

Exceptional Family Resources

Summer Camp Guide

Summer 2010

Helpful Hints:

- 1) The earlier you apply the better.
- 2) Ask Questions:
 - Is the facility accessible for people who have a physical disability?
 - Has the program enrolled individuals with disabilities in the past?
 - What kind of training is the staff given? Is there any in-service training particularly geared toward the needs of children and young adults with disabilities?
 - What is the cost? Is there a sliding scale or a group rate?
 - Fees range from very expensive to **FREE**
 - Is transportation provided? What is the cost? Any restrictions?
- 3) Remember that if any activity is publicly funded, the public is entitled to use it. If the director or instructor is hesitant or downright negative about accepting you or your family member, arrange for this person to personally meet you or your son or daughter. Make accommodation suggestions.
- 4) Some people need a gradual approach to anything new:
 - Visit in advance to get used to the physical layout and meet the instructors. This could be helpful to both the person with the disability and to the other people involved.
 - If you are a parent inquiring for your child, offer to accompany your child or send along a friend/sibling/aid the first few times.
 - Talk about the activities with your child ahead of time. If available, you can use pictures or a brochure to help orient them to the new program.
- 5) Bear in mind that arranging these activities can take a lot of time and energy, but it is usually worth the effort in the long run.

DAY CAMPS

ARISE at the Farm

Location: Chittenango, NY

Description: Enjoy a wide variety of activities such as community building, horseback riding, art & crafts, gardening, petting zoo and more. Transportation available for first week only, please call for more information.

Dates: Four day summer camp sessions, see details below.

Cost: Waiver funded program, call for more information.

People with Disabilities: Integrated Recreation and activities for people of all abilities.

Contact: Laura Little at 687- 6727 or visit their website at www.ariseinc.org

Top Camp: For ages 3-6. July 26th - July 29th, 9 am- 12 pm. Cost: \$150.

Kids Camp: June 28th- July 2nd, August 16th- August 20th, August 23rd- August 27th, 9 am- 2:30 pm. Cost: \$350.

Adult Camp: July 26th- July 29th, 9 am- 2 pm. Cost: \$275.

Horsemanship Camp: Runs every week in July (Monday – Thursday) starting July 5th, 9 am- 2 pm. Cost: \$175.

Beaver Camp

Location: 8884 Buck Point Rd. in Lowville, on Beaver Lake.

Description: Christian principles are taught through integrated programs. A variety of camps are available.

Dates, Age and Cost: Varies. See below for details.

People with Disabilities: Limited. There are no special programs, but do take children with disabilities on an individual basis.

Contact: Mike Rudd at (315) 376- 2640 or visit their website at www.beavercamp.org

Day Camp: August 16th- 20th, 9 am – 4 pm. Ages: 6- 8 years old. Cost: \$230.

Short Residential Camp: July 25th- July 27th, Sun. 4 pm- Tues. 3 pm (overnight camp). Ages: 7- 8 years old. Cost: \$200.

Teen Camp: August 8th- August 13th. Ages: 13- 18 years old. Cost: \$330.

Other camps include: Soccer, Gymnastics, Music, Drama and Worship, and many more!
If you have any questions, feel free to call for more information.

Register before May 1st for a \$35.00 discount!

Boy Scouts/Cub Scouts:

Location: Adirondack Scout Camps, Cub Scout Program, and Camp Woodland.

Description: Swimming and other waterfront activities, art & crafts, nature activities; focuses on strengthening Boy Scout skills.

Dates: July 12th-July 15th, 9 am- 4 pm

Age range: 5- 11 years old. **Cost:** \$115

People with Disabilities: Camps are for Boy Scouts only. Certain accommodations available. Mainly accessible, although there are dirt roads leading to the camp.

Contact: Helen Ford at (315) 463- 0201 or visit their website at www.asccamps.org/camps

Camp Beaver Lake

Location: Beaver Lake Nature Center, Baldwinsville, NY

Description: Nature activities, crafts, learning games, adventures, and canoeing.

Dates: Eight week camp that runs through June 28th - August 20th

Age range: Grades K-7th grade

Cost: Half Day Camp- \$80 (9 am- 12 pm), Full Day Camp- \$150 (9 am- 3 pm)

People with Disabilities: Accepts children with disabilities on an individual basis. There is a great deal of hiking on non-accessible terrain.

Teen Camp: Last week (August 16th- 20th) is dedicated to 8th-11th graders. Incorporated with actual day camp and is the same cost as listed above.

Contact: Dave at 638- 2519 or visit their website at www.onondagacountyparks.com

Campfire Day Camp

Location: Camp Talooli, 520 County Route 54, Pennellville, NY

Description: Enjoy swimming, boating, nature, arts & crafts, singing and meeting new friends.

Dates: One week sessions, July 5th- August 20th, times vary upon which bus stop they enter on.

Age range: For kids that have completed Kindergarten through 12 years of age.

Cost: \$195 per week

People with Disabilities: Campfire works with Transitional Living Services to provide extra support for children with disabilities. RN on site. Transportation (busing service) available for day camp from Onondaga and Oswego counties.

Open House Dates: Sunday May 2nd and Sunday June 6th.

Contact: Kristen Smith at 463- 8799 or visit their website at www.campfireusacny.org

Centers for Nature Education: Summer Nature Day Camp at Baltimore Woods

Location: Baltimore Woods, 4007 Bishop Hill Rd, Marcellus, NY

Description: Enjoy group games, environmental discussion, and lots of hiking! You must have a BWNC Family Membership (\$40 for the year) to attend camp which can be obtained at the time of registration. There is a \$5 sibling discount. If you sign up for more than one week of camp there is a \$5 discount for each additional week. Also, the membership will allow eligibility for school vacation camps throughout the year. See camp registration packet for full details and policies.

Dates, Age range and Cost: See below for details.

People with Disabilities: Accepts children with disabilities, call for more information.

Contact: Tom Meier at 673- 1350 ext. 102 or visit their website at www.baltimorewoods.org

Summer Nature Day Camp: Ages: 5-12 years old. **Cost:** \$140/wk. **Dates:** Weekly sessions, July 12th- September 3rd, from 10 am- 3 pm.

Natures Little's Day Camp: Ages: 4- 5 year old. **Cost:** \$65/wk. **Dates:** August 9th- August 13th, August 16th- August 20th, from 10 am- 12 pm.

Teen Summer Camp: Ages: 13- 14 years old. **Cost:** \$140/wk. **Dates:** Four sessions in August, from 10 am- 3 pm:

Session one: August 2nd- August 6th

Session two: August 9th- August 13th

Sessions three: August 16th- August 20th

Session four: August 23rd- August 27th

Extended care is also available before and after, 8 am- 5 pm.

City of Syracuse, Department of Parks, Recreation, and Youth Programs

Location: Varies

Description: Offers a variety of camps for children including half day and full day camps.

Dates: Week long camps beginning June 28th- August 6th. Drop in park program (no fee): through August 20th.

Age range: Depends on individual camps, call for more information.

Cost: For Syracuse residents: Half day (9 am- 12 pm): \$25/wk. Full day (10 am- 3 pm): \$50/wk.

Non-city residents: Half day (9 am- 12 pm): \$40/wk, Full day (10 am- 3 pm): \$90/wk.

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: Chris Abbot at 473- 4330 ext. 3019 or visit their website at

www.syracuse.ny.us/parks/summerCamps.html

Creative Environment Day School Summer Day Camp

Location: Fayetteville, NY

Description: Full week programs. Program includes Red Cross swim instruction, music, arts & crafts, gymnastics, archery and special events. Offers Golden Arrows Enhanced Sports Program for students entering grades 5, 6 and 7. Breakfast, lunch and snack served.

