy Performance, 807 Parkview Road, Ashwaubenon, WI. If you have any questions, please contact Jeff Jones at [jonesjc6@yahoo.com](mailto:jonesjc6@yahoo.com).
  - **Howard/Suamico** - The Fire Soccer Club sponsors TOPSoccer in this location. Learn more at [www.FireSoccer.org](http://www.FireSoccer.org)
  - **Kimberly**– Players ages 6 – adult are welcome in this league. The league plays three sessions over the course of the school year - September – October, January – February, and April. Games are played from 10:00 – 11:00 a.m. on Saturdays at Mapleview School in Kimberly. Hosted by River Surge FC but open to all Fox Valley youth, contact Jane McCormick at 920-428-5054 for more information.
  - **Water Cities – Winneconne/Oshkosh** - Water Cities in partnership with the Oshkosh Youth Soccer and the Oshkosh YMCA offers twice a year TOPSoccer at the Oshkosh YMCA. The program consists of five or six one-hour sessions. Individuals from kindergarten-Grade 12 are invited to participate. Contact [tops@watercitysoccer.org](mailto:tops@watercitysoccer.org) to learn more.

## Social Skills

- **DSAW Social Skills** – Participants with Down syndrome will have the opportunity to engage in activities that will help develop social, emotional, and physical wellness skills. Participants will engage in hands-on learning opportunities to build specific skills like conversations with peers, friendships, problem solving skills, teamwork, turn taking, and much more! Reach out to Lauren at 920-201-1114 x 181 or [lwatson@dsaw.org](mailto:lwatson@dsaw.org) to learn more.
- **Social Groups with WEAP**– The Wisconsin Early Autism Project (WEAP) offers sessions designed for school-aged children that promote opportunities for peer interaction and socialization. Groups are limited in size and scheduled based upon need and availability. These groups are offered in the Green Bay area and in the Fox Cities. Facilitation of the groups is by staff trained in the principles of Applied Behavior Analysis. Contact WEAP at 920-338-1610 or visit [www.wiautism.com](http://www.wiautism.com)

## Sports (Variety) and Wellness Activities

- **Adapted Motor Development Program (Oshkosh and Hortonville School Districts Only)** -In cooperation with the Oshkosh Area School District and Hortonville School District, University of Wisconsin Oshkosh physical education majors offer individual motor skill-building activities, group games, sports, and 1:1 support for 2nd through 8th-grade students. Sessions are typically held on the UW Oshkosh Campus on Thursdays during the fall and spring semesters from 5:30-7:00 pm. Families with students in the



Oshkosh Area or Hortonville School Districts should contact Korey Kleinhans at [koreykleinhans@hasd.org](mailto:koreykleinhans@hasd.org) for more information.

