



# Recreational Opportunities for Individuals with Special Needs

## Are you ready to have some fun?

Whether you're looking for a night out or a vacation getaway, there are lots of great recreational activities available for people with special needs. To help you find what you're looking for, the opportunities in this handout are divided into two sections: **Local Activities and Trips & Travel Resources**.

Contact information is included for all activities and programs so you can find out more about the programs that interest you. If you have questions about recreational opportunities, the Aging & Disability Resource Center (ADRC) Information and Assistance staff is available to assist you as you explore your options. Feel free to contact them at the ADRC Monday through Friday, 8:00am to 4:30pm at 920-448-4300.

## Local Activities

The activities listed below are regularly scheduled recreational opportunities specifically geared toward people with special needs in the Green Bay area. All events are supervised. Requirements for participation vary so call any program you may be interested in to find out more.

### **Tuesday Pop Nights at the YMCA**

**Contact:** 920-436-9622 or Christina Hendricks at 920-436-9525

**When:** Every Tuesday

**Where:** 235 N. Jefferson St. Green Bay

**Time:** 6:00pm to 8:00pm

**Cost:** \$3 regular events  
\$5 special events

For anyone age 18 and older with special needs. Activities include a swimming or gym activity such as aerobics, volleyball, basketball, or hockey, and arts and crafts. Special events may include Halloween dance, Thanksgiving Feast, or Christmas Caroling. Participants must be able to dress and toilet themselves independently or must bring a personal care worker for assistance. No need to register before attending, but will be asked to complete an emergency contact form. Call for a schedule of events.

### **N.E.W. Curative Challenger Program**

**Contact:** 920-593-3535

**When:** Every Friday

**Where:** 2900 Curry Lane Green Bay

**Time:** 8:00am to 4:30pm

**Cost:** Low income families can apply for reduced fees

The Challenger Program is a client-directed, social/recreational program designed to provide meaningful activities for persons with disabilities. This program has a strong emphasis on building interpersonal relationships within a relaxed atmosphere. Activities may include: games, crafts and dine-in-lunches. Participants plan activities with Case/Program management provided by N.E.W. Curative staff.

### **Paragon Activity Club (PAC)**

**Contact:** 920-884-1471

**When:** Saturdays; Monday thru Friday during the summer

**Time:** 9:00am to 3:00pm three Saturdays a month; 3:00pm to 9:00pm one Saturday a month

**Where:** 2733 S Ridge Rd Green Bay

**Cost:** Inquire about fees

This program provides recreation and social activities in a safe, structured, fun environment for individuals with special needs age 8 to 21. Registration is required and an assessment will be completed to make sure the program is appropriate for the participant. Activities include: outings, games, arts & crafts, skill development and personal cares. Participants must bring their own lunch. Transportation is available at an additional cost.

### **Special Olympics**

**Contact:** Regional Director of Sports 920-497-2422

**When:** Varies depending on sport and season

**Where:** Location varies

**Time:** Varies

**Cost:** No registration fee. Most activities are free; some sports require a small fee for cost of a uniform.

Participants must have a cognitive or intellectual disability and be 8 years of age or older. Registration is required, and participants need to have a physical and health forms signed by a doctor. Activities include bowling, volleyball, basketball, aquatics, soccer, golf, tennis, bocce ball, softball, T-ball and power lifting. For more information call or go to: [www.specialolympicswisconsin.org](http://www.specialolympicswisconsin.org).

### **Aspiro**

**Contact:** Mark Wescott 920-593-4347

**When:** Weekdays and evening

**Where:** 1673 Dousman St. Green Bay

**Time:** Varies depending on season and activity

**Cost:** Will vary per session

The program helps teach social, leisure, communication, self-care and safety skills. There are regularly planned group outings such as movies or concerts.

*Compiled courtesy of the Aging & Disability Resource Center, endorsements are not implied or assumed. 920-448-4300 [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org)*



**CP Center****Contact:** 920-337-1122**When:** Varies**Where:** 2801 S. Webster Ave. Green Bay**Time:** Varies**Cost:** Varies

The CP Center has independent open swim hours available in their therapeutic pool for anyone with special needs and their families. Individuals must be able to change into swim gear and be safe in the pool independently or must bring an attendant to assist. Hours and fees vary; contact the CP center for more information. Pool is open to general public as well.

**Fishing Has No Boundaries****Contact:** 1-800-243-3462**When:** Varies depending on event**Where:** Varies**Time:** 2-3 day events**Cost:** Varies

Provides recreational fishing opportunities for all persons with a disability. For more information about events visit: [www.fhnbinc.org](http://www.fhnbinc.org).

**Challenge the Outdoors, Inc****Contact:** 920-525-1123**When:** Events held throughout the year**Where:** Varies**Time:** Varies**Cost:** Yearly membership fee

Dedicated to serving the recreational needs and desires of the physically challenged sportsman. [www.ctoforme.org](http://www.ctoforme.org)

## **Trips & Travel Resources**

The programs listed below assist people with a variety of special needs on supervised vacations. Requirements for participation vary, so contact any program you may be interested in to find out more.

### **Lamers Special Needs Tours**

**Contact:** 1-800-236-1976

**When:** Varies depending on tour

**Where:** Location varies

**Time:** Varies from day trips to 6 day vacations

**Cost:** Varies depending on trip

Offers the potential for 24 hour supervision with 1:1 ratio, specially qualified tour directors, and itineraries specially designed with special needs in mind. Staff to traveler ratio is 1:4 or 1:1. More information about tours at: [www.LamersTour.com](http://www.LamersTour.com)

### **Able Trek Tours**

**Contact:** 1-800-205-6713

**When:** Varies depending on tour

**Where:** Location varies

**Time:** Varies from day trips to 14 day vacations

**Cost:** Varies depending on trip

Serves people with special needs, mental illness, and older adults.

Travelers must exhibit good social behavior, have no major medical conditions, be at least 16 years old, and display appropriate behavior towards property, themselves and others. Typical staff to traveler ratio is 1:4 or 1:3. Options for additional supervision can be arranged. More information about tours at: [www.abletrektours.com](http://www.abletrektours.com)



*Information is provided courtesy of the Aging & Disability Resource Center of Brown County, 300 S. Adams Street, Green Bay, WI 54301, 920- 448-4300. [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org). Endorsements are not assumed or implied.*