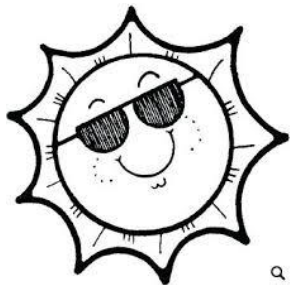


2018 SUMMER ACTIVITIES



FOR
CHILDREN AND TEENS
WITH DISABILITIES

ADAPTED AQUATICS WATER SAFETY CLASS FOR KIDS:

Safe Kids teaches water safety to children with special needs throughout the year. To learn more about this class or to register for this class call Safe Kids at 701-780-1489. The link to the flyer is <http://www.safekidsgf.com/Documents/2018/2018SPRINGAdaptedAquaticsClass.pdf>.

ALTRU SOCIAL SKILLS GROUPS:

Teen Social Skills Class is designed for teens and pre-teens ages 11-14 and 14-17 who need guidance with appropriate social etiquette, developing and maintaining friendships and social cues. Sessions are 4 weeks in length. Call Altru's Physical Medicine and Outpatient Therapy Department at 701-780-2329 to register for this free group.

Social Skills Class for children 3-10 years of age are held on Wednesdays 3:30-4:30 pm. This group focuses on enhancing early social skills development. There is a \$60 class fee unless scholarships are available. Call Altru's Pediatric Therapy Services at 701-780-2477 for more information and to register your child for this class.

ART CLASSES AT DHI:

Art classes will be held at Development Homes Inc. in May, June, and August the 2nd and 4th Tuesdays of the month, 6:30 pm – 7:30 pm. There will be a break in July. Find updates on DHI's Facebook page <https://www.facebook.com/dhigfnd/>.

DREAM CATCHERS:

This t-ball/softball team is for children and adults. It meets at the East Grand Forks High School Ball Field at 6:30 pm, Wednesdays, June 6– July 25. Follow Lulu's Thrift Store on Facebook for details at <https://www.facebook.com/lulusthriftstore/>.

EAST GRAND FORKS PUBLIC LIBRARY ACTIVITIES:

A list of children's activities that take place at East Grand Forks Public Library can be found at <http://www.egf.mn/index.aspx?NID=450>. Activities include Storytime, Baby Bounce, Random Awesome Library Fun, Tinkertown, and LEGO Club.

EPIC SPIN CLASS:

This class meets on Mondays and Wednesdays, 4:30 pm – 5:00 pm at Choice Fitness for people with disabilities. Participants should contact Choice Fitness to learn more about this class and available scholarships. Attached is a link to a video about this class

<http://ndad.org/news/epicspinclass/>.

ESCAPE TO THE LAKE WITH NDAD:

Children and adults with physical disabilities can go waterskiing with North Dakota Association for the Disabled on June 16. The adaptive water recreation event allow people the opportunity to water ski, take pontoon rides and enjoy a recreational day at Nelson Lake, near Center, ND.

Applications are due by mid-May. To learn more or to apply call 800-532-NDAD or email

lstastny@ndad.org.

GRAND FORKS PUBLIC LIBRARY ACTIVITIES:

The Grand Forks Public Library also has a Library Rocks Children's Summer Reading program for children 12 and under. To register for this or to learn about other summer activities including story time sessions, go to the Grand Forks Public Library website at <http://www.gflibrary.com/>.

GRAND FORKS PUBLIC SCHOOLS SUMMER SCHOOL:

Summer school classes are available for students K-12th grade. Find all the summer school offerings by looking at this website.

<https://www.gfschools.org/site/default.aspx?PageType=3&DomainID=8&ModuleInstanceID=8068&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=16040&PageID=9>

HELPING HANDS:

Helping Hands, part of Grand Forks Pubic Schools, seeks to facilitate meaningful volunteer experiences that enrich the lives of youth and the community they serve. In order to register to participate, your child needs to be 12 years old or older by June 1, 2018 and have completed the 6th grade. Enrollment it limited and the deadline for registration is noon on April 27, 2018.

There is a \$15 registration fee. To learn more and register go to

<https://www.gfschools.org/Page/326>.



