Inclusive Recreational Opportunities

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

2026-2027 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 Carly Mattson at carly.mattson@appletonwi.gov 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@appletonwi.gov 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
- **Fox Cities YMCAs –** Open swim and private swim instruction for children with special needs is available at Fox Cities YMCA. Call Leah Schroeder 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 Mark Helminski at 920-954-7643 to learn more. Additionally, the Neenah YMCA also offers private swim lessons and open swim. Contact Angie Kennedy at akennedy@ymcafoxcities.org.
- **Inclusion Swim –** Green Bay YMCA offers swimming and water safety instruction for children ages 3-13 with physical and/or cognitive disabilities at various swim levels. Visit https://www.greenbayymca.org/programs/inclusion-adaptive/ or call 920-436-1249 for details.
- **Oshkosh YMCAs –** To learn more about swim lessons for individuals with special needs at the 20th Avenue YMCA contact Trenton Davis at trentondavis@oshkoshymca.org or 920-230-8439. For details about the downtown location, Mel Karnatz would be happy to answer your questions and can be reached at melissaloehr@oshkoshymca.org or 920-230-8966.
- **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 Mueller at 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.
- **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 or email mlfoxvalley@goodwillncw.org. To learn more about the Green Bay league, check out www.gbmiracleleague.com or email gary.rogaczewski@gmail.com. To join the Miracle League of the Lakeshore, visit www.goodwillncw.org/mll or email 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

Climbing

- **Odyssey Climbing + Fitness -** Odyssey's Adaptive Climbing Program at their Green Bay location is designed to make climbing accessible for climbers of all abilities. Climbers work with belayers and side-climbers to help them reach their goal. Climbers of all abilities levels are welcome. To learn more, visit https://www.odysseyclimbing.com/ Please contact Nikki at nikki@odysseyclimbing.com with any questions.

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.

- **Fox Valley AKTION Club** - Provides an opportunity to develop leadership skills and to serve the community while having fun. Examples of past projects include making dog toys, making cards for police and first responders, and hosting books drives. The club meets the second Wednesday of every month at VPI Community Center (2350 N Casaloma Drive Appleton WI 54913) from10:00 am to 11:00 am.Any questions can be directed to club advisors - Ann Hameister (annhameister@att.net) and Mike Hipple (mikehipple4@gmail.com)
- **Scouting 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 4K – 5; the Scouts BSA program is for boys and girls in grades 5 – 12; the Venturing program is for young men and women ages 14-20 years old. 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. Visit www.baylakesbsa.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**.**

Dance/Cheerleading

- **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

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
- **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
- **Full Circle Summer Camp** – Offered by the Green Bay YMCA, this day camp is specifically designed for youth ages 7-15 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/programs/inclusion-adaptive/ 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. Six games are played beginning in September. For additional information contact Sue Hipple at 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. Call 920-687-3024 to learn more.

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 Shane Vondracek at svondracek@ymcafoxcities.org or 920-702-2305.
- **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 in Menasha, 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/

- **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 or visit www.skeeterssledhockey.com

Horseback Riding

- **BEAMING Inc.** – See full description under 'Therapy – Recreation Oriented'.
- **Crossfire Ranch -** Nestled off the shore of Lake Michigan near Valders, Crossfire Ranch's Christ-centered ranch provides a variety of opportunities for youth and adults. From individual sessions to summer camps for K-8th graders as well as high school leadership opportunities participants grow in character, horsemanship and ranch life while having a lot of fun along the way! Contact Heidi Gossen at 920-740-0010 or visit 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 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 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 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 twice a week – Tuesdays from 4:15 – 5:00 and 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

