

PROGRAMS FOR
INDIVIDUALS WITH DISABILITIES
IN UTAH
RESOURCE MANUAL

PART 1: Programs and Resources in Utah

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1. Wasatch Adaptive Sports

Programs offered include; ski lessons, snowshoe tours and sledge hockey throughout the winter, and numerous outdoor recreational activities such as hiking on barrier free trails, fishing, biking, tram rides and environmental awareness programs in the summer.

The program works hand in hand with many schools, therapeutic recreation centers, children's hospitals and rehabilitation centers throughout the state, providing much needed ski lessons and other outdoor recreational experiences. Most of our lessons are based on supportive scholarships.

Contact:

Wasatch Adaptive Sports
Snowbird Ski and Summer Resort
Snowbird, Utah, 84092
Phone: 801-933-2188
Fax: 801.947.1872
Website: www.wasatchadaptivesports.org

2. Salt Lake County Parks and Recreation

Salt Lake County Parks and Recreation provides a wide range of sports and activities for individuals with disabilities. Activities range from aquatics, skiing to a variety of sports lessons and programs.

Contact:

SL County Parks & Rec.
2001 S. State
Suite S4400
Salt Lake City, UT 84190
Phone: (801) 468-2299
Website: www.recreation.slco.org

3. Camp Kostopolus

For over thirty years, Camp K has been creating incredible summer opportunities for kids, teens, and adults with disabilities. Programs at Camp Kostopolus take place all over

25 acres, and even outside of Salt Lake City, Utah. Camp K has received accreditation from the American Camping Association, an agency that set standards for camp operations across the U.S.

Contact:

2500 Emigration Canyon
Salt Lake City, UT 84108
Phone: 801 582-0700
Website: <http://campk.org/index.html>

4. SPLORE

SPLORE is a Utah based, non-profit organization that provides outdoor recreation and education to people with disabilities and special needs. The adventures include: white water rafting, canoeing, rock climbing, cross-country skiing, and other specialized programs. There is the SPLORE Scholarship Program which can reduce the costs by 50% for participants.

Contact:

880 E. 3375 S.
Salt Lake City, UT 84106
Phone: (801) 484-4128
Fax: (801) 484-4177
E-mail: splore@splore.org
Website: www.splore.org

5. National Ability Center

The National Ability Center is a non-profit, tax-exempt organization that is committed to the development of lifetime skills for people of all ages and abilities by providing affordable outdoor sports and recreational experiences to individuals and families. "The objective of these experiences is to build self-esteem, confidence and physical development, thereby enhancing active participation in all aspects of community life" (National Abilities Center, 2002). The programs include skiing, snowboarding, bobsledding, horse back riding, water skiing, wall climbing, cycling and other sports.

Contact:

P O Box 682799

Park City, Utah 84068
Phone: 435-649-3991
Fax: 435-658-3992
E-mail: info@nac1985.org
Website: www.nac1985.org

6. Special Olympics

Special Olympics is an international nonprofit organization* dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition. Special Olympics offers children and adults with intellectual disabilities year-round training and competition in 26 summer and winter sports. There is no charge to participate in Special Olympics.

Contact:

Special Olympics Utah
243 East 400 South, Ste. 111
Salt Lake City, UT 84111
Phone: (801) 363-1111
Fax: (801) 363-1524
E-mail: information@sout.org
Website: www.sout.org

7. Project Gain

Project GAIN is a project of the National Alliance for Accessible Golf. It is a comprehensive program to introduce people with disabilities (and their families, friends, etc) to the game of golf. GAIN is a program designed to promote the inclusion of people with disabilities into the fabric of their community through participation in the game of golf. Their mission is dedicated to providing opportunities for people with disabilities to play golf and be included in all aspects of the game.

Contact:

2805 East 10th Street, Suite 190
Phone: (812) 856-4422
Fax: (812) 856-4480
Website: www.accessgolf.org

8. U-FIT

The U-FIT Special Physical Activity Program provides fun, noncompetitive physical activities that will help children and youth with disabilities to reach individual goals. Skilled volunteers help the participants build friendships, increase self-esteem, improve motor skills and levels of physical fitness, and have fun in a nurturing environment. The goals and needs of the families are keys to the success of the U-FIT Program. The program is family centered and family friendly - meeting needs as diverse as those who participate. Family members help develop the goals for each participant.

Contact:

250 S. 1850 E. Room 241

Salt Lake City, UT 84112

Phone: (801) 587-9713

Website: ufitprogram@yahoo.com