Dates: July 5th- August 27th, 8:45 am- 3:30 pm. Extended hours available: 6:30 am- 5:30 pm.

Age range: 18 months- 13 years old.

Cost: Regular hours: \$195/week. Extended hours: \$205/week.

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: Shelia Brittain at (315) 637- 6071

Delta Lake Bible Conference Center and Youth Camp

Location: 6420 Pillmore Drive, Rome, NY

Description: Campers can get together with friends to listen to great speakers, participate in praise and worship, and enjoy other activities such as soccer, golf, swimming, basketball, canoeing, crafts, water skiing, tubing, volleyball, archery and more.

Dates & Cost: See below for details. Registration should be paid week before camp starts.

Age range: 3rd grade- 12th grade.

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: (315) 336- 7210, email: dlbcc@deltalake.org or visit their website at

www.deltalake.org

Explorer Camp: Cost: \$307. Ages: 9th- 12 grades. Dates: July 25th- July 31st.

Trailblazer Camp: Cost: \$307. Ages: 3rd- 5th grades. Dates: July 11th- July 17th.

Pioneer Camp: Cost: \$ 307. Ages: 6th- 8th grades. Dates: July 18th- July 24th.

For the three camps listed above: Register before May 15th, and receive a \$20 discount.

Adventure Camp: Cost: \$ 330. Ages: 9th- 12th grades. Dates: July 18th- July 24th.

Register before May 15th, and you may register for \$308.

For all camps: \$30 registration fee is required.

Dewitt Parks and Recreation

Location: Varies

Description: Enjoy arts & crafts, sports, field trips and talent shows. In addition, adult recreation programs are available (softball and basketball) for ages 18 and up.

Dates: June 29th- August 6th, 9:30 am- 3 pm.

Age range: K- 8th grades. After school program: K- 5th grade, which is no charge.

Cost: Day Camp is \$350 for all school districts.

People with Disabilities: Accepts people with disabilities on an individual basis. Call for more information.

Contact: Karen Keast at 446- 9250 ext. 9

Dunbar Association Inc.

Location: 1453 S. State Street, Syracuse, NY 13205

Description: Our goal is to provide programming to children that will help enhance and produce well rounded youth that exhibit logical thoughts. Therefore children are better prepared to enter the work force and other institutions of higher learning. Activities offered are educational and social building, tutoring services, field trips, life skills, mentoring, book and poetry clubs and guest speakers (activities vary upon age group).

Dates: July 6th- August 13th.

Age range and Cost: See below for details. Cost includes snacks, activities and field trips.

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: Call (315) 476- 4269 or visit their website at www.dunbarassociation.org

Sunrise (Special Needs Program): **Ages:** 5- 14 years old. **Cost:** If enrolled in summer school: varies from \$75- \$125, if not enrolled in summer school: \$475.

Summer Camp: **Ages:** 5- 14 years old. **Cost:** If approved by DSS: \$75, if not approved by DSS: \$475.

Teen Program “Each One Teach One”: **Ages:** 15- 19 years old. **Cost:** FREE, meetings are only three times weekly.

Girls Incorporated

Location: Camp Discovery, Zonta House, 401 Douglas St., Syracuse, NY 13203

Description: Girls only! First come, first serve basis. Enjoy theme sessions, fun classes, arts & crafts, computers, swimming, outdoor recreation and other activities. Breakfast, lunch and snacks are included. Can register for all or individual weeks of the program.

Dates: Eight, one week sessions. July 6th- August 27th, Monday through Friday. 7 am- 5:50 pm.

Age range: 5- 12 years old.

Cost: \$155.11/ week. Scholarships are available, please call for more information. With scholarship: \$140/week.

People with Disabilities: Accepts people with disabilities; is recommended that parents visit site and see if it is a good match for their child.

Contact: Program Director, Dawn Nier at 474- 0746 or visit the website at

www.girlsincyn.org

Teen Summer Camp: **Dates:** July 12th- August 20th, from 9am – 4 pm. **Age range:** 13- 18 years old.

Girl Scouts

Location: Camp Hoover, Tully, NY

Description: Offers campers the choice of several program options including sports, science, nature, swimming, horseback riding, arts & crafts, boating, hiking, cookouts, theater and fishing. Transportation is available from Onondaga County.

Dates: One week sessions, from July 5th- August 13th, 9 am- 4:30 pm. Dates vary upon age.

Age range: Grades: 1st- 5th (\$225), 6th- 8th (\$230), 8th- 12th (\$80 or \$90 depending on week)

Cost: Varies according to membership, in which girls can choose to become members when registering. Scholarships are also available for all ages.

People with Disabilities: Open to girls who have disabilities on an individual basis, reasonable accommodations available.

Contact: Sarah Stinnette at 698- 9400 or visit their website at www.gscny.org

Huntington Family Center, Inc.

Location: 405 Gifford St., Syracuse, NY 13204

Description: The Huntington Family Center is a non-for-profit organization, with a program for children that involves a variety of outdoor activities at local parks such as sports, projects, games, arts & crafts, field trips and more. Each Wednesday the group will be going to a different beach. Lunch is provided by City Lunch through the school district. The theme this summer is "Around the World", which will consist of a different country each week.

Dates: July 6th- August 14th, from 9 am- 4 pm.

Age range: 5-12 years old.

Cost: FREE

People with Disabilities: Accepts children with disabilities.

Contact: Office at (315) 410- 0221 or visit their website at www.huntingtonfamilycenters.org

Jewish Community Center (Camp Rishon)

Location: Thompson Rd, Dewitt, NY

Description: A variety of programs are available. Brochures with extensive list of choices and applications can be obtained by calling the JCC. Many of the camps have weekly themes. The camps must be paid in full two weeks prior to the start of camp.

Dates: One week sessions, from June 28th- August 20th, Monday through Friday. 9 am- 4 pm (unless otherwise specified below). Extended hours: 7:30 am- 9 am (Early Care) and 4 pm- 6 pm (Late Care).

Age range & Cost: See below for details. Different price levels based upon membership/non-membership status.

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: Lori Innella-Venne at 445- 2360 ext. 120 or visit their website at www.jccsyr.org

Early Childhood Development Camps: Ages: 6 weeks- 5 years old.

Cost: Prices vary, call for more information.

Times: 7:30 am- 6 pm, 7:30 am- 1 pm, 9 am- 3:45 pm or 9 am- 1 pm.

Nitzanim Camps: Enjoy arts & crafts, sports, games, Israeli culture, drama, nature, Red Cross swimming, Shabbot celebration and weekly field trips.

Ages: Grades 1st- 6th. **Cost:** Members: \$147, Non-Members: \$191.

Specialty Camps: Children can enjoy activities such as Red Cross swim instruction, sports, dance, fishing, arts & crafts, horseback riding, and gymnastics. Space is limited.

Ages: Varies upon specialty camp. **Cost:** Members: \$177, Non-Members: \$282.

School Aged Camps: A variety of camp choices are offered to meet the needs of children's interests.

Ages: Grades 1st- 6th. **Cost:** Varies from \$147- \$282, call for more information.

Teen Camps: **Ages:** Grades 7th- 10th. **Cost:** Members: \$180, Non-Members: \$230.

Teen Transformation Challenge: **Dates:** July 5th- August 13th, 9:30 am- 3:30 pm.

Ages: Grades 7th- 10th. **Cost:** Members: \$600 and Non-Members: \$750.

There is also availability to become a **Camp Aide** (ages 14 and up) or a **Counselor In Training (CIT)** (ages 15 and up).

