

Spokane 2009 Summer Camp Recreational Directory



***For
Children
with
special needs***



SPOKANE COUNTY PARENT TO PARENT

The Mission of Parent to Parent

Parent to Parent programs offer emotional support and information about disabilities and community resources to parents who are just learning about or seeking new information on their child's disability, illness or special health care needs.

Through implementation of the Parent to Parent model: We utilize trained veteran parents of children with disabilities and/or special health care needs called "Helping Parents" who provide one-on-one emotional and/or informational support to new or referred parents who have a child with similar needs.



Parent to Parent

The Arc of Spokane
127 W. Boone Ave.
Spokane, WA 99201



509-328-6326; hblack@arc-spokane.org

Helen Black, Parent to Parent Coordinator



Spokane Parks & Recreation Dept. / Therapeutic Recreation Services

Funshine Day Camp

(509) 625-6245 • www.spokaneparks.org/recreation/specialized/index.htm

The Spokane Parks and Recreation Department sponsors Funshine Day Camp in Mission Park for children (ages 6-21) with developmental or physical disabilities. The focus is to provide recreation opportunities for creative use of leisure time. The goal is for campers to be safe, have fun and enlarge their personal interest areas. Call for a brochure and registration form.

Five sessions: June 26 - 26; June 29 - July 3; July 6 - 10; July 13 - 17; July 27– 31; Aug. 3 - 7 • 10 a.m.-3:30 p.m. • **\$109 per session**

Activities include swimming, sports, games, music, field trips, arts and crafts, and more. Lunch is provided and siblings are welcome. Family respite money from DDD is accepted

Adult Day Camp

(509) 625-6245

The fun of Funshine Day Camp in Mission Park for adults (ages 18 and up) with developmental or physical disabilities. Call for a brochure and registration form beginning in April.

One sessions: July 20-24 • 10 a.m.-3:30 p.m. • **\$109 per session**

Whitworth College Literacy Center

(509) 777-3228 or 777-3229

June 23 to July 31 (Monday through Thursday)

The Literacy Center is a community outreach program of the Whitworth College School of Education. It provides an affordable summer-school experience for children who have academic goals on their IEPs, who are learning English as a second language, or who are at risk of academic failure. A certified special education teacher manages classroom activities.

Student fees for the six-week program are \$50 per week per student.

Children 6-9 years old will attend morning sessions, 9 a.m. to noon Monday through Thursday.

Children 10-12 years old will attend afternoon sessions, 1 to 4 p.m. Monday through Thursday.

Parents must provide transportation and food for their children for snack time.

Enrollment is limited to 15 students for the morning session and 15 students for the afternoon session.

A completed application and advance registration are required. Applications and deposit fees are due by May 14.

Recreation Classes (Non-camp)

Therapeutic Recreation Classes

(509) 625-6245 • www.spokaneparks.org

Spring/Summer Recreation Activity Guide mailed in March. Check your local library or call Alice Busch at (509) 625-6245. Fun trips and events, socialization classes, unified sports and exercise classes, Wheelchair Basketball for Adults, Junior Wheelchair Basketball, Challenged Kids Softball for any child 7 to 18 with a physical or developmental disability and Play Ball for those 12 to 18 who are ready for more of a challenge. Softball games are at Mission Park, 1200 E. Mission Ave., for registration information contact Alice Busch.

Whitworth Aquatic Center

(509) 777-4778

This exceptional swimming facility offers private and group lessons. Accommodations are made for children with disabilities.

The Arc Community Center

116 W. Indiana Ave., Spokane

(509) 789-2247 x126

Individuals (ages 18 and up) with developmental disabilities can drop into The Arc Community Center in Spokane this summer or participate in activities full-time. The facility has a kitchen, community room and gym and there's cooking, crafts, games, and fun excursions like picnics and trips to Silverwood Theme Park. Call the Community Center to apply for membership.



Summer Schedule

Two sessions a day: 8:30 a.m.-noon and noon-3:30 p.m.

1—9 sessions = \$10 per session, 10—14 sessions = \$100 per month, 15—19 sessions = \$110 per month, 20—29 sessions = \$140 per month, 30+ sessions = \$210 per month

Camp Fire USA Inland Northwest Council

Camp Dart-Lo Day Camp

(509) 747-6191 • www.dartlo.org

This 51-acre day camp on the Little Spokane River north of Spokane is accredited by the American Camping Association. Camp Dart-Lo is open to all children (pre-school through grade 9), including those with special needs. Categories include Sandbox Preschoolers (ages 3-5), Wild Life (grades K-5) and Goonies (grades 6-9). "You Bet I Can" sessions (ages 5-21) mainstream children with physical, learning and developmental disabilities, and behavior disorders (must be toilet trained or provide an assistant). Early registration and family discounts available.