Music

- **Appleton Arts for All Wisconsin Choirs –** For those who like music, this is a great opportunity. Offered through Arts for All Wisconsin, this choir is suitable for anyone age 16 and over, with or without a disability, to join. Visit https://www.artsforallwi.org/art-classes/choir 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: https://communitymusic.lawrence.edu/musical-opportunities/music-people-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
- **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://parks.appletonwi.gov/parks_trails/index.php 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 and Rockers 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, or want help brainstorming how to do accessible fishing locally, contact the headquarters in Hayward, Wisconsin at 1-800-243-3462 or visit their website 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, call 920-366-1620 or email operations@gbsail.org for more information.
- **High Cliff State Park Accessible Fishing Pier** – High Cliff (N7630 State Park Rd, Sherwood, WI 54169) provides an accessible fishing platform at the Butterfly Pond. Additionally, anglers of any age may check out basic fishing equipment free of charge at the park office. Call the office at 920-989-1106 with any questions.

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.
- **Edison Elementary Inclusive Playground** - The new playground at Edison Elementary School (412 N. Meade Street, Appleton) provides a place where every student can experience the joy of play and be part of the Charger community. Designed with all learners in mind, the playground offers a variety of ways for students to move, explore, imagine, and connect with one another. Accessible ramps, adaptive swings, climbing features, musical elements, and sensory activities provide opportunities for children with different abilities and interests to play side by side.
- **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 universal-size changing table, a pavilion for gatherings, and is completely fenced. It is open from 8:00 AM – 8:00 PM May to October and 9:00 – 3:00 Monday – Thursday and 9:00 – 12:00 on Fridays during winter and spring.

- **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.
- **Highlands Elementary Inclusive Playground** – As a result of an effort led by the students, this new playground at 2037 N. Elinor St. in Appleton is thoughtfully designed so all children can play, learn, and grow together. It includes accessible features like ramps, adaptive swings, and sensory play areas, making it usable for students of all abilities. It reflects the school's dedication to inclusion, equity, and community-building.
- **La Follette Park** - The new (completed in 2024) playground equipment has accessibility features including a universal swing and lower transfer platforms for the user to ease into each play structure. The ground surface is also rubberized to allow mobility devices to access the equipment. Come check it out at 402 Brill St. in Kaukauna.
- **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.
- **Sunset Park** – Located at 300 Sunset Park Road in Kimberly – A new playground installed in 2026 features two Freedom Swings for persons of all abilities, a Volta Spinner, rubber surfacing, and transfer points within the play structure. This playground also features a Nido Spinner designed with individuals with Autism Spectrum Disorder (ASD) in mind. The playground is immediately adjacent to seasonally available restrooms and offers accessible off-street parking.
- **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 two Freedom Swings for persons of all abilities and transfer points within the play structure. 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 Veterans 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 provides opportunities for soccer players with cognitive, emotional, or physical disabilities to develop at their own pace in a safe, fun and supportive environment. Each session the players are paired with volunteer "buddies" who offer encouragement and support throughout the session.

- **Greater Green Bay Metro Area -** The SYNERGY Soccer Club sponsors this program in the winter (January-February) and is held indoors at Purdy Performance, 807 Parkview Road, Ashwaubenon, WI. Players are teenagers and young adults. If you have any questions, please visit www.gosynergysoccer.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 https://www.howardfc.com/topsoccer.html
- **Kimberly–** Players ages 3 – 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.
- **Oshkosh** - The Oshkosh United Soccer Club in partnership with the Oshkosh YMCA offers TOPSoccer at the Oshkosh YMCA in January. The program consists of five or six one-hour sessions. Individuals from kindergarten-Grade 12 are invited to participate. Contact Jim.Jungwirth@OshkoshUnited.com to learn more.