Camp Iroquois

Location: East Area YMCA's Outdoor Summer Camp, Camp Iroquois, 4795 Sweet Rd. Manlius, NY 13104

Description: Activities include horseback riding, archery, arts & crafts, canoeing, boating, sports, hiking, swimming, adventure course, and many more! Children must bring bag lunch. Transportation is available from various locations throughout Onondaga County and is included in the camp fee. May sign up for one session or all four sessions.

Dates: Two week sessions:

Session 1: June 28th- July 9th

Session 2: July 12th- July 23rd

Session 3: July 26th- August 6th

Session 4: August 9th- August 20th

Full day: 9 am- 4 pm. Braves Kindercamp(Half day): 9 am- 12 pm.

Extended care hours: 7:30 am- 9 am (\$15 fee) and 4 pm- 6 pm (\$25 fee).

Age range: 3- 14 years old.

Cost per session: Full day: Members: \$310, Non-Members: \$365. Half day: Members: \$155, Non-Members: \$180. Multi-child discount is 15%, call for more information.

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: Ann Marie at (315) 637- 2025 ext. 210 or visit their website at

www.campiroquois.org Brochures and bus schedules are also available at the front desk at the East Area YMCA.

Camp Ramapo

Location: Rhinebeck, NY, two hours from New York City.

Description: Campers enjoy canoeing, swimming, hiking, camping out, arts & crafts, and other activities, which are individualized to each child's abilities. They improve learning skills in the Reading Center and Discovery Center. Must fill out applications and other required forms. There is transportation available from New York City only.

Dates and Cost: Two week session (June 27th- July 9th) Cost: \$2,500. Two, three week sessions (July 11th- July 30th, August 1st- August 20th) Cost: 3,750. One week session (August 22nd- August 28th) Cost: 1,400.

Age range: 4-16 years old, depending on the review of the application, Teen Leadership often goes beyond age 16. See below for details.

People with Disabilities: Not-for-profit organization serving children with special needs who may typically demonstrate learning, emotional or behavioral challenges.

Contact: Call (845) 876- 8403 or visit their website at www.ramapoforchildren.org

Early Adventure: Ages: 4-6 years old.

Summer Adventure: Ages: 7-14 years old.

Teen Leadership: Ages: 14 and up years old.

Rochester Museum and Science Center

Location: Rochester, NY

Description: Offers hands-on opportunities to explore everything from robots and fossils to kitchen chemistry. It's a great experience to enjoy science, nature and technology all in the same facility, while having fun! Lunch is not provided. Scholarships are available, based on application process. Registration is required. See below for more details on specific camps.

Dates: Eight, one week sessions, July 5th- August 27th, Monday through Friday.

Age range: 2-14 years old.

Cost: Rates vary. Call for more information.

People with Disabilities: Accepts children with disabilities on an individual basis, please call prior to make sure it is accessible for your child.

Contact: Call (585) 697- 1942 or visit their website at

www.rmssc.org/Experiences/Camps/

Members receive \$10 off full day camps and \$5 off Mini and Almost camps.

Full Day Camps: Ages: 6-15 years old or children entering grades 1st- 10th.

Times: 9 am- 4 pm. Extended hours: 8 am- 9 am and 4 pm- 5:30 pm, with an additional charge of \$20 per session.

Mini-Camps: Ages: 2-7 (2-3 year olds: parent with child is \$65 and \$32 for additional child). Times: Morning: 9:30 am- 11:30 am. Afternoon: 12:30 pm- 2:30 pm.

Almost Camp: Ages: 5-7 years old or entering Kindergarten and 1st grade.

Times: 9 am- 2:30 pm.

Salvation Army School Age Program

Location: 749 South Warren St., Syracuse, NY 13202

Description: Engages children in age and developmentally appropriate activities which include outdoor activities, special programs, reading and writing, big screen movies, field trips, computers and table games. Breakfast, lunch and snack are provided.

Dates: Last day of school (June 24th) to the first day of school (September, date to be announced). Center is open from 7 am- 5:30 pm daily.

Age range: 5- 12 years old.

Cost: \$155/wk. Can be paid in full if paperwork is complete and accepted through DSS to pay for childcare. If not accepted, families may apply for a United Way grant scholarship from Child Care Solutions.

People with Disabilities: Accepts children with an IEP (Individualized Education Program) and is accessible for children with a variety of disabilities.

Contact: (315) 479- 1334 or visit their website at www.salvationarmyusa.org

Camp Y-Noah (North Area YMCA)

Location: North Area Family YMCA- Wetzell Rd. Liverpool, NY

Description: Children can enter the outdoor day camp where they enjoy a fun, active and social atmosphere with plenty of activities and field trips.

Dates: Eight week sessions, from June 28th- August 27th, 9 am- 4 pm. Can register for one week or all eight weeks, the choice is yours!

Age range: Children who have completed Kindergarten to children who have completed 6th grade.

Cost: Members: \$146/wk and Non-Members: \$166/wk. Regular hours: 9 am- 4:30 pm. Extended hours: 7 am- 9 am and 4:30 pm- 6 pm, for an additional charge of \$15.

People with Disabilities: Accepts children with disabilities. Camp Y-Noah is licensed by the NYS Health Department and staff are carefully selected, screened and trained.

Contact: Holly Kontak at (315) 451- 2562 or email hkontak@northareafamilyymca.org

North Area YMCA Summer Fun Club: Same information as above except:

Location: Roxboro Elementary School, Mattydale, NY.

Cost: Members: \$120/wk and Non-Members: \$140/wk. Regular hours: 9 am- 4 pm. Extended hours: 7:30 am- 9 am and 4 pm- 6 pm, for an additional charge of \$15.

Y-Kids Camp

Location: East Area Family YMCA, Fayetteville, NY

Description: Campers will enjoy themed activities each week that include arts & crafts, gym games, swimming and a weekly field trip. Everyday, each camper will need to bring a bagged lunch, bathing suit and towel, snack and sneakers.

Dates: One week sessions, from June 28th- September 3rd. Regular hours: 9 am- 4 pm.

Age range: 4-8 years old.

Cost: Members: \$145/wk and Non-Members: \$175/wk. Extended hours: (4-12 years old) 7 am- 9 am, 4 pm- 6 pm, each is an additional \$20/wk.

People with Disabilities: Accepts children on an individual basis, please call for more information.

Contact: Kerry Coleman-Herrick at (315) 637- 2025 ext. 215 or visit their website at www.eastareafamilyymca.org

Y-Arts Camp

Location: East Area Family YMCA, Fayetteville, NY

Description: Campers will enjoy the Arts Studio for a full week with two teaching artists and experience a wide range of art media. Daily activities will also include gym games, outdoor time (weather permitting), free swim in the Activity Pool, and the waterslide on Fridays. Campers are welcome to sign up for multiple weeks, but space is limited to 18 children per week.

Dates: Eight weeks of camp, from June 28th- August 20th.

Age range: 8-12 years old.

Cost: Members: \$160/wk and Non-Members: \$190/wk, from 9 am- 4 pm Mon-Fri.

People with Disabilities: Accepts children on an individual basis, please call for more information.

Contact: Kat Kane at (315) 637- 2025 ext. 216 or visit their website at www.eastareafamilyymca.org

Summer Zoo Camp

Location: Rosamond Gifford Zoo, Syracuse, NY 13204

Description: Kids participate in hands-on activities, games, and crafts and interact with animals and staff at the Zoo. Camp instructors are experienced, enthusiastic staff and each session has a 1:8 adult to child ratio. Zoo Camp offers your child a unique opportunity to experience all the Rosamond Gifford Zoo has to offer! These fun, educational camps fill up quickly, so don't delay! Pre-registration is required and allow up to 2 weeks time for application to be processed. Call if you would like to receive a brochure in the mail.