Summer Schedule (Monday-through-Friday sessions)

1-week sessions: June 22 – 26, June 29 – July 3, July 6 – 10, July 13 – 17, July 20 – 24, July 27 – 31, August 3 – 7, August 10 – 14, August 17 – 21 The cost for a one week session \$160 - \$200

You Bet I Can (special needs)

1-week session: June 29 - July 2 and Aug 10—14 • Cost is \$160 - \$200

- Build skills, try new activities, gain self-esteem by focusing on what you **can** do *credit*
- Youth with special needs are mainstreamed based on age and ability
- Volunteer teens and adults provide additional help when needed

Camp Sweyolakan Resident Camp

(509) 747-6191 • www.sweyolakan.org

The home of both resident and day camps, Camp Sweyolakan sits on 300 acres on the shore of Lake Coeur d'Alene. Open to all boys and girls (grades 1-12), families and those with special needs (including "You Bet I Can" camps for ages 6-25).

Summer Schedule You Bet I Can (Special Needs)

Pioneer Camp: July 20—24, Costs range from \$370 to \$470.

Gypsy 1: Aug. 10—14, Costs range from \$325 to \$425.

- Build skills, try new activities, gain self-esteem in an outdoor environment by focusing on what you **can** do

Camp Lutherhaven

Champ Camp Residential Camp

(208) 667-3459 www.lutherhaven.com

Camp Lutherhaven, a Christian camping facility on scenic Lake Coeur d'Alene eight miles south of Coeur d'Alene, Idaho, offers Champ Camp for campers with special needs from 8 years to young adult, who require one-on-one or extra attention. Weekend Champ Camp pairs campers one-on-one with a counselor buddy for the weekend to enjoy all the Christ-centered experiences of camp. Extended Champ Camp is a four-day program for campers who are ready for a longer experience. Family Champ Camp provides a weekend camp getaway for families. Campers are mainstreamed into full-camp activities as much as possible plus receive the space and individual assistance they may need to have a great summer camp experience! Personal care assistants must accompany campers who do not have bladder/bowel control or who need extra assistance with eating. Caregivers may attend with a camper for no additional charge.

June 28 – July 2, Limited space is available: June 21-26, July 5-10, July 12 - 17, July 19 – 24, July 26– 31, Aug.2—7, Aug. 9 - 14 cost \$281



Easter Seals Washington

Camp Stand By Me in Vaughn, Wash.

(253) 884-2722 • www.wa.easterseals.com

West of Tacoma, the Easter Seals camp in Vaughn has more than 40 years' experience providing residential camping for individuals with physical and developmental disabilities (ages 6-35+). There's a low camper-to-staff ratio when needed and lots of adaptive and accessible activities, including an indoor pool. For 2008 there are six sessions lasting six days and five nights between June 22 and Aug. 1. Cost is \$660 per session. There are two sessions lasting 8 days and 7 nights, June 13 – 20, August 3 -10. Cost is \$880.

More Camp Resources

Sending Your Child with Special Needs to Camp **What it is:** An article about getting ready to send your child with special needs to summer camp. How to share information with camp staff, what to pack, and dealing with anxiety and homesickness is discussed.

Organization: KidsHealth for Parents **Where you can find it:** www.kidshealth.org/parent/system/ill/sending_child_camp.html

Finding a Camp for Your Child with Special Needs **What it is:** A guide with information on the types of camps, the benefits of camps, how to search for and research a camp, and what questions to ask camp staff once you narrow down your choices.

Organization: KidsHealth for Parents **Where you can find it:** www.kidshealth.org/parent/system/ill/finding_camp_special_needs.html

Discover Camp: A Booklet on Camps for Children with Disabilities **What it is:** A booklet that features common questions from parents about types of camps, facilities, camp staff, camper care, and programs. It includes tips on what to think about before heading to camp, as well as other resources. **Organization:** National Center on Physical Activity and Disability **Where you can find it:** www.ncpad.org/get/discover/index.html

Camps for Children with Special Healthcare Needs (Local)

Asthma-Friendly Camps • (800) LUNG-USA • www.alaw.org/asthma/asthma_friendly_camps/

Asthma-friendly summer camps provide counselors and medical staff who have been trained in asthma education by the American Lung Association of Washington. Young people with asthma are mainstreamed into existing programs with children without asthma. One of the camp goals is to teach each child how to manage asthma. Education topics include proper medication use, peak flow meter, asthma, relaxation, and personal triggers. Campers also enjoy archery, swimming, hiking, canoeing, crafts, nature, art, music and watching sunsets. Participating camps include Camp Lutherhaven and Camp Sweyolakan on Lake Coeur d'Alene and Camp Dart-Lo day camp north of Spokane.

