

## Children with Special Needs Recreation Opportunities in Fargo- Moorhead '06- '07

Everyone should know about these recreation programs created especially for children with special needs! No matter where you live, you can participate in *any* of these activities. Sometimes, there are even scholarships available! Also, the park districts and many other programs will try to integrate your child into their other activities, if you are interested. I've listed the activity name; ages; if the activity is for a specific type of disability- *children with cognitive impairments (CI), physical impairments (PI), mental illness (MI), or sensory impairments (SI)*; and when it happens.

<b>WHAT</b>	<b>AGE</b>	<b>DISABILITY</b>	<b>WHEN</b>
<b>Fargo Park District      Scott Fredrickson, 241-1398 (241-1350)</b>			
Xcelerate! Preschool Program	4-9	-----	Summer, mornings
Wheelchair Basketball	4-9	PI	Fall- Spring, Sa afternoons
Xcelerate! Art* information	6-16	CI, MI	<i>Coming soon.</i> Call for
Gym & Supper Club (235-9923, Gym & Supper Club)	Youth & family	MI	Fall- Spring, Sa evenings
Adaptive Swimming	Youth+	PI	Summer, M-Th noon
Adaptive Bowling Summer, Th afternoons	Youth+	-----	Fall- Spring, W afternoons &
Xcelerate! Camp-a-Day	10-20	-----	Summer, morning- afternoon
Teen Night	13-20	CI	Fall- Spring, Th evenings
Adaptive Softball	16+	-----	Summer, Tu
Xcelerate! Art*	17+	CI, MI	Various
Activity Center*	17+	CI, MI	Year-round Tu-F evenings

**\*Activity Center & Xcelerate Art Classes, 235-2444**

<b>Moorhead Park District      Melissa Discher, 299-5559</b>			
Aquatics	7+	-----	Summer, Tu-Th afternoons
Social Skills & Recreation afternoons	7-13	-----	Fall & Spring, Tu & Th
Day Camp	12-21	-----	Summer, Tu-Th afternoons
<b>Special Olympics- Moorhead      Wayne Brendemuhl, 236-5501</b>			
Bowling	8+	CI	Fall
Basketball			Winter
Aquatics			Spring
Track & Field, Bocce Ball, and Golf competitions			Summer

<b>WHAT</b>	<b>AGE</b>	<b>DISABILITY</b>	<b>WHEN</b>
<b>West Fargo Park District</b>			
<b>Lance Belisle, 433-5361</b>			
Pre-School Adapted Recreation	4-6	----	Summer, M-Th mornings
Camp-A-Day	7-18	----	Summer, M-Th mornings
<i>(All children must be able to meet their own basic self-care needs to participate.)</i>			
<b>HOPE, Inc.</b>			
<b>Adair Grommesh, 866-9002</b>			
Power/ Manual Wheelchair Soccer	4+	PI	Fall, Sa mornings
Magic Mobility Camp	0-12	PI	Summer, M-Th morning or afternoon, 1 week
<b>TOPSoccer</b>			
	Youth	----	Summer
<b>Kim Anderson, 287-1030</b>			
<b>F-M Courage Day Camp</b>			
<b>Ruth Carnal, 280-1230</b>			
	5-14	PI, SI, Speech	Summer, M-F all day, 2 weeks
<b>YMCA, Downtown Fargo</b>			
<b>Pauline Alba, 364-4167</b>			
Adaptive Open Swim	----	----	Summer, M-Sa & Fall- Spring, Sa
Adaptive Swimming Lessons			<i>Possibly coming soon.</i>
Call Pauline.			
<b>Dave Harman, 364-4116 (For other YMCA Programs)</b>			
<b>Special Olympics- Fargo</b>			
<b>Evonne Hummel, 282-0697</b>		<b>Vel Schneeweis, 236-7585</b>	
	8+	CI	Year-round
<b>ATA Blackbelt Academy &amp; Karate for Kids</b>			
<b>Mike Beyer, 237-6800</b>		(Autism & Down Syndrome classes meet on W & F evenings)	
	4+	----	Year-round
<b>TNT Kid's Fitness and Gymnastics Academy</b>			
<b>Ann Bakker, 365-8868</b>			
Fitness Class	Youth	----	<i>Coming soon.</i> Call Ann
Wheelchair Social Group	4-18	PI	Monthly. <i>Coming soon.</i> Call Ann.

**OTHER RECREATION OPPORTUNITIES- EDUCATIONAL or THERAPEUTIC**

WHAT	AGE	DISABILITY	WHEN
<b>S.M.A.R.T, Boost-up/ Energy for Learning</b>			
<b>Fraser, Ltd., 293-3050</b>	Youth	-----	Call for information.
<b>YMCA</b> <b>Pete Seljevold, 293-9622</b>	5-10	-----	Summer, 2 weeks
<b>The Village Family Service Center      Jane Arendes, 451-4811</b>			
Social Skills for Success	9-12	-----	Varies
<b>Music Therapy Services      Sara Beck, 866-2814</b>			
Adaptive Music Summer.	0+	-----	Call for openings in
Specialized Piano Instruction Summer.	Able to read	-----	Call for openings in
<b>Riding On Angels Wings      Betty Shipley, 218-287-8137</b>			
Therapeutic Riding	1-18	-----	Summer
<b>SunDance Riding Therapy, 218-233-4675</b>			
Therapeutic Riding & Horse Interaction	Youth+	-----	Spring- Summer

This information was compiled by Sara Beck, a parent like you, who wanted to learn what's available for her child with a disability, so he can be active and have fun. Hopefully it's useful! I was not paid, compensated, nor asked to compile this information. I did it because I was tired of constantly searching for appropriate activities and I felt there should be a comprehensive listing of F-M special needs recreation.

If there are corrections, other activities/ programs I can add, or anything else regarding this list...

email Sara Beck at [beck3sje@yahoo.com](mailto:beck3sje@yahoo.com) .