ICAN BIKE:

ICan Bike Camp is a program that teaches people with disabilities how to ride a 2-wheel bike.

This program will take place at the VFW in East Grand Forks, July 16– 20. Contact Anne Carlsen Center at 701-775-8934 for more information or to apply. Or check out their website at

<https://annecarlsen.org/services/real/ican-bike/>.

L.I.S.T.E.N. DROP-IN CENTER:

L.I.S.T.E.N. Drop-In services are for people with intellectual and developmental disabilities in a community setting that welcomes participation of the general public. Programs and events are low cost and promote friendships, personal growth, health, safety and community involvement. Opportunity include: performing arts, travel clubs, Friday night dances, malt shop, center activities, sports, after school activities, and self-advocacy. To learn more about the Drop-In Center call Carla at 701-772-8829. The calendar can be found at <http://www.listencenter.org/calendar/>.



LITTLE RED READING BUS:

The Little Red Reading Bus makes books available to children throughout the Grand Fork's community when school is not in session. Follow The Little Red Reading Bus on Facebook to see its locations throughout the summer at <https://www.facebook.com/LittleRedReadingBus/>.

MUSIC THERAPY IN MOTION:

Music Therapy in Motion has a variety of groups and individual and adaptive lessons for all ages throughout the summer. Call 218-791-0908 to learn more or register. Information can also be found on their website at <http://www.musictherapyinmotion.com/>.

Awesome Jam Band I, II, and III are for children and adults of different ages. The cost is \$10 per session. Times and dates will be announced.

Move and Groove class is for children ages 6 months – 5 years and families. This class meets on Wednesdays at 5:15 pm and is \$8 per session.

We Rock is a music therapy group for teens and adults that meets at Development Homes on Thursday nights 5:30 pm – 6:15 pm. The cost is \$10 per session.

BUD'S Band Jam is a music therapy group for teens with Downs syndrome that meets 6:00 pm – 6:45 pm on Wednesdays at Music Therapy in Motion office, 523 Demers Avenue

MySPA

MySPA is a performing arts program for children with special needs grades K-11. Students in grades 6-12 will meet at Central High School July 9-27, 1:00 pm – 4:00 pm. Students in grades K-5 will meet at Central High School July 16 – 27, 10:00 am – 12:00 pm. To learn more about this program go to <https://www.spacompany.org/>. The registration form can be found at https://docs.wixstatic.com/ugd/7bcc99_b729f688f0244c90b5f0ca1f9ae28f84.pdf.

NEXT CHAPTER BOOK CLUB:

The Next Chapter Book Club Juniors is a summer program for children between the ages of 8-13 who have an intellectual or developmental disability, no matter their reading or ability level. Meeting twice weekly, the program is a wonderful opportunity to make friends, enjoy books, and participate in fun activities on a regular basis during the summer. To register and save your spot, contact Rachel Hafner at The Arc, Upper Valley at 701-772-6191.

QUOTABLE KIDS:

Quotable Kids offers several groups throughout the year. Over the summer, there are at least three opportunities to participate in group activities. To learn more about these activities or to register your child, call 701-739-KIDS or follow their Facebook page <https://www.facebook.com/Quotable-Kids-Speech-Language-Clinic-617723671572852/>

T.E.A.M. in the Community is for teenagers to participate in social activities and service projects in the community. This group meets monthly.

Language Learners Summer Camp is for children ages 1-4 and will be meeting June 13 -July 25 in Grand Forks.

Friendship Camp is for early elementary aged children. They focus on social skills and community participation. This group will meet on Wednesdays 3:30 pm – 4:30 pm.

RIVERVIEW REHAB:

Summer Social Skills Group is a group, that meets at RiverView Rehab in East Grand Forks, MN, that works on social competence through Lego based group therapy. This group meets starting June 20, meeting weekly on Wednesdays from 3:30 pm – 4:30 pm. The group size is limited so call 218-773-1390 to register.