- **Adapted Physical Activity Leadership Program** - The purpose of the Adapted Physical Activity Leadership (APAL) program is to provide future professionals in the field of adapted physical education an opportunity to hone their teaching skills in the physical activity setting and to give those with special needs a chance to learn healthy habits and physical activities to live a longer and healthier life. This program focuses on getting participants active in the community where they can transition the activities they do with friends and family. Typical sessions occur at local parks, trails, or other community sites where physical activities are offered. To receive an application or more information about the APAL program, please get in touch with Chris Stratton at [strattonc@uwosh.edu](mailto:strattonc@uwosh.edu)
- **Be. Exceptional** - This yoga offering aims to be all inclusive and is specially crafted to embrace and support each unique being, differing abilities, and personal expression. Each week we will spend time moving, breathing, connecting, relaxing, and of course having fun! We know how important family and friends are to your journey and want you to know they are welcome to take part in the process too! Join us on Wednesdays from 5-5:45pm (biweekly through summer, starting in fall weekly). This offering is intended for teens, but if you are interested and not in that age range, please feel free to send Carey Sorenson a message at [be@beholisticcenter.com](mailto:be@beholisticcenter.com) to discuss individual considerations.
- **DSAW Wellness** - This daily living skills program offered by the Down Syndrome Association of Wisconsin will get individuals moving and grooving while learning important fitness habits! Participants will work together to make a healthy snack, discuss healthy choices, and work out! There will be two sessions offered on Thursdays – one for ages 10 – 17 and another for ages 18+. Contact Lauren at 920-201-1114 x 181 or [lwatson@dsaw.org](mailto:lwatson@dsaw.org) to sign up.
- **Fox Valley Association Adapted Sports League** - This league offers a unique opportunity for 9th-12th grade students with disabilities to participate in high school varsity athletics. With a focus on indoor soccer, indoor floor hockey, and indoor wiffleball, athletes in the league will have the chance to develop their leadership, sportsmanship, teamwork, and character-building skills. The league will provide a safe and competitive environment for athletes to showcase their talents while fostering school pride, extra-curricular activities, and recreation. Athletes must be students attending Appleton East, Appleton West, Appleton North, Hortonville, Oshkosh West, or Oshkosh North. For further information contact Korey Kleinhans at [koreykleinhans@hasd.org](mailto:koreykleinhans@hasd.org).
- **Full Circle** – Offered by the Greater Green Bay YMCA, Full Circle is a recreational program for youth ages 3-14 years diagnosed with autism or other sensory processing challenges. The goal of the Full Circle program is to provide recreational programs and health wellness opportunities for children with unique needs. Kids and teens in the 35-week program will have the opportunity to participate in a “full circle” of programs designed for success in areas of their physical, social and emotional well-being such as sports, art, Legos, science, and more. Classes have been modified to accommodate sensory needs and are led by a team of Y staff trained to work with Full Circle curriculum and participants. Visit <https://www.greenbayymca.org/adaptive-and-inclusion-programs> to see when it is offered next. For more information, call 920-436-1249.
- **Inclusion Classes**- Inclusion classes are recreational-based programs offered at the Greater Green Bay YMCA for children ages 6-14 with or without cognitive or physical

disabilities. With guidance, from staff, children will participate in programs such as dancing, sports, yoga, and more. The focus is on supporting children's confidence as well as their physical, social, and emotional well-being. Integrated programming for individuals of younger ages is encouraged.

Visit <https://www.greenbayymca.org/adaptive-and-inclusion-programs> to see when it is offered next. For more information, call 920-436-1249I think

- **Innovative Growth** – An inclusive exercise clinic located in Appleton, Innovative Growth is dedicated to building a community that allows people of all abilities to grow together through exercise and provides individualized exercise therapies to reach all physical needs. Offerings include 1:1 therapy, group exercise classes, sensory exercise gym, swim lessons, family support groups and speakers, and more! Visit <https://www.innovativegrowthexercise.com/> to learn more.
- **Inspire Sports** - Provides various opportunities for individuals with special needs to grow physically and mentally. Peer mentors teach the fundamentals of the specific sport in a fun and engaging manner. One-to-one mentoring program creates a fun and safe environment for individuals to overcome any challenge. Visit [www.inspiresportswi.org/](http://www.inspiresportswi.org/) to learn more and for a list of current programs in the Fox Valley. Contact [inspiresportswi@gmail.com](mailto:inspiresportswi@gmail.com) or 425-419-6295 with any questions.
- **Special Olympics** – Provides year-round sports training and athletic competition in a variety of sports. Sports offered include: swimming, basketball, basketball skills (non-competing), bocce, bowling, softball, t-ball, and track & field. Interested individuals eight years old and older living with an intellectual or developmental disability are eligible to participate in the program. Contact SOAR at 920-731-9831 to learn more about getting involved.
- **The Sensory Club Neenah** - A safe, inclusive, and fun sensory gym and multi-sensory environment where individuals of all ages with disabilities and or sensory processing challenges can explore and work out their sensory needs using therapeutic equipment typically only available in therapy and school settings. The sensory gym is an open concept gym that features therapeutic equipment including swings, climbing structures, monkey bars, zip lines, rock climbing walls, crash pads, a ball pit, trampoline and more. The Multi-Sensory Environment Room features music, lights, bubble tubes, interactive touch panels, mirrors, fiber optics, a vibro-acoustic chair, as well as other calming and immersive sensory equipment. For more information please call 920-840-2645 or visit <https://www.thesensoryclub.com/neenah/>
- **Wisconsin Adaptive Sports Association (WASA)** – WASA's mission and goal is to provide adaptive sports and recreation opportunities to those with physical disabilities and visual impairments in Wisconsin. Current programs offered include wheelchair basketball, wheelchair tennis, wheelchair lacrosse, wheelchair football, wheelchair rugby, sled hockey, boccia ball, wheelchair softball, wheelchair bowling, goalball, and wheelchair pickleball. For more information or questions please visit [www.wasa.org](http://www.wasa.org) or email Nicole Verneuille at [nicole@wasa.org](mailto:nicole@wasa.org)
- **Young Athletes Program** – Run by Neenah School Special Olympics and sponsored by Special Olympics Wisconsin, the Young Athletes is an inclusive program for youth ages 2-10 that focuses on a variety of gross motor and sports activities based on the Special Olympics curriculum. Children with and without disabilities learn a variety of skills while coming together to have fun, stay active, and learn from each other. Young Athletes typically occurs January through March once a week in the late afternoon/early

