

St. Louis Area Adaptive Sports Programs:

The Carol and Paul Hatfield Cerebral Palsy Sports and Rehabilitation Center at St. Louis Children's Hospital: We provide many sports activities year round and special events throughout the year. Year round, we provide dance classes at the Brentwood Community Center and swim and basketball classes at The Center of Clayton Recreation Center. During both the summer and winter we have sports camps, Camp Independence. These take place at Webster Groves Recreation Complex. These are intensive sports camps for young people with cerebral palsy. Tri My Best Adaptive Triathlon: Sunday, Sept. 10, 2017-an adaptive swim, bike and run/walk/push wheelchair/drive power wheelchair event.

For more information either call 314.454.2642 or go to www.stlouischildrens.org and go to the CP Center Website.

<http://www.ohana.kajukenbo.org> **Special Abilities Kajukenbo (SAK)** provides martial arts instruction in Kajukenbo for young people with cerebral palsy. Kajukenbo is a blended martial art to combine the best and most effective techniques from their respective arts. Each art is represented in the name Kajukenbo: KA- Karate, JU- Judo and Jiu Jitsu, KEN- Kenpo and BO- Chinese Boxing. SAK offers martial arts classes in a FUN and SUPPORTIVE environment where students advance at their own pace while being cheered on by their peers. For more information or to sign up, email kensills@kajukenbo.org or call 314.486.4127.

<http://www.challengerbaseball.org>- The **Challenger Baseball League** gives youngsters with mental or physical disabilities a chance to don a uniform, hit the ball, and run or wheel around the bases. Every player gets to bat every inning with the option of being pitched to by a volunteer or off a tee.

<http://www.confluencesports.org>-**The Gateway Confluence Wheelchair Sports Foundation** offers a variety of sports programs throughout the year, including basketball, tennis, softball, volleyball, and water skiing. The sports programs are in locations both in St. Louis and Illinois. 618.954.9129

<http://www.dasasports.org>-The **Disabled Athlete Sports Association (DASA)** is an organization which promotes, develops, and organizes sports events for children with physical and visual disabilities whom are cognitively age appropriate. It is a chapter member of Disabled Sports USA. DASA provides opportunities in the following sports: Track and Field, Basketball, Sled Hockey, Martial Arts, Swimming, Golf, Fencing, Power Soccer and Rock Climbing. The DASA programs are offered in St. Charles County and are open to athletes from surrounding counties. 636.477.0716

The **Gateway Disabled Ski Program** is a skiing program at Hidden Valley in Wildwood, Missouri run by DASA (see above for website and phone number). There is no charge for skiing with GDSP, but each athlete must purchase a season pass from Hidden Valley. Rental skis and boots are included with the season pass. The cost of the pass is determined by Hidden Valley shortly before the beginning of the season and is usually a modest amount (last year's cost was \$75). Physically disabled skiers ski on Monday nights and a variety of special equipment is provided by GDSP. Even athletes with little coordination or lower extremity strength can experience skiing with the sit-ski. This is a special sled controlled with help from an experienced instructor.

<http://www.keenstlouis.org>—KEEN (Kids Enjoy Exercise Now) is a national, non-profit volunteer led organization that provides one-on-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families.

<http://www.lifebridgestl.org>-**The Life Bridge Partnership** mission is to meet the needs of our community by empowering people with physical disabilities through unique and innovative support, recreation, transportation and advocacy. *They promote equality by emphasizing abilities!* 314.989.1188

<http://stlouis.missouri.org/reccouncil>-**The Recreation Council of Greater St. Louis** serves as a "clearinghouse" for information regarding recreation and leisure opportunities for St. Louis City, St. Louis County, and St. Charles County residents with disabilities. The Council works to ensure that individuals with disabilities are aware of and have opportunities to access and participate in recreation programs and activities of their choice. St. Louis County-314.726.6044 and St. Louis City-314.772.2299

<http://www.spensa.org>-The **Special Needs Soccer Association** is a St. Louis based soccer program for young people with disabilities. It is designed to bring the opportunity of learning and playing soccer to any boy or girl, ages 5-21, with any mental or physical challenge. The seasons are eight weeks long in both the spring and fall. Games are played at the Anheuser-Busch Conference and Sports Centre in Fenton and at St. Louis University.

<http://www.somo.org>-The **Special Olympics** in Missouri is a year-round program of sports training, education, and competition for persons with mental disabilities or other closely related developmental disabilities ages eight years and older. The goal of the program is to provide continuing opportunities for the athletes to develop physical fitness, demonstrate courage, experience joy, and participate in the sharing of skills and friendship with their families, other athletes, and the community.

<http://www.tasksports.org>-**Team Activities for Special Kids (TASK)** is a year-round instructional sports program that provides opportunities for both individual and team sports to kids with special needs. The purpose of the program is to help build self-esteem and skills in children. 636.343.TASK (8275)

<http://www.teamcentral.org/Cardinalpowerkids.html> -**Team Central Gymnastic Academy**- 22,000 sq. ft. National Gymnastic Training Center located in Maryland Heights, near Hwy. 270 & Dorsett Rd unique to St. Louis and one of only a few in the nation. They offer a unique gymnastics and movement program endorsed by medical staff and physical therapists called "**Cardinal Power Kids**" for developmentally delayed or physically challenged children. This dynamic program has received financial support from the St. Louis Cardinals "Cardinals Care" organization. Physical therapists have assisted with the selection of special equipment and development of individualized curriculum to enhance the physical and emotional progress of each special child. The trained staff create a fun, safe and educational environment. 314.291.0101

<http://www.varietystl.org> -**St. Louis Variety** helps children who are physically and mentally disabled age 0-21 years in the greater St. Louis region. The Variety will help pay for equipment, including adaptive bikes and they have a choir and camps throughout the year. 314.720.7712

<http://www.afitkid.com> -**A Fit Kid** organization works to unite kids with and without disabilities to work towards a common goal of having fun and becoming fit. Classes are held at the Heights in Richmond Heights, MO 314.645.1476