Dates: Weekly sessions from July 5th- August 20th. Children are grouped by age.

Age range: Entering grades K- 9th.

Cost: See details below.

People with Disabilities: Is accessible and accepts children with disabilities. Staff are **not** certified to administer medication.

Contact: Liz Schmidat (315) 435- 8511 ext. 205 or visit their website at www.rosamondgiffordzoo.org

Half day: Entering Kindergarten only, either 9 am- 12:30 pm or 1 pm- 4:30 pm.

Members: \$115/wk, Non-Members: \$135/wk.

Full day: Entering grades 1st- 9th, 9 am- 4:30 pm. Members: \$195, Non-Members: \$215.

Extended hours: 7:45 am- 9 am, 4:30 pm- 5:15 pm, each is an additional \$25/wk.

OVERNIGHT CAMPS

Campfire Residential Camp

Location: Camp Talooli, 520 County Route 54 in Pennellville, NY.

Description: Campers check into camp on Sunday evening (between 6 pm- 8 pm) and stay overnight in our cabins until Friday afternoon at 4:30 pm. Overnight campers enjoy swimming, boating, nature, arts & crafts, archery, challenge course, special themed programming, campfires with skits and songs, dining hall meals, evening programs, and learning to live and make decisions with other children their age.

Dates: One week sessions, from July 4th- August 13th.

Age range: For children who have complete 2nd grade to no older than 12 years old. The Counselor-In-Training program at Camp Talooli provides teens between 13 -15 years old to participate in a combination of leadership, team building, and child development objectives. Through the program, CIT's gain the skills necessary to become a staff member at camp. With a bit more freedom than younger campers and exciting and fun objectives, being a CIT is an unforgettable experience.

Cost: \$310/wk.

People with Disabilities: Integration program; it is best to schedule an appointment and visit the site prior to camp. Call for more information.

Open House Dates: Sunday, May 2nd and Sunday, June 6th from 1 pm to 5 pm.

Contact: Kristen Smith at 463- 8799 or visit their website at www.campfireusacny.org

Camp Northwood and Northwood Center

Location: 132 State Route 365, Remsen, NY 13438

Description: Camp Northwood's program intentionally focuses on providing quality programming designed to foster age appropriate social skills, self-esteem and independence while at the same time, offering traditional summer camp experiences. In order to achieve our social developmental goals, campers must immerse themselves in our supportive social environment. Camp Northwood provides a support system that allows children to have successful experiences while participating in a variety of traditional camping activities. Most importantly, our campers crave a sense of normalcy and opportunity to belong to a community of peers, which is available in our traditional camp setting and under the supervision of staff.

Dates: July 5th- August 22nd.

Age range: 8-19 years old.

Cost: \$9, 025. Capacity: 140.

People with Disabilities: Northwood programs specialize in working with non-aggressive children who may have forms of minimal learning issues. All of our campers experience delayed social development, weak executive functioning and poor organizational skills. The camp program is socially therapeutic within nature.

Contact: Gordon Felt, Camp Director, at (315) 831- 3621, email at northwoodprograms@hotmail.com or visit their website at www.nwood.com

The Northwood Center: Same information as above, except:

Description: The Northwood Center is a seven week life skills training experience for young adults preparing to make a post-secondary school transition away from home. This comprehensive program gives students an opportunity to develop independent living skills under the watchful eye and supervision of our staff.

Age range: 16- 21 years old.

Cost: \$9, 325. Capacity: 24.

Camp Good Days and Special Times

Location: 356 Midler Ave. Syracuse, NY 13206 (Junior Good Days) and other residential camps are located on Keuka Lake, with transportation provided.

Description: Camp Good Days and Special Times provides programs and services for children, adults and families, whose lives have been touched by cancer and other life threatening challenges through residential camping programs. There are many camps to choose from, including eight children/ youth camps, three adult camps and one family camp.

Dates: April- October.

Age range: 4- 39 years old, depending on the program. Children (ages 4- 7), Youth (ages 8- 17) and Adults (ages 18- 39).

Cost: FREE

Contact: Call (315) 434- 9477 (Syracuse Office) or visit their website at www.campgooddays.org/Programs/ for more information on the variety of camps and programs offered, as well as dates and times of the camps located on Keuka Lake.

Junior Good Days: The program operates out of the Syracuse camp office. Children enjoy daily activities such as visits to the Zoo, Museums, movies, parks and other area attractions. **Ages:** 4- 7 years old. **Dates:** August 9th- August 12th. Starts between 8 and 8:30 am and ends between 3 and 5 pm, depending on daily activity.

Kamp Kiwanis

Location: 6 miles north of Rome, NY. 9020 Kiwanis Rd, Taberg, NY 13471

Description: Kamp Kiwanis is co-ed and aimed at providing fun, physical exercise and adventure. It strives to afford opportunities to participate in a creative outdoor group experience in a democratic setting and develop characteristics of leadership and fair play. It is non-competitive with emphasis on group and team building. No activity is forced, but all are encouraged. Children and adults will enjoy swimming, fishing, arts & crafts, camp fires, sing-alongs, skits, boating and other nature activities. Transportation is provided, call for more information. 1:8 staff-camper ratio.

Dates, Age range and Cost: See below for details.

People with Disabilities: Kamp Kiwanis serves youth and individuals with many forms of disabilities and health impairments. All Special Kampers are mainstreamed during regular camping sessions, but Kamp Kawanis is not specifically for people with special needs. Please contact us to discuss if we can provide a safe and enjoyable experience for your Kamper.

Contact: Phone: (315) 336- 4568, fax: (315) 336- 3845, email: kamp@kiwabis-ny.org or visit their website at www.kiwanis-ny.org

Youth Kamp: Ages: 8-14 years old. **Dates:** Six, one week sessions, from July 11th- August 21st. **Cost:** \$525 per child with transportation, or \$425 for drive-ins. Capacity: 130.

Adult Kamp: Ages: Dates: 18 years old and up. June 27th- July 2nd, July 4th- July 9th. **Cost:** Week long program is \$700 and \$150 for busing service. Capacity: 45.

Camp Loyaltown

Location: Camp Loyaltown, AHRC, Glen Avenue, Hunter, NY 12442

Description: The camp is located in the Catskill Mountains of New York. Our philosophy is to provide our campers with a fun, safe, and stimulating vacation, which is why we offer a 1:2 to 1:3 staff camper ratio. We offer traditional camp programs such as swimming, boating, A&C, ceramics, woodworking, fabric arts, dance, music drama, athletics, recreation, nature and cooking.

Dates and Age range:

Session 1: June 26th- July 10th (For children, ages 21 and younger, living at home)

Session 2: July 10th- July 24th (For adults, ages 21 and over, living at home or in a community residence)

Session 3: July 24th- August 7th (For independent adults, ages 21 and over)

Session 4: August 7th- August 21st (For children and adults, under the age of 28)

Session 5: August 24th- August 29th (For first time campers, ages 4- 20 years old)

Cost: For Nassau County Residents: One, two week session: \$1,760, additional two week session: \$3, 605. Session 5 (one week): \$825. For Out-of-County Residents: One, two week session: \$3,605. Session 5 (one week): \$1,545.

People with Disabilities: Camp Loyaltown is a private, nonprofit, summer residential, respite camp which cares for children as young as 4 years old through adults in their 80's who have developmental and other disabilities. Camper's functional levels range from mildly developmentally disabled through severely disabled.