Social Skills

- **SPARK Connections –** 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! This class is held on Wednesdays from 4-6pm from Fall through Spring for individuals ages 12-17.Call 414-327-2729 or email Lauren at 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

Sports (Variety) and Wellness Activities

- **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 to discuss individual considerations.
- **DSAWellness -** 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! This class is offered on Thursdays from 4-6 in Fall

through Spring for individuals ages 10 – 17. Call 414-327-2729 or email Lauren at 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 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
- **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/programs/inclusion-adaptive/ to see when it is offered next.
- **Innovative Growth –** An inclusive exercise clinic located in Appleton and Oshkosh, 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/ to learn more and for a list of current programs in the Fox Valley. Contact inspiresportswi@gmail.com or 920-944-6644 with any questions.
- **Motor Development Program –** The Motor Development Program (MDP) is a community-based initiative held Thursday evenings at the University of Wisconsin-Oshkosh. Designed to support students with disabilities from across the Fox Valley, the program brings elementary (grades K–5) and middle school (grades 6–8) participants to campus to engage in meaningful, age-appropriate physical activities alongside their peers. The program fosters inclusive practices while preparing students with disabilities for expanded physical activity opportunities, including the Adapted Sports League, Special Olympics, and local recreational programs. For more information or to request an application as a participant, please contact Korey Kleinhans at Kleinhansk@uwosh.edu

- **Sensory Sports** – This program offered by the Green Bay YMCA offers individuals with autism or other sensory processing challenges ages 9-14 the opportunity to learn new skills, play in scrimmages, and make new friends. Call 9920-436-1249 or visit https://www.greenbayymca.org/programs/inclusion-adaptive/ to learn more.
- **Special Olympics –** Provides year-round sports training and athletic competition in a variety of sports. Sports offered include: basketball and basketball skills, swimming, track and field, softball, t-ball (non-competitive), bocce, cornhole (non-competitive) and bowling. 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. 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 or email Jeromie at jeromie@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 or 920-637-0886.

Therapy (Recreationally-Oriented)

- **BEAMING Inc.** is a non-profit PATH International Center in Neenah, Wisconsin providing equine-assisted services for children age four through adulthood with diverse abilities, including physical, cognitive, developmental, behavioral, and emotional needs. BEAMING provides equine-assisted services, adaptive horsemanship and therapeutic riding, equine-assisted learning, mental health and wellness support, and specialized programming for children and adults with diverse abilities. Participants may engage in mounted and unmounted activities with specially trained horses, the Equi-cizer, sensory experiences, educational activities, and individualized or small-group programming designed around their abilities and goals. For information about the programs, please see www.beaminginc.org or call 920-851-6160.

- **Expressive Therapies** - Provides music therapy, art therapy, and mental health therapy throughout the Fox Cities through a variety of therapeutic groups designed to support individuals of all ages and abilities, with focuses that may include social skills development, emotional expression, executive functioning, problem-solving, flexibility, communication, and building meaningful connections with others. For more information check out www.expressivetherapies.net or contact Expressive Therapies at 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. 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/youth-counseling/equine-therapy 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 or call 920-819-5056.

Variety

- **Adult Social Group** - A social networking group for adults ages 19 – 40 on the autism spectrum who are looking to meet others while participating in various outings. Contact foxvalley@autismsocietywi.org for more information.
- **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 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/programs/inclusion-adaptive/ to see the upcoming activities.

- **Easterseals Wisconsin–** Provides seasonal social/recreational activities for children with social/sensory/communication challenges and their families. Contact bmontour@eastersealswisconsin.com or 920-832-0344 for a schedule of events or follow Easterseals Disability HelpLine serving Outagamie County on Facebook.
- **Girls Group -** A new offering of ASGW – Fox Valley for girls ages 7 – 30 on the autism spectrum who are looking to meet others while participating in various outings. Contact foxvalley@autismsocietywi.org for more information
- **Hangin' Out –** Group for children ages 7 to 13 with autism spectrum disorder who want to socialize with other kids in a positive environment. For more information email foxvalley@autismsocietywi.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/amenities/theatre-technology/reel-movies-for-real-needs
- **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 Jillian at jillian@soarfoxcities.com to register.
- **Options for Independent Living –** Adaptive recreational equipment is available to borrow, giving individuals with disabilities opportunities to get outdoors, explore the community, and participate in activities they enjoy. Equipment can be borrowed for personal outings, community events, and other adventures—it doesn't have to be an Options-hosted event! Options also hosts adaptive recreation opportunities throughout the year. Call Options and ask for Dave at 920-490-0500 with questions about available equipment, or follow Options for Independent Living on Facebook to stay up to date on upcoming events and recreation opportunities.
- **Rec Yes, LLC** - Offers a community based recreational program with weekly activities from bowling and swimming to outings at Bay Beach Amusement Park and Dave N Busters and much more. Rec Yes' purpose is to build friendships, independence, and social skills in a group setting through recreation. Visit https://www.facebook.com/recyesllc/ or email recyesllc@gmail.com to learn about upcoming activities.

