



## Recreational Opportunities for People with Disabilities

Whether you are looking for a night out or a vacation getaway, there are lots of great recreational activities available for people with special needs. Find lots of ways to have fun in your community with this resource!

### Local Activities

These regularly scheduled opportunities are geared towards people with special needs in Brown County. All events are supervised. Contact each location for information on registration requirements.

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

**Contact:** 920-436-9622

**When:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month

**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.

#### **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 an 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:** 920-498-2599

**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.

### **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:** 920-593-6300

**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 sportsperson. [www.ctoforme.org](http://www.ctoforme.org)

### **myTeam Triumph**

**Contact:** 920-288-2359

**When:** Races throughout the year

**Where:** Varies

**Time:** Varies

**Cost:** Free

National, non-profit athletic mentoring program created for challenged athletes of all ages to experience the benefits of participating in a team-based endurance event. Individuals with disabilities (team captains) are assisted by volunteer athletes (angels) in 5ks, 10ks, half marathons, duathlons, triathlons, marathons, and cycling events. All equipment is provided. <http://myteamttriumph-wi.org/>

## **Trips & Travel Resources**

These programs assist people with a variety of special needs on supervised vacations. Contact each agency for information on registration requirements.

### **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. If traveler has more physical or mental needs, can have the option of 1:1 staff ration, with additional feeds added. This can be a staff member from Able Trek or one personally known by the traveler. 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).  
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