



# Recreational Opportunities

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

2024-2025 Edition

## Aquatics/Swimming

- **Appleton Parks and Recreation Department** – The Special Needs Beginner Swim Class is for children 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. Additionally, a limited number of private swim lessons are offered in the fall and winter. Email [APRD@appleton.org](mailto:APRD@appleton.org) to be added to the list.
- **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 Leah Leonard at 920-770-2673 to learn more. Additionally, the Neenah YMCA also offers private swim lessons and open swim. Contact Angie Kennedy at [akennedy@ymcafoxcities.org](mailto:akennedy@ymcafoxcities.org).
- **Oshkosh YMCAs** – To learn more about swim lessons for individuals with special needs at the 20<sup>th</sup> Avenue YMCA contact Trenton Davis at [trentondavis@oshkoshymca.org](mailto:trentondavis@oshkoshymca.org) or 920-230-8439. For details about the downtown location, Daniel Anderson would be happy to answer your questions and can be reached at [danielanderson@oshkoshymca.org](mailto:danielanderson@oshkoshymca.org) or 920-230-8915.
- **Sensory Swims** - Menasha Parks and Recreation welcomes those who find heightened-sensory environments challenging and their caregivers and families during Splish Splash Storytime during the summer months. \$2.00 per participant with no charge for caregivers or a season pass. Contact Menasha Parks and Recreation at [parknrec@menashawi.gov](mailto:parknrec@menashawi.gov) for more information!
- **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.

- **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 Mara Schlintz at 920-915-6140.
- **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 [www.goodwillncw.org/ml](http://www.goodwillncw.org/ml) 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)

## 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 Renae Johnson at [renaejohnson@ymcafoxcities.org](mailto:renaejohnson@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 Renae Johnson at [renaejohnson@ymcafoxcities.org](mailto:renaejohnson@ymcafoxcities.org)
- **Full Circle Summer Camp** – Offered by the Green Bay YMCA, this day camp is specifically designed for youth ages 5-15 with a neurodivergent disability, including: autism, ADHD, Down syndrome, sensory processing, anxiety, bipolar, developmental

delays, and beyond. This day camp provides a safe, engaging, and inclusive space where campers can learn, play, and build lasting friendships. Visit <https://www.greenbayymca.org/adaptive-and-inclusion-programs> for details or call 920-436-1249.

## 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 <https://www.foxvalleypopwarner.org/challenger>
- **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. Kimberly High School will share details about next year's event starting in March.

## Hiking/Running/Walking

- **All-Terrain Wheelchairs – Outagamie County** – Tracked wheelchairs can be reserved free of charge for two hour time slots at Plamann Park and Mosquito Hill. Children and adults are both eligible to utilize this new equipment. To rent the chair in Plamann Park, call the Outagamie County Parks Office at 920-832-4790. To rent the chair at the Mosquito Hill Nature Center, call 920-779-6433.
- **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.
- **Butterfly Pond Trail** – This paved trail at High Cliff State Park starts at the parking lot of the Lower Cliff Road. It is composed of a 0.4 mile east loop and a 0.7 mile west loop and includes wetlands, the prairie, and forest.
- **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.myteamtriumph-wi.org/](http://www.myteamtriumph-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. Accessible 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 Valders, 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 through high school to 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 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. Students meet once a week on Fridays from 4:30-5:15. Team Propel participants 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 & Oshkosh ARTS for ALL Wisconsin Choirs** – For those who like music, this is a great opportunity. Run through ARTS for ALL Wisconsin, the choirs invite anyone age 16 and over, with or without a disability, to be a part of their group. Choirs meet in both Appleton and Oshkosh 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 sportsperson." 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.