evening. For more information, contact Jenni Oeftger, Special Education Teacher at Neenah Middle School by [joeftger@neenah.k12.wi.us](mailto:joeftger@neenah.k12.wi.us) or 920-637-0886.

### Therapy (Recreationally-Oriented)

- **BEAMING Inc.** is a non-profit organization in Neenah, Wisconsin that offers equine-assisted services. BEAMING's programming focuses on providing services for children and adults with physical, cognitive and behavioral disabilities, at-risk teens, and others. BEAMING clients participate in riding and face-to-face interactions with our specially trained horses and our Equi-cizer. There is a sensory path for all to enjoy on the property. New in 2023 is Pony Power Academy which allows those with learning disabilities to improve their literacy and Canter which is a teen support equine program utilizing art as a means of expression. For information about the programs, please see [www.beaminginc.org](http://www.beaminginc.org) or call 920-851-6160.
- **Expressive Therapies** - Provides music therapy, art therapy, and mental health therapy throughout the Fox Cities. Offering numerous groups ranging from Social Skills and Music Therapy, *CRESCENDO* (a band for pre-teens, teens, and adults that are looking to make connections and work on social skills), to *WAM!* (Storytelling/Writing with Art and Music!). Expressive Therapies works with individuals, groups, or families to meet a wide range of goals. Will see individuals/groups in office, home, or the community (facility, schools, etc.) to best meet the needs of the individual. For more information check out [www.expressivetherapies.net](http://www.expressivetherapies.net) or contact Expressive Therapies at [info@expressivetherapies.net](mailto:info@expressivetherapies.net) or 920-903-1009.
- **Rawhide's CHAPS Equine-Assisted Services** - Rawhides equine-assisted therapy benefits youth coping with behavioral and mental health issues, including anxiety, depression, trauma, ADHD, and suicidal ideation. Sessions are conducted under the guidance of a therapist who specializes in equine therapy at the New London, Fond du Lac, and Shiocton locations. Horses have a unique ability to meet humans on the same range of physical and emotional response, allowing individuals to bring issues forward with a safe, non-judgmental partner. As individuals interact with horses, they will respond in ways that are characteristic to how they approach other challenges in life. For more information, visit <https://www.rawhide.org/chaps/> or call 877-300-9101.
- **Thrive Music Therapy** - Provides fun and motivating in-home and in-facility music therapy services for children, teens, and adults. Thrive empowers individuals with special needs through purposeful music interventions to target social, physical, emotional, mental, and communication goals in order to meet their unique needs. Check out more information at [www.thrivemusictherapywi.com](http://www.thrivemusictherapywi.com) or call 920-819-5056.

### Variety

- **Chance** – Chance provides monthly recreational events and activities to adults with disabilities ages 18 and older. Participants travel to different events throughout Wisconsin. Events are just starting up again with a dance planned for September. Chance also provides a camp experience throughout the summer to enjoy nature and the outdoors. For information, please contact [chance@claritycare.org](mailto:chance@claritycare.org) or visit their website for a schedule of events at <https://www.claritycare.org/residential-services/chance/>
- **Children's Museum of Fond du Lac: Sensory Friendly Round-Up** – Join a "Sensory Friendly Round-Up at the Children's Museum of Fond du Lac. This event is exclusively

for children and families with sensory processing sensitivities and/or on the autism spectrum. For this event, the museum is closed to the general public and exhibits adapted to make the museum more comfortable and enjoyable. Trained staff and play partners are on hand and “Social Storybooks”, quiet room and “Resource Kits” will be available (noise blocking earphones, blankets, information, etc.). Please contact [info@cmfdl.org](mailto:info@cmfdl.org) or visit <https://www.cmfdl.org/visit/sensory-processing-and-autism-spectrum/> for more information about the next occurrence of this event!