Contact: Paul Cullen, Director, at (518) 263- 4242, email at camp@ahrc.org or visit their website at www.ahrc.org/camployaltown0.0.html

Camp Whitman

Location: 150 Whitman Rd on Seneca Lake, one hour from Syracuse.

Description: This Christian summer camping experience is for children, youth, adults and places emphasis on each camper's development. Our purpose is to provide personal and spiritual growth for each camper. Multiple themed camps are available throughout the summer as well as integrated camping activities.

Dates: One week sessions, from July 4th- August 20th.

Age range and Cost: Grades 3rd- 12th: \$315/wk.

Additional camps for people with disabilities (11- 60 years old): \$395/wk.

Cost varies depending on camp, call for more information.

People with disabilities: Have specific camps for people with developmental disabilities, which help the campers become more independent in self- care skills, direction and communication. Mobility is required. Call for more information.

Contact: Karen Jensen at 536- 7753, email at kjensen@presbyteryofgeneva.org or visit their website at www.campwhitman.org

Empire State Special Needs Experience, Inc. at Lions Camp Badger

Location: 725 LaRue Rd. Spencer, NY 14883

Description: State Educational Program, with a full time medical staff on hand. Teachers create specific goals and objectives for each child, with a 6:3:1 (campers, aids, teacher) ratio. A variety of camp activities are held such as cookouts, field trips, camp fires, swimming, canoeing and much more!

Dates: July 5th- August 14th. Day camp: 9 am- 3:30 pm, with a lunch break at noon.

Age range: 12- 21 years old, enrolled in a twelve month special education program.

Cost: With a twelve month IEP Day camp is State Funded.

Overnight Camp: \$4,620. Without a twelve month IEP: \$7,860.

People with Disabilities: Does accepts people with a wide range of disabilities and is accessible.

Contact: Toll free at (800) 232-7060 or (607) 589- 4800, email at

loinscampbadger@frontiernet.net or visit their website at www.lionscb.org

Epilepsy Foundation: Camp EAGR

Location: The camp is located near Warsaw, New York in Genesee County at the YMCA's Camp Weona.

Description: Camp EAGR is a summer residential camp for boys and girls who have epilepsy, regardless of seizure control, who are ambulatory and capable of caring for their own personal needs. The camp gives campers an unforgettable opportunity to learn more about themselves and others with epilepsy while providing them with a traditional

summer camp experience. Activities include arts & crafts, canoeing, swimming, nature, horseback riding, campfires, astronomy, organized sports, epilepsy education and peer support. 3:1 camper staff ratio.

Dates: August 15th - August 21st

Age range: Co-Ed camp for ages 8- 17 years old who have epilepsy, regardless of seizure control.

Cost: \$400. There are full or half tuition scholarships available to help offset cost so every child is able to attend.

People with Disabilities: Medical staff members on-site are a consulting neurologist, registered physician assistant and 2-3 nurses for daily distribution of medication and basic first aid. Camp Weona is certified by the NYS Health Department and is accredited by the American Camping Association. In addition, the camp has emergency medical technicians and is about 16 miles from Wyoming County Community Hospital. All staff members receive special training in seizure recognition, first aid, and camp emergency procedures.

Contact: Mike Radell, Camp Director, at (800) 724- 7930 or visit their website at www.Epilepsy-uny.org

High Esteem's Camp Goodwill (HECG)

Location: 5755 State Route 13 South (Falls Boulevard), just outside of Chittenango, NY

Description: The organization provides summer residential camping programs and activities for campers. The main focus is the needs of the children and young adults as well as how we can help them enjoy life. The purpose of the organization is to provide recreational, as well as therapeutic programs, to children and young adults with physical disabilities and/or special needs, along with their families.

People with Disabilities: We help children and young adults with special needs to develop or enhance coping skills, self advocacy skills and other necessary life skills, in a non-threatening, interactive and a recreational environment.

Contact: (315) 655- 9735, email at HECG@aol.com or visit their website at www.hecg.org

Camp Hilltop

Location: Hancock, NY

Description: Our daily program exposes campers to a multitude of opportunities and we encourage choice and change on a regular basis. Campers can develop impressive new skills, feel group spirit and togetherness, keep the pace or relax, and deepen new friendships. Activities include plenty of outdoor adventure, horseback riding, arts & crafts, water sports, music and drama, campfires, casino nights, talent shows and much more! Every activity starts with safe equipment, sensible rules, and excellent supervision. Has a 4:1 camper staff ratio.

Dates and Cost: Choose from 2, 3, 4, 6, or 8 weeks of camp. See below for details.

Age range: 6- 16 years old.

People with Disabilities: We have a licensed nurse on-site at all times, and local physicians on call at a hospital near camp. Can accommodate children with specific needs, call for more information. Not accessible for children using wheelchairs or who have limited mobility.

Contact: (607) 637- 5201 or visit their website at www.camphilltop.com

8 weeks: June 27th- August 21st: \$6,600.

6 weeks: June 27th- August 7th or July 11th- August 21st: \$5,200.

4 weeks: June 27th- July 24th or July 11th- August 7th: \$3,860. July 25th- August 21st: \$3,650.

3 weeks: July 4th- July 24th or July 25th- August 14th: \$3,000.

2 weeks: June 27th- July 10th, July 11th- July 24th or July 25th- August 7th: \$1,960. August 8th- August 21st: \$1,880.

All first time Hilltop campers receive a 5% discount!

Holmes Presbyterian Camps

Location: 60 Denton Lake Rd., Holmes, NY 12531

Description: Is a welcoming Christian camp, which develops self-esteem and self-confidence through Bible studies, respect and responsibilities. Through education, with an emphasis on learning, children will experience new positive changes and mental growth.

Dates: July 4th- August 14th.

Age range: Entering 1st grade through graduating seniors, adults and families.

Cost: Varies from \$285 to \$1,100, depending on age and type of camp. Scholarships are also available.

People with Disabilities: Are accepting, depending on the needs of the child. Call for more information.

Contact: (845) 878- 6383, email at Holmes@HolmesCamp.org or visit their website at www.HolmesCamp.org

Lourdes Camp/ Catholic Youth Organization

Location: Lourdes Ten Mile Point, Skaneateles, NY 13152

Description: The mission of Lourdes Camp, which is under the auspices of the Roman Catholic Diocese of Syracuse, is to provide an opportunity for youngsters to grow spiritually, physically, emotionally and socially in a wholesome, caring, outdoor environment. It is a learning experience filled with fun and excitement, available to boys and girls of all faiths. Children will enjoy activities such as arts & crafts, sailing, basketball, canoeing, tennis, soccer, volleyball, pontoon boating, archery, hiking, horseback riding, swimming and the ropes course challenge (\$50 fee).

Dates and Cost: See below for more details.

Age range: 7- 14 years old. See below.

People with Disabilities: Accepts children on an individual basis. There is extra staff to help and is accessible for children with special needs. Call for more information.

Open House Date: June 5th, from 2pm- 5pm.

Contact: Michael Preston at (315) 434-1812, email at Lourdes4me@aol.com or visit their website at www.lourdescamp.org

Residential Camp:

Week 1: July 4th- July 9th

Boys: ages 7- 14

Girls: ages 7- 12

Week 2: July 11th- July 17th

Boys: ages 7- 14

Girls: ages 7- 12

Week 3: July 18th- July 23rd

Boys: ages 7- 12

Girls: ages 7- 14

Week 4: July 25th - July 31st Boys: ages 7- 12 Girls: ages 7- 14
Week 5: August 1st - August 6th Boys: ages 7- 12 Girls: ages 7- 14
Week 6: August 8- August 14th Boys: ages 7- 12 Girls: ages 7- 14
Week 7: August 15th - August 21st Boys: ages 7- 12 Girls: ages 7- 14
Cost: Weeks 1, 3, 5: \$325/wk. (includes a \$75 deposit) Weeks 2, 4, 6, 8: \$335/wk. (includes a \$75 deposit).