S.M.I.L.E. PROGRAM:

Summer Mentors for Integrated Leisure Experiences, assists participants in developing appropriate and healthy leisure and social skills. The program takes place June 5 – July 27 at Wilder Elementary School Mondays – Fridays 1:00 pm – 4:30 pm. The fee is \$175. Registration must be done at the Grand Forks Park District Office, 1060 47th Ave South. <http://www.gfparks.org/programs-activities/youth/>



SPECIAL OLYMPICS:

Children must be 8 years old to compete in Special Olympics but can start practicing at an earlier age. Swimming, Track and Field and Power Lifting begins April 4th. District competitions will be in late April/early May. The State Summer Games will be June 7-9 in Fargo. Soccer and Bocce Ball will begin later in the summer. Follow the Grand Forks Special Facebook page to stay up to date on practice times and locations.

<https://www.facebook.com/SpecialOlympicsGrandForks/>.

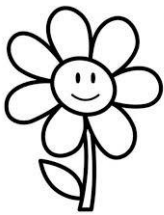
STABLE DAYS YOUTH RANCH:

They offer equine based mentoring and other youth-based services as well as family support programs all at no cost to participants. To learn more about their programs or to apply for services, you can go to their website at <http://www.stabledays.org/>.

SUMMER FLOOR HOCKEY:

The UND School of Medicine puts on a floor hockey camp for children and adults weekly during one month of the summer. This summer the camp will likely take place in August at UND Wellness Center. Follow The Arc, Upper Valley on Facebook for details as they become available.

SUMMER LUNCH PROGRAM:



During the summer, when kids are out of school, St. Josephs Social Care and Thrift Store offers lunches to local children at several different sites around Grand Forks and East Grand Forks throughout June and July. Lunches are free every day for children 18 and younger. Look at St. Joseph's website to get up to date information on site locations for the summer.

<https://stjosephsocialcaregf.org/>

SUMMER WORK EXPERIENCE:

Students in the Grand Forks schools district on an IEP who are 18-21 and who have earned their graduation credits and are eligible for a high school diploma can apply to participate in the Adult Transition Program. This program has a summer work experience placement. Contact the Adult Transition Program to learn more by calling 701-795-2794.

TEEN NIGHT OUT:

Teen Night Out is a collaborative project by six provider agencies in the area. This program meets once per month and provides teens with disabilities, ages 13-21, with a safe environment for recreational activities that enhance social skills, strengthen peer relationships, resulting in self-advocacy and community inclusion. For more information call Joan Karpenko at 701-330-8641.

UND SPEECH CLINIC:

The summer clinic is an intensive, six-week therapy program that is designed to improve children's speech and language skills. The program starts the second week of June, Mondays – Thursdays, and are offered 8:00-12:00. The cost for a 6-week, 24 session program is \$250. Two day per week sessions are \$125. There is a \$25 registration fee to hold your spot. For questions or to register your child call 701-777-3234.

UND SUMMER READING CAMP:

Summer Reading Camp is intended to promote literary growth in children who may be experiencing difficulties with reading and writing. It is designed for children entering 1st – 7th grade the following fall. The cost is \$60 and includes 10, 3-hour sessions. Enrollment deadline is May 4th. Information can be found at <http://education.und.edu/teaching-and-earning/srp.cfm>

VINCENT'S FRIENDS PLAYGROUP:

Vincent's Friends is a weekly playgroup for children with intellectual and/or developmental disabilities and their siblings ages 0-5. The goal is to help children with special needs gain motor skills, social skills, confidence and friendship. The group meets at The Arc, Upper Valley on Saturday mornings, 10:00 am – 11:30 am. Follow The Arc's Facebook page to stay up to date with the latest playgroup information. <https://www.facebook.com/The-Arc-Upper-Valley-291285584267765/>

WALK BY FAITH:

Walk by Faith Therapeutic Riding program is a faith-based therapeutic activities program for children ages 4-18 with special needs in Fisher, MN. Group and private lessons are available in the summer. To learn more or to get an application go to <https://www.walkbyfaiththerapeuticriding.com/>.



Do you have questions about an activity listed here? Or, do you know about another activity not listed? Contact Rachel Hafner at The Arc, Upper Valley at 701-772-6191.

Last updated 5-1-2018