- **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)
- **Green Bay Sail & Paddle** - Green Bay Sail & Paddle believes that everyone deserves the chance to experience the freedom and joy that sailing offers. Their "Adventures in Sailing" initiative is designed to introduce the thrill of sailing to individuals of all abilities, including those with autism, Down syndrome, cerebral palsy, and other special needs. This seasonal program, available by appointment, welcomes groups with participants ages 8 through adult. With a focus on fostering diversity, inclusivity, safety, and fun in every session, visit [www.gbsail.org](http://www.gbsail.org), call 920-393-1983 or email [info@gbsail.org](mailto:info@gbsail.org) for more information.

## 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.*
- **Bay Beach Inclusive Playground** - Opened in 2024, this playground has many fun features including multiple types of swings, an inclusive orbit and spinner, and a fully accessible surface. Visit the playground at 1313 Bay Beach Road in Green Bay.
- **Emmanuel Community Inclusive Park** – Located at 349 N. Main Street in Seymour, this inclusive and accessible park opened in 2024. The park was designed for multiple uses, all abilities, and all generations. It includes inclusive and accessible play events on a poured-in-place surface, an accessible restroom with adult-size changing table, a pavilion for gatherings, and is completely fenced. It is open from 8:00 AM – 8:00 PM.
- **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 8 fall sessions (October - November) 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 Howard/Suamico, Green Bay, and Pulaski areas. Players ages 3 to early 20s can participate, including blind or visually impaired players. 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@watercityessoccer.org](mailto:tops@watercityessoccer.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 920-201-1144 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 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 920-201-1144 x 181 or [lwatson@dsaw.org](mailto:lwatson@dsaw.org) to sign up.
- **Fitness Friends – Appleton YMCA** - Fitness Friends is a program where adults (ages 14+) with intellectual and developmental disabilities learn the benefits of exercise alongside their friends. Not only do they develop strength, endurance, balance and flexibility, but they also develop confidence as they learn something new. Registration is limited and required. Contact Loel Kreger at [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org) or 920-954-7658 for more information.
- **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 [korey.kleinhans@oshkosh.k12.wi.us](mailto:korey.kleinhans@oshkosh.k12.wi.us)

- **Full Circle** at the Green Bay YMCA has expanded by offering recreational programs for youth ages 3-17 who have been diagnosed with a neurodivergent disability, including: autism, ADHD, Down syndrome, sensory processing, anxiety, bipolar, developmental delays, and beyond. This program provides recreational health and wellness opportunities to children with unique needs. The participants in the 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. Call 920-436-1249 for more information or visit <https://www.greenbayymca.org/adaptive-and-inclusion-programs> to see when it is offered next.
- **Fun Club - Neenah-Menasha YMCA** - Adaptive & inclusive small group wellness classes for 1st - 9th graders offering various forms of exercise and social learning. Participants can be dropped off or join with a caregiver if 1:1 assistance is needed. Contact Susan Christel at 920-886-2127 or [schristel@ymcafoxcities.org](mailto:schristel@ymcafoxcities.org) for more information.
- **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, 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 920-436-1249.
- **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 920-944-6644 with any questions.
- **Integrated Sensory – Green Bay** - Integrated Sensory operates specialized sensory integration centers and offers personalized coaching services tailored to individuals with sensory needs. These services provide a safe environment for individuals to improve their sensory integration skills and overall well-being. A secondary service is Integrated Sensory's open play! Visit [www.integrated-sensory.com](http://www.integrated-sensory.com) to learn more.
- **Motor Development Program** – Now open to any student with an IEP throughout the Fox Valley, University of Wisconsin Oshkosh physical education and adapted physical

education majors offer individual motor skill-building activities, group games, sports, and 1:1 support for 2nd through 8th-grade students. Participants in the elementary age program focus on skill and movement development as well as partner and group activities. Middle school age participants (grades 6 – 8) focus on sports-based practice to prepare them to participate in the Adapted Sports League. 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 should contact Korey Kleinhans at [korey.kleinhans@oshkosh.k12.wi.us](mailto:korey.kleinhans@oshkosh.k12.wi.us) for more information and an application.