Day Camp:

Week 1: July 5th - July 9th
Week 2: July 12th - July 16th
Week 3: July 19th - July 23rd
Week 4: July 26th - July 31st
Week 5: August 2nd - August 6th
Week 6: August 9th - August 13th
Week 7: August 16th - August 20th

Cost: \$200/wk. (includes a \$75 deposit). **Age range:** 7- 11 years old.
Times: 9:15 am- 4:30 pm. Transportation is available, call for more information.

Rochester Rotary Sunshine Camp

Location: 809 Five Points Rd., Rush, NY 14543

Description: This camp has been spreading sunshine for years! Activities include hiking, fishing, arts & crafts, dance, drama, recreational swimming, basketball, nature/ environmental studies, golf, boating, camping, ropes course and much more!

Dates: Session 1: July 18th - July 23rd (ages 7- 14). Session 2: July 25th - July 30th (ages 14- 21).

Age range: Co-ed, 7- 21 years old.

Cost: The agency raises funds to provide the camp free to families

People with Disabilities: Accepts children with a variety of mental and physical disabilities.

Contact: Tracey Dreisbach at (585) 546-7435 ext. 215 or visit their website at www.sunshinecampus.org

Rotary International: Camp Haccamo

Location: 809 Five Points Rd., Rush, NY 14543 (Sunshine campus)

Description: Camp Haccamo was created to provide a camping experience for individuals who might not have the opportunity to go to other traditional residential camps. We offer enriching summer fun activities as well as high quality care for children and young adults with developmental disabilities.

Dates: Session 1: August 9- August 27th (ages 7- 17), Session 2: August 16th - August 20th (ages 18- 28), Session 3: August 23rd - August 27th (ages 7- 17).

Age range: 7- 28 years old.

Cost: The agency raises funds to provide the camp free to families

People with Disabilities: Accepts children and adults with disabilities.

Contact: (585) 381- 5710 ext. 101, email at lhoyt@camphaccamo.org or visit their website at www.camphaccamo.org

Schuyler County Cornell Cooperative Extension

Location: Hidden Valley 4-H Camp, 323 Owego St., Unit 5 Montour Falls, NY 14865

Description: It is our goal to make your child's stays at 4-H Camp the highlight of their summer. We strive to create a community in which all campers are actively involved 100% of the time. They have the opportunity to get involved and interact with other children.

Dates: Six, one week sessions. See below for details.

Age range: 8- 15 years old, with 16 and 17 year olds for CIT program.

Cost: Residential camp is \$285/wk. CIT program is \$600 total.

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: (607) 535- 7161, email at hiddenvalley4hcamp@cornell.edu or visit their website at www.hiddenvalley4hcamp.org

Week 1: July 11th-16th

Week 2: July 18th-23rd

Week 3: July 25th-30th

Week 4: August 1st-6th

Week 5: August 8th-13th

Week 6: August 15th- 20th

VanderKamp Center/ Summer Program

Location: 337 Martin Rd., Cleveland, NY 13042

Description: Vanderkamp offers an experience that provides a unique selection of programs, the opportunity to grow as an individual discovering new interests and budding independence, developing new skills, and making new friends, as well as renewal, recreation, and relaxation, spiritual growth and faith formation within a Christian community. Activities include nature, arts & crafts, music, storytelling, campouts, archery, soccer, volleyball, drama and skits, biking, kayaking and much more!

Dates: Sessions range from July 4th- August 13th.

Age range: A variety of camps offered to children 7- 18 years old.

Cost: Registrations before May 1st (and paid in full): One week session: \$359. Two week session: \$719. Registrations after May 1st: One week session: \$385. Two week session: \$745.

People with Disabilities: Accepts children with disabilities on a first come, first serve basis.

Open House Dates: Sunday, April 25th, from 1 pm to 4 pm and Sunday, May 23rd, from 1 pm to 4 pm

Contact: (315) 675- 3651, email at vkcenter@localnet.com or visit their website at www.vk.org

Wellness G.I.F.T.S.

Location: 7531 County Route 13, Bath, NY 14810

Description: Camping Retreat Program that "Gives Inspiration For The Soul" to families who have members with special needs. The Retreats provide education, therapeutic and recreational activities for the entire family.

Dates: June 18th - June 20th, July 23rd - July 25th, August 27th - August 29th, and September 24th - September 26th.

Age range: 0- 18 years old.

Cost: Children (4-17 years old): \$50. Adults: \$70. Personal Care Attendants: \$60.

Scholarships are available. There is lodging and other services for an additional fee, call for more information.

People with Disabilities: The camping retreats focus on families who have individuals with developmental disabilities.

Contact: (607) 776- 3737 or visit their website at www.giftsretreats.com

SUMMER SCHOOL/ LEISURE LEARNING

New Visions Program for Continued Education, A College for Living Program

Location: Onondaga Community College

Description: New Visions is a week long “full time” college experience for students with developmental disabilities. Students reside on campus, sleep in air-conditioned residence halls, eat at the cafeteria, and integrate with other summer school students and participants of summer programs. Our goal is to provide a safe but stimulating learning environment, packed with choices and opportunities to allow each student to understand and enjoyably apply the independent living and social skills that are stressed in the classes. After a week of course work, activities and community experience culminate with yearbooks, a prom and a graduation ceremony complete with caps and gowns.

Dates: August 1st - 6th or August 8th - 13th.

Age range: 18 years old and over.

Cost: Tuition: \$526 and Room and Board: \$250.

People with Disabilities: Students with developmental disabilities who are motivated to learn and grow in a structured, integrated environment will succeed at New Visions.

There are a variety of classes that follow a schedule throughout each day of the week.

Contact: Amy Mech at (315) 498- 6022, email at mecha@sunyocc.edu or visit their website at www.sunyocc.edu

Epilepsy Foundation: Epilepsy School Alert

Description: It's never too early to teach children about epilepsy. School Alert provides an in-depth look at seizures, first aid measures and ways to prevent epilepsy. This free program makes a great hands-on presentation, which includes a trained speaker, the viewing of a first-aid video and time for discussion. School Alert can provide emotional support for the child with epilepsy by displaying an attitude of acceptance. It can also provide basic education about an often-misunderstood disorder for the classroom that does not have a member with epilepsy. When children have seizures...understanding makes a difference.

Dates: November is a great time because it's Epilepsy Awareness Month.

Age range: Appropriate for children of all ages.

Cost: FREE presentations available. Call for more information.

Contact: Syracuse: (315) 477- 9777, Rochester: (585) 442- 4430, Binghamton: (607) 723- 4203 or visit their website at www.epilepsyfoundation.org/local/efneny/schoolalert.cfm

Learning Disabilities Association of CNY

S.A.I.L. Summer Adventures in Learning

Location: Pine Grove Middle School East Syracuse

Description: S.A.I.L. features classes designed to enable students with learning difficulties to help them succeed and maintain their skills during the summer months. The classes are offered in a small relaxed environment, taught by teachers trained in learning disabilities. Emphasis will be on self-advocacy, independence and individual learning styles.

Dates: July 6th- August 12th

Age range: 6- 14 years old.

Cost: Varies, depending on the amount of classes taking.