- **Children’s Museum of Green Bay Sensory Friendly Nights** – These special nights at the museum are designed for children with different abilities and their families and therapists. Experience altered lighting, reduced noise, directive resources and signs, and sensory activities. This program is sponsored by Prevea/HSBS St. Vincent Children's Hospital. Visit <https://www.gbchildrensmuseum.org/sensory-friendly-night> for more information and upcoming dates for this program.
- **D.R.E.A.M. Night** stands for disability, recreation, experiences, and memories. This is a night of fun, movement, and connection for adults 18+ with differing abilities held at the Ferguson Family Y in Green Bay. D.R.E.A.M. Night will be held on the 1st and 3rd Tuesday of every month. Visit <https://www.greenbayymca.org/adaptive-and-inclusion-programs> to see the upcoming activities.
- **Easterseals Wisconsin**– Provides seasonal social/recreational activities for children with social/sensory/communication challenges and their families. Contact [helpline@eastersealswisconsin.com](mailto:helpline@eastersealswisconsin.com) or 920-832-0344 for a schedule of events or follow Easterseals Disability HelpLine serving Outagamie County on Facebook.
- **Hangin’ Out** – Group for children ages 7 to 13 with high functioning autism or Asperger's syndrome who want to socialize with other kids in a positive environment. For more information email [foxvalley@autismgreaterwi.org](mailto:foxvalley@autismgreaterwi.org)
- **IndependenceFirst** – The Accessible Biking Program loans out DUET bikes free of charge so youth and adults with disabilities can enjoy biking. Also provides a variety of workshops, peer support groups, e-gaming, cooking, adaptive hiking, and writing and book clubs for both youth and adults with disabilities. Please contact Gerald Hay for more information at 414-226-8135.
- **Marcus Theatres’ Sensory Specific Showings** – Enjoy a movie in the theater in a setting that might be more comfortable for children with special needs – with the lights up and the sound at a lower volume. At least one Saturday morning a month, a ‘first run’ movie is played at the Valley Grand Cinema (Appleton) and Bay Park Cinema (Ashwaubenon) for the regular matinee price. For more information and to see the upcoming movies, visit <https://www.marcustheatres.com/marcus-specials/sensory-specific-films>
- **Open Gym at Monkey Joe's** - Held the first Saturday of every month, the Autism Society of the Fox Valley (ASFV) hosts a family social activity at Monkey Joe's. The facility is open exclusively for ASFV from 9-10 am. Kids on the autism spectrum get a great social and recreational activity, siblings get a chance to meet other siblings, and parents have an opportunity for networking. It's free for ASFV members, and nonmember families may attend for a \$5.00 fee.
- **Saturday Fun Day** – Down Syndrome Association of Wisconsin offers a monthly gathering the first Saturday of the month from 10:00 – 2:00 for individuals ages 8 – 17. Activities will include games, crafts, and karaoke! Reach out to Lauren at 920-201-1114 x 181 or [lwatson@dsaw.org](mailto:lwatson@dsaw.org) to get signed up.