Camp Chmepa • July 24-26 • (509) 456-0438 • www.hospiceofspokane.org

A special weekend at Camp Lutherhaven for children ages 7-15 who are grieving the death of someone close. The camp is free, presented by Hospice of Spokane and North Idaho, staffed by professional counselors.

Camp Discovery • Aug. 27-30 • (800) 752-3509 • www.epilepsynw.org

Epilepsy Foundation Northwest is sponsoring its 12th annual summer camp for children with epilepsy and their siblings. The only camp of its kind in Washington, Camp Discovery takes place at YMCA's Camp Coleman, located 45 minutes from Tacoma near Gig Harbor. The ratio of children to adults is 2 to 1. Children must be between the ages of 7 and 17. Children who need 1 to 1 assistance must bring a full-time attendant. Cost: No Cost

Camp Fun in the Sun • August 4 - 8 (grades 1-6), July 26 – August 1 (grades 7-12)

(509) 232-8138 www.campfuninthesun.org

Children and teens with diabetes learn about their disease, share experiences and have fun at Twinlow Camp in Rathdrum, Idaho. Presented by Inland Northwest Health Services/Community Health Education and Resources. Cost is \$275 for grades 1-6, and \$325 for grades 7-12.



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Camp Goodtimes East • Aug. 3-6 • (509) 838-7109 • www.cancer.org

Camp Goodtimes is a week at Ross Point Camp where youth, ages 7-17 who are diagnosed with cancer or have a history of cancer, can forget about their illness, their schedule of treatments and just be kids. The camp is free and presented by the American Cancer Society. Day Camp for ages 5 -6, Aug. 3 -6; (9 am—4 pm)

Camp STIX • July 12-18 • (509) 484-1366 • www.campstix.org

“Where youngsters with diabetes are all in the same boat!” Camp STIX is an independent, community-based summer camp for children ages 8-18. It is located at Bear Paw Camp and Retreat Center on the Pend Oreille River near Newport. Cost is \$195.

MDA Summer Camp • July 12-18 • (509) 325-3747

A free camp at Twinlow Camp in Rathdrum, Idaho, for children and young adults ages 6-17 who have muscular dystrophy or one of 43 related neuromuscular disorders and are eligible for MDA clinics. Presented by the Muscular Dystrophy Association. Registration Deadline: June 12th.

Other Places to Look for Summer Fun

General Camps

Boy Scouts of America (509) 325-4562, www.northwestscouts.org

Day and overnight camping. Must be in a scouting program.

Camp Alota' Fun (509) 625-6699

Summer day activities for ages 5-12 at East Central Community Center. Breakfast and lunch served.

Girl Scouts of America (509) 747-8091, www.gsiec.org

Membership in Girl Scouts not required.

Salvation Army (509) 233-2511, www.campgifford.org

Mon-Fri residential camp at Deer Lake for ages 7-17.

Camp Alota' Fun (509) 482-0708

Mon-Fri day camp for ages 5-12 and Adventure Camp for ages 13-15 at NE Youth Center. Meals provided. Fun activities and field trips.

Camp Alota' Fun (509) 326-9540

Games, sports, field trips, swimming and reading for ages 5-12. 13 and older have opportunities to volunteer.

Downtown YMCA Day Camps (509) 838-3577

Grades 1-9 at the downtown location and on the north side at Brentwood & Northwoods Park elementary schools.

Valley YMCA Day Camps (509) 777-9622 x116

Programs separated by age group for grades 1-8. Field trips, character development, crafts and games. Signup starts April 24.

YMCA Camp Reed (509) 838-3577 x142

Sunday-through-Saturday residential camp at Fan Lake for ages 8-14.

School Districts

Central Valley (509) 228-4755 (academic) or 228-4290 (childcare)

Childcare (up to age 12) and academic classes (elementary and secondary) open to everyone, not just CV students.

Spokane District 81 Express Program (509) 354-7312

All-day childcare including crafts, sports and swimming. Pre-school through grade 6. Students outside the district welcome.