	Members:	Non-Members:
3 Classes	\$365	\$445
4 Classes	\$465	\$540
7 Classes	\$710	\$790

People with Disabilities: Accepts people with learning disabilities. Call to see if your child can be accommodated.

Contact: Diane, Program Director at 432- 0665 or visit their website at www.ldacny.org

Empire State Speech and Hearing Clinic through Lions Camp Badger

Location: 725 LaRue Road, Spencer, NY 14883.

Contact: Carla at 1(800) 232-7060 or (607) 732- 7069, email at

lionscampbadger@infoblvd.net or visit their website at www.lcbf.org

PHYSICAL ACTIVITIES

Baseball, Instructional

Challenger Little League

Location: 6302 Carson Drive, East Syracuse. Games will occur at various fields in Onondaga County.

Description: The Challenger Baseball program is an official Little League program under the sponsorship of the local District 8 Little League. We have six teams for all children and two "Senior" teams for children who want to experience a more difficult level of play. The purpose of the program is to allow all these wonderful kids to enjoy the game of baseball in a relaxed setting that is supervised by coaches and parents.

Dates: June 15th- August 16th.

Age range: 5- 21 years old.

Cost: FREE!

People with Disabilities: Program is for children with various disabilities

Contact: Dom Cambareri at 433- 5176, email at dcambare@twcny.rr or visit their website at www.eteamz.com/syracusechallengers/index.cfm

Basketball, Syracuse Flyers

Syracuse Flyers Wheelchair Sports, Inc.

Location: Syracuse Northeast Community Center Office, 716 Hawley Avenue, Syracuse, NY 13203

Description: Non-profit organization that strives for the expansion of wheelchair sports by informing potential athletes of the opportunities available. The purpose of Syracuse Flyers Wheelchair Sports, Inc. is to initiate, stimulate & promote the growth & development of wheelchair sports for people with physical disabilities in Central New York.

Dates: Operates year round, with weekly practices, Tuesdays from 6 pm- 8 pm.

Age range: Call for more information.

Cost: FREE! Corporation is run by volunteers & is 100% dependent on the financial assistance from the public.

People with Disabilities: All people with disabilities from people with high level quadriplegia & low level paraplegia, as well as people with permanent back injuries, can discover a satisfying sports outlet suited to their desires & capabilities.

Contact: Call 472- 6343, email at syracuseflyers@aol.com or visit their website at www.syracuseflyers.homestead.com/Home.html

Champions for Life

Location: P.O. Box 1228, Auburn, NY 13021

Description: Champions For Life Sports Center is offering Recreational Day Camps. It is a week designed to expose your child to many different sports and recreational activities that include gymnastics, golf, soccer, tennis, basketball, volleyball, dodgeball and much more. Camp includes a trip to nearby Everest Park for paddle boat races, fishing and hiking. There is also a variety of activities for children and adults outside of the camp setting as well.

Dates: Session 1: July 20th- July 23rd Session 2: August 17th- August 20th. From 9 am- 3 pm, Monday through Thursday.

Age range: Ages 6 years old and up.

Cost: \$95/wk. "Friends & Neighbors Discount": Sign up a group of five or more for the same week and receive a discount of \$20.00 per person.

People with Disabilities: Offers programs for children and adults with developmental disabilities.

Contact: Mike Henty at 252- 9305, email at Michael@championsforlife.org or visit their website at www.championsforlife.org

From the Ground Up: Therapeutic Horsemanship, Inc.

Location: P.O. Box 323, Jamesville, NY 13078

Description: From the Ground Up is dedicated to helping each individual achieve the highest level of independence that he/she is safely capable of and translating that into other aspects of life. The riding program and all other activities provide increased self-esteem, confidence, stress-relief, respect and bonding experiences.

Dates: Ten week session, starts April 26th (Monday, Wednesday, Friday) and a summer session will occur after that. Call for more information.

Cost: \$30 per session.

Age range: People of all ages.

People with Disabilities: Offers horse related activities and riding instruction to people with special needs.

Contact: (315) 655- 8943 or visit their website at www.ftguhorses.org

Horseback Riding: ASTRIDE

Location: Astride, Inc. P. O. Box 5241, Syracuse, NY 13220. Riding locations are at the Tanglewood Farm in LaFayette, NY and the Smoke Tree Farm in Lysander, NY.

Description: Participants are provided with a trained horse, adaptive tack and a team of volunteers (a certified riding instructor, horse leader and up to two side walkers) during each one hour session. While building self-esteem, participants will gain social skills and friendships with their peers in this positive learning environment, while also achieving growth.

Dates: Tuesdays (5:45 pm- 7 pm): June 22nd, 29th, July 6th, 13th, 20th, 27th, August 3rd, 10th. Wednesdays (5:30 pm- 6:30 pm): June 23rd, 30th, July 7th, 14th, 21st, 28th, August 4th, 11th. Thursday (6 pm- 7:15 pm): June 24th, July 1st, 8th, 15th, 22nd, 29th, August 5th, 12th.

Age range: 3 years old and up.

Cost: A fee is charged, call for more information.

People with Disabilities: Therapeutic riding program serving children and adults with developmental, physical or sensory challenges.

Contact: (315) 469- 1622 or visit their website at www.astride.org

Jogging, Syracuse Chargers Track Club

Location: Cedar Bay Park (Summer) and Manley Field House (Winter)

Description: Syracuse Developmental Center program. Open to community participants.

Dates: May through August, Tuesdays from 6:30 pm- 7:30 pm.

Age range: 17- 70 years old.

Cost: FREE

People with Disabilities: Accepts people with disabilities.

Contact: Pete at 422- 1037 or visit their website at www.syracusechargers.org/index.html

Special Olympics

Location: Variety of locations, depends on sport and county.

Description: Offers twenty-two sports to choose from. Athletes are trained by coaches for the Special Olympics with competitions on weekends. State games are held in Utica, NY for the 2010 season.

Dates: Year round training, practices last for eight weeks. Call for more information.

Age range: 8 years old and up.

Cost: FREE!

People with Disabilities: Olympic competitions offered to people with mental disabilities.

Contact: Megan Quinn at (315) 473- 2933

Spring FITKIDS Club

Location: Varies.

Description: A six week program designed to improve fitness and burn energy in a fun and safe setting led by Physical Education-certified, Fitness- certified and Recreation staff. Club sessions include sixty minutes of outdoor activities such as dance, sports, nutrition programs, tutoring and strength building exercises.

Dates: Begins April 26th, Monday- Thursday. 3:30 pm- 5 pm.

Age range: 8- 13 years old.

Cost: FREE

People with Disabilities: Accepts people with disabilities on an individual basis.

Contact: Call 473- 4330 or email at abbottc@ci.syracuse.ny.us

PARKS AND RECREATION

Note: The Parks and Recreation programs listed here have indicated a special interest in including people with disabilities. If your town's Park and Recreation program is not listed, you can call and inquire directly. See the blue pages of the phone book.

ACCESS PASS

An Access Pass permits residents of New York State with permanent disabilities to apply for free use of the parks, historic sites, and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation and the New York State Department of Environmental Conservation. Mail application to: Access Pass, State Parks, Albany, NY 12238. Allow eight- ten weeks for processing. For more information, call (518) 474- 2324 or visit their website at www.nysparks.com

Camillus Parks and Recreation

Description: A large variety of sports and recreational activities are offered by the Parks & Recreation Department year round. Offer amenities such as playgrounds, picnic pavilions, ball fields, swimming, ice skating, fishing, hiking, snowshoeing, cross country skiing, snowmobiling, horseback riding and summer youth programs.