- **Sensory Superstars** - This program offered by the Building for Kids occurs the third Sunday of every month from 9:00 – 12:00pm. During this time a lower-sensory environment is offered at the museum – lower lighting, no music, and certain exhibits will be turned off. This program may also include guests, resources, and sensory-friendly activities. This program is free to families in the Autism community. Call 920-734-3226 with questions.
- **Teen Social Group** - The Autism Society of the Fox Valley organizes a monthly community outing for teens (age 13-20) with high functioning autism or Aspergers' syndrome. The activities are adult directed and supervised by a licensed Speech Pathologist. Examples of past events include trips to Old Country Buffet, Funset Boulevard and the EAA museum. For more information, contact [foxvalley@autismgreaterwi.org](mailto:foxvalley@autismgreaterwi.org)
- **Teen Stop** – SOAR Fox Cities' after school program for youth in the middle school age range. This group does age appropriate cooperative activities which encourage positive interaction between youth with and without disabilities. Contact Lisa McCallister at 920-731-9831 or [lisa@soarfoxcities.com](mailto:lisa@soarfoxcities.com) for more information.
- **TnT** – Sponsored by SOAR Fox Cities, TnT serves youth with and without disabilities ages 13-23. Bimonthly meetings, as well as additionally scheduled educational, social and recreational activities, provide a number of opportunities for fun, community service, and socializing. For more information contact Lisa McCallister at 920-731-9831 or [lisa@soarfoxcities.com](mailto:lisa@soarfoxcities.com)
- **Twenty Something Social Group** - A social networking group for adults ages 19 – 29 on the autism spectrum who are looking to meet others while participating in various outings. Contact [foxvalley@autismgreaterwi.org](mailto:foxvalley@autismgreaterwi.org) for more information.
- **You Belong** - Located in Green Bay, You Belong provides programs for children, youth, and young adults of all abilities as well as their families and/or anyone that calls themselves a caregiver. Educational, fun, and enriching programs offered include family classes, The Adventure Zone learning center, Better Together social events, Saturday respite events, vocational training program, and an accessible gardening program. Visit [youbelongwi.org](http://youbelongwi.org) for more information.

### One Time Offerings

- **Appleton Parks and Recreation Playground Fair** – Every July during Children's Week, the Parks and Recreation department offers a Playground Fair. It is two fun-filled days of carnival games, inflatables, great food and entertainment. During the Friday of the Playground Fair, the fair opens early (from 12:30 – 2:00) specifically for children with special needs. Watch <https://www.appletonchildrensweek.com> for the details.
- **Fishing for a Cure** – See full description under Outdoor Activities – Boating/Fishing/Hunting.
- **Fishing Has No Boundaries** – See full description under Outdoor Activities – Boating/Fishing/Hunting.
- **Fox Cities Exceptional Abilities Prom**: Presented by the Appleton North Key Club, this event is for all current or former special abilities students from the Fox Cities area high schools. Parents, siblings, friends, and teachers are also welcome. There is a dance, food, games, etc. Participants can dress casually, in prom attire, or according to the theme each year. No need to RSVP. Donations are accepted at the door. Mark your



calendars for April 26, 2024 from 6 to 8 PM! Contact [spencermollie@asds.k12.wi.us](mailto:spencermollie@asds.k12.wi.us) with questions.

- **Fusion Athletics** – Offers a cheer experience in an open gym format for individuals with special needs once a quarter. To learn more, including the dates, call 920-323-5505 or visit [www.fusionathleticsgb.com](http://www.fusionathleticsgb.com)
- **Great Pumpkin Party** – This year the Fox Valley Autism Treatment Program will host a pumpkin themed event on October 25, 2023 from 4:00-7:00 pm. Questions? Call 920-205-0475.
- **Kimberly High School Baseball Camp** – See full description under Baseball/Softball.
- **Kimberly High School Football Camp** – See full description under Football.
- **Night to Shine** - Hosted by Appleton Alliance on February 9, 2024. All those age 14 and above are invited to a free evening filled with God's love and of course, dancing, dinner and so much fun. There is a special night planned for parents and caregivers as well. Feel free to reach out to Karissa at [khildebrand@aac.church](mailto:khildebrand@aac.church) with questions.
- **Fall Pumpkin Festival and December Holiday Party** – Families are invited to join SOAR Fox Cities to get in the fall or winter holiday spirit. This year SOAR Fox Cities will be hosting a Fall Pumpkin Festival at Cuff Farms on October 12 from 4:30-7:30. In December, join families at the Timber Rattlers Stadium on December 14 from 6:00 – 8:00 PM. Contact Heidi at 920-731-9831 x111 or [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com) to register.
- **Xavier Hawks Football Camp** – See full description under Football.

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This list is provided to you by: Easterseals Disability Helpline Serving Outagamie County  
[Pslempkes@eastersealswisconsin.com](mailto:Pslempkes@eastersealswisconsin.com)  
920.832.0344  
Join our Facebook page for additional updates

A huge thank you to Easterseals' volunteer Alyson Krokosky who is responsible for updating this important family resource each year!

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\*This list is provided for informational purposes only. The fact that an organization is listed or not listed is not an endorsement or lack of endorsement of the program. Updated August 2023.