- **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, and fiber optics 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, bocce ball, wheelchair softball, wheelchair bowling, goalball, and wheelchair pickle ball. For more information or questions please visit [www.wasa.org](http://www.wasa.org) or email Melissa Oberst at [melissa@wasa.org](mailto:melissa@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 (age four and older) and adults with physical, cognitive and behavioral disabilities as well as individuals who benefit from mental health support. BEAMING clients participate in riding and face-to-face interactions with specially trained horses and the Equi-cizer. There is a sensory path for all to enjoy on the property. Additionally, Pony Power

Academy allows those with learning disabilities to improve their literacy and Canter 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 *True Colors* (a music therapy social skills group), to *CRESCENDO* (a band for pre-teens, teens, and adults that are looking to make connections and work on social skills), to *Moving to the Arts* (an art therapy group focusing on executive functioning skill building, social skills and problem solving/flexibility) Expressive Therapies works with individuals, groups, or families to meet a wide range of goals. 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** - Rawhide's 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

- **ASFV at The Sensory Club** - Held the first Saturday of every month, the Autism Society of the Fox Valley (ASFV) hosts a family social activity at The Sensory Club of Neenah 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.
- **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 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/HSHS 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 [pslempkes@eastersealswisconsin.com](mailto:pslempkes@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)
- **Independence First** – 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, gardening, 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>
- **Mini but Mighty SOARers Support Group** - This combined support and play group is for caregivers of children with disabilities five years old and younger! Join us each month for a story and related sensory activity, networking opportunities, and information on community resources! Hosted at the Sensory Club in Neenah, this support group is designed to allow your differently-abled child (5 and under) and siblings to come with you and engage in sensory-regulating fun while they create connections of their own. Contact Angie Petit at [angie@soarfoxcities.com](mailto:angie@soarfoxcities.com) to register.
- **Options for Independent Living** – Individuals can borrow adaptive recreational equipment to try or join in various events hosted by Options for Independent Living throughout the year. Call Calvin at 920-393-1037 with questions or follow Options for Independent Living on Facebook to learn of upcoming events.
- **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 920-201-1144 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 Friday evening of every month from 5:00 – 7:00 pm and 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.
- **SOAR Through Summer Program** - This program runs weekly from the second week of June through mid-August. Participants explore the community by walking or by taking a bus (city bus or school bus) allowing participants 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 2025 for the summer months. Questions, Call Lisa McCallister 920-731-9831 x110 or [lisa@soarfoxcities.com](mailto:lisa@soarfoxcities.com)

- **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 & The Adventure Zone** - 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. You Belong is also home to The Adventure Zone, an accessible indoor learning and play center open daily. Other offerings include family classes, 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 25, 2025 from 6 to 8 PM! Contact [spencermollie@asd.k12.wi.us](mailto:spencermollie@asd.k12.wi.us) with questions.

- **Great Pumpkin Party** – This year the Fox Valley Autism Treatment Program will host a pumpkin themed event on October 22, 2024 from 4:00-7:00 pm. Questions? Visit [www.foxvalleyautism.com](http://www.foxvalleyautism.com) or 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.
- **Shine Bright Showcase** - The Shine Bright Showcase is an opportunity to experience entering an exhibit into the Calumet County Fair. Entries will be judged the Saturday before the fair during face to face judging and entries will be displayed at the fair. Check out <https://calumetcountyfair.com/exhibitors/shine-bright-showcase/#> for details. Please contact Clara Hedrich at [hedrichc5@gmail.com](mailto:hedrichc5@gmail.com) with any questions.
- **SOAR versus Appleton North Basketball Game** – Everyone is welcome to join in supporting the Special Olympics athletes as they take on Appleton North students in a basketball game. This annual match up creates a fun and celebratory atmosphere. Plan to attend on January 25 from 10-11 AM in the gym at Appleton North. Contact [spencermollie@aasd.k12.wi.us](mailto:spencermollie@aasd.k12.wi.us) with questions.

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This list is provided to you by: Easterseals Disability Helpline Serving Outagamie County  
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 2024.