West Valley (509) 924-2150

Sport camps & 21st Century summer program for WV students.

Sports and Recreation

Spokane Valley Parks & Recreation (509) 688-0042, www.spokanevalley.org

Day camps (ages 6-12), play camps (ages 3-6) and outdoor playground program at Terrace View, Mission, Edgecliff and Browns parks.

NBC Camps • www.nbccamps.com

Various sports-related camps at Whitworth College in Spokane and at Upper Columbia Academy in Spangle.

Spokane Youth Sports Association (509) 536-1800, www.sysa.com

SYSA offers seven different sports programs throughout the year for ages 5-18.

Skyhawks (509) 466-6590, www.skyhawks.com

Click on "Find a Program" for sports camps for ages 4-18.

Note: Most school districts offer summer school programs and sports camps. Call your local district office for more information.

Spokane Youth Yoga

Amy Iverson, owner and founder, 509-220-7419; amy@spokaneyouthyoga.com;
www.spokaneyouthyoga.com

Amy holds a Masters Degree in Education, teaches preschool, is a certified children's yoga teacher, and has specialized training in yoga for children with learning and developmental disabilities.

Spokane Youth Yoga offers children of all ages and abilities the opportunity to experience the challenges and benefits of doing yoga in a fun, supportive, accepting and non-competitive environment. We offer individualized instruction tailored to meet the unique needs of your child. We also offer group yoga, where children with special needs work side by side with their typically developing peers.

Through music, breathing methods and movement, yoga will help develop and support your child's path toward her/his fullest life potential. For more information on our program or to set up an initial consultation, please contact Amy at 509-220-7419.

Kick n' Fun family Martial Arts and Activity Center

www.kicknfun.org; 228-0606

Our goal here at Kick n' Fun is to create a positive and productive environment for families to train and gain the benefits from the martial arts. In an effort to meet these goals we have implemented a number of programs meant to meet the needs and nourish the growth of all of the families involved. For more information regarding classes for children with developmental disabilities call: 228-0606

Special Olympic

www.sowa.org; 252-5033

A year-round program of sports training and competition for children and adults with intellectual disabilities. Ages 8 and up. Free.



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Jump & Bounce

www.jumpandbounce.com; 892-6655

Indoor, inflatable jump center for children ages 10 and under. Days and hours vary, call or check website for open jump and party rental availability.

Upward Special Kids

926-1545

A program providing recreational opportunities in basketball and cheerleading to children with physical or intellectual challenges.

4-H WSU Extension

<http://spokanekids.wsu.edu>; 477-2048

Activities for youth ages 5 – 19 designed to develop life skills by involvement in projects, relationships with other youth and adults. Over 150 projects such as leadership, animal care, food safety/preparation, crafts and service to the community. Spokane county 4-H is a unique youth development program for all youth in the urban, suburban, and rural neighborhoods – using our Heads, Hearts and Hands to build a healthy community for families.

Little League Challenger Division Is for children ages 5–18 With mental & physical disabilities.

If you're interested in having your child participate or you're interested in being a coach or buddy call for more information about District 13 Little League Challenger Division contact:

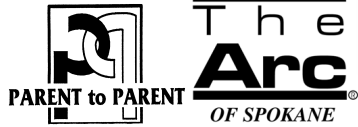
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Download additional copies of this guide from www.arc-spokane.org



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Parent to Parent
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Spokane, WA 99201

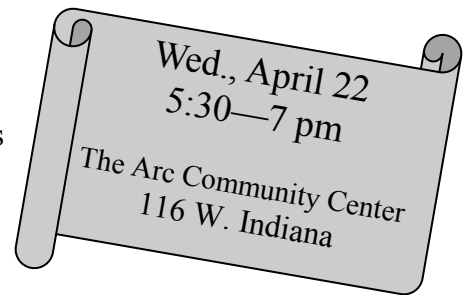
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Meet the Summer Camps!

This is a night to meet the summer camps that serve and make accommodations for children with special needs. Talk to the different providers to find out which camp or day program is right for your child.

Come meet representatives from: **The Arc Community Center, Spokane Parks & Recreation/Therapeutic Recreation, Camp Fire, Camp Lutherhaven.**



Come See demonstrations by: **Kick n' Fun Martial Arts, Spokane Youth Yoga,** and more.

A representative from the Division of Developmental Disabilities will also be on hand to answer questions about using DDD funds for camp.

Feel free to drop in and bring the kids. Refreshments will be provided. For questions call Helen, at (509) 328-6326.