- **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! Call 414-327-2729 or email Lauren at lwatson@dsaw.org to learn more.
- **Sensory-Friendly Character Playdates** - See full description under One Time Offerings.
- **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. Admission during Sensory Superstars is free for families in the autism community. Call 920-734-3226 with questions.
- **SOAR After School** - This after school program provides daily enrichment for youth with disabilities ages 12-17 following their school day. Staff provide a positive, inclusive, and supportive environment for youth to build friendships, learn critical life skills, and practice social emotional awareness and positive coping skills. Youth engage in a variety of activities, including cooking, crafts, music, team building exercises, life skill learning, outdoor recreation, and much more! Registration opens in April for the following school year. Contact Mandy Krug to learn more at Mandy@soarfoxcities.com or 920-731-9831 x118
- **SOAR Through Summer Program and SOAR Through Summer Personalized Supports Program –** These programs run weekly from the second week of June through mid-August as either a small group or 1:1 offering. 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 early 2027 for the summer months. Questions, Call Lisa McCallister 920-731-9831 x110 or lisa@soarfoxcities.com
- **Summer Evolve -** Summer program offered by SOAR for young adults, ages 18-23. Participants visit various community locations throughout the week to practice real-world life skills, build friendships, work on social skills, and enjoy all summertime has to offer. 1-2 community outings per day to volunteer, exercise, get outdoors, explore hobbies, and more. Program runs second week of June through mid-August, and participants can sign up by day. Registration is online and will open in early 2027 for the 2027 session. Contact Abby Miller, 920-731-9831 x 131 or abbym@soarfoxcities.com for more information.
- **Teen Social Group** - The Autism Society of the Fox Valley organizes a monthly community outing for teens (age 13-20) with autism spectrum disorder. The activities are adult directed and supervised by a ASFV board member. Examples of past events include trips to Old Country Buffet, Funset Boulevard and the EAA museum. For more information, contact foxvalley@autismsocietywi.org
- **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
- **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, and a vocational training program through the Belong and Brew Cafe. Visit www.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.
- **Great Pumpkin Party –** This year the Fox Valley Autism Treatment Program will host a pumpkin themed event on October 29, 2026 from 4:00-7:00 pm. Questions? Keep an eye on https://www.facebook.com/foxvalleyautism for details!
- **Kimberly High School Baseball Camp –** See full description under Baseball/Softball.
- **Kimberly High School Football Camp –** See full description under Football.
- **Sensory-Friendly Character Playdates** - The Building for Kids offers opportunities to meet well-known storybook characters in a sensory-friendly environment. Character playdates include pizza, storytimes, themed activities, and opportunities to meet and take photos with the character. Sensory-friendly accommodations include lower attendance, dimmer lighting, and no music. These events are free for families in the autism community. Keep an eye on the Building for Kids' web site (www.buildingforkids.org) for additional opportunities in the future.
  Wednesday, October 7: 5 - 7pm: Playdate with Paddington Bear
  Wednesday, November 11: 5 - 7pm: Playdate with Clifford
  Wednesday, December 9: 5 - 7pm: Playdate with the Grinch
- **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 with any questions.

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

*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 2026.