Swimming: Open swimming is available at Veteran's Memorial Park at Gillie Lake and Camillus Park Pool during the summer months from 12 pm- 7 pm. Admission is \$3 (ages 18- 64), \$2 (ages 5- 17, and free for those aged under 5 or 59 and over. Season passes are also available.

Music in the Park: In mid-summer, Parks & Recreation Department hosts a free concert each Wednesday evening from 7 pm- 9 pm at Bicentennial Park at the Camillus Municipal Building. A new band performs each week, with popcorn and lemonade provided.

Summer Playground Program: Supervised activities for children in grades K – 6th, including games, crafts and field trips, conducted from late June to mid-August, Monday through Friday at East Hill Elementary School and Onondaga Road Elementary School.

Contact: Call (315) 487- 3600 or visit their website at www.townofcamillus.com

Baltimore Woods Nature Center

Location: Baltimore Woods Nature Center, P.O. Box 133, Marcellus, N.Y. 13108

Description: Family Memberships available, including a FREE subscription to “The Overlook” and a discount on programs. Anyone is able to use the trails for FREE.

Contact: Call Linda at (315) 673- 1350 or visit their website at

www.baltimorewoods.org

Central New York Parks and Recreation

Clark Reservation State Park: Located at 6105 East Seneca Turnpike, Jamesville, NY 13078. The park's natural features include rocky cliffs and outcrops, woodland and meadow, a wetland and a glacial plunge basin lake. Guided nature walks leave from the Nature Center building, which also offers numerous exhibits. Hikers may choose from five trails, including the cliff trail, which has a ledge overlooking the water. Call (315) 492- 1590 for more information.

Chittenango Falls State Park: Located at 2300 Rathbun Road, Cazenovia, NY 13035. Visitors can view the falls filled with bed-rock by walking along each trail on either side of the gorge to this scenic site. Activities include fishing, hiking and picnicking. Call (315) 655- 9620 for more information.

Green Lakes State Park: Located at 7900 Green Lakes Road, Fayetteville, NY 13066. Activities include a nature center, hiking, swimming, campsites and their golf course. Call (315) 637- 6111 for more information.

Old Erie Canal State Historic Park: Located at RD #2, Andrus Road, NY 13082. The terrain is woodland and wetland that present opportunities for hiking, picnicking, horseback riding, bicycling, canoeing, fishing, and snowmobiling. The park offers picnic pavilions and carriage rides by appointment. Facilities such as the Chittenango Landing Canal Boat Museum, the Erie Canal Village, and the Canastota Canal Town Museum are involved in preservation, interpretation, and recreation along the waterway. Call (315) 687- 7821 for more information.

Selkirk Shores State Park: Located at 7101 State Route #3, Pulaski, NY 13142. In addition to Great Lakes swimming, visitors can expect outstanding fishing and spectacular sunsets. Small and large boats are welcome and can be launched. Hiking and biking trails are also available. Call (315) 298- 5737 for more information.

City of Syracuse, Department of Parks, Recreation and Youth Programs

The Syracuse Department of Parks, Recreation & Youth Programs Department is the sole local government agency that is responsible for coordinating, administering, and staffing a variety of recreational and support programs. These goals are accomplished through Special Events, Senior Programs, Aquatics, Adult Programs, Ice Rinks, Golf, Youth Programs, Forestry and Grounds Divisions. **Youth Recreation:** Summertime youth recreation programs target boys and girls between the ages of 7 and 15, residing in neighborhoods surrounding the Community Centers and Summer Recreation sites. There are sport learning camps, swim lessons and basketball league available to any child interested. Some activities may include a fee. Call (315) 473-4330 or visit their website at www.syracuse.ny.us/parks/

Geddes Parks and Recreation

Playgrounds programs are available, as well as arts& crafts and bus trips. Free for Geddes residents, but fees for events may apply. Call (315) 468- 2528 or visit their website at www.townofgeddes.com

North Syracuse Parks and Recreation

The Village of North Syracuse Parks & Recreation Department strives to provide quality recreational, educational and social programming for residents of all ages.

Summer Recreation Program:

Locations: Ages 5- 9 will be placed at Lonergan Park and ages 9- 15 will be placed at Heritage Park.

Description: Children can enjoy weekly activities, arts& crafts, theme days, sports, field trips and special events. Children must bring a bagged lunch everyday.

Dates: 6 week program, June 28th - August 6th, 9:30 am- 3 pm.

Age range: 5- 14 years old.

Cost: Residents: \$60, Non-Residents: \$120.

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: (315) 458- 8050, email at parksdirector@northsyracuse.org or visit their website at www.northsyracuse.org

Onondaga County Parks and Recreation

Beaver Lake Nature Center: Nature trails and other programs are open everyday at 7:30 am, fees include \$3 per vehicle and \$24 for an annual pass.

Outdoor Adventure Program:

Location: 8477 East Mud Lake Road, Baldwinsville, NY 13027

Description: Fun-filled nature themed activities, arts & crafts, games and much more!

Dates: Weekly sessions run from June 28th - August 20th, with each week geared to a different age group. Full day (9 am- 3 pm) and Half day (9 am- 12 pm) sessions available.

Age range: K- 11th graders.

Cost: Members: Half day: \$65/wk, Full day: \$125/wk. Non-Members: Half day: \$80,/wk Full day: \$150/wk.

People with Disabilities: Accepts with disabilities children on an individual basis.

Contact: (315) 638- 2519, email at BLNC@ongov.net or visit their website at www.onondagacountyparks.com/beaver

Rosamond Gifford Zoo: Open daily from 10 am- 4:30 pm. Summer pricing: Youth (age 3 to 15): \$4.50, Young Adults (age 16 to 21): \$5, Adults (age 22 to 61): \$7, Seniors (age 62+): \$5, Children 2 and under: FREE. Memberships are also available. Call (315) 435- 8511 or visit their website at www.rosamondgiffordzoo.org for more information.

Carpenters Brook Fish Hatchery: Public fishing is available on Saturdays from April 17th - May 22nd, with a \$5 fee per person. Other fishing programs are offered for families, seniors and special needs groups throughout the summer months. Call (315) 689- 9367, email at cbfh@ongov.net or visit their website at www.onondagacountyparks.com/carpenters

Free Tram Rides at the Onondaga Lake State Park: Free Tram Rides starting May 8th. Equipment Rental: Includes tandem bikes, three wheel bikes and group bikes. There is also the Boundless Playground, which is designed and accessible for children. Call 453-6712 or visit their website at www.ongov.net for more information.

Van Buren Parks and Recreation: Offers a variety of recreation programs for all ages. Pool is open to the public.

Location: Van Buren Elementary School or McNamara Elementary School- your choice of site.

Description: The Summer Playground Program offers six weeks of a variety of daily activities including games, arts & crafts, music, sports, special events, field trips and more! Limited space is available per site.

Dates: July 6th- August 13th, Monday through Friday, 9 am- 2 pm.

Age range: 6- 14 years old.

Cost: Residents: \$30, Non-Residents: \$45. This covers the full six week program!

People with Disabilities: Accepts children with disabilities on an individual basis.

Contact: Call Sean Mosher at (315) 638- 4727 or visit their website at www.townofvanburen.com

This information is intended as a resource for families to assist with locating summer recreation experiences. It is not paid advertising. We were delighted to have OCC student Angela St. John update information by calling or checking websites. However, changes may have occurred since the information was last updated...please forgive any errors. For more information or if there is something you think we should add, please contact:

**Kelly Diemond, Director of Recreation, Respite and Quality Assurance
(315) 478-1462 x314 or kdiemond@contactefr.org**