SOCIAL OPPORTUNITIES TABLE OF CONTENTS

Programs	
Page 2	Autism Speaks, Cleveland Metroparks, Fairmount Center for the Arts, Fine Arts Association
Page 3	Geauga Public Library, Geauga Park District, Geauga Senior Center,
	Kenston Community, Lake Metroparks
Page 4	Mayfield Village, Orange Community Recreation,
	Milestones Autism Resources, Solon Recreation, the John Murray Center, the
	Upside of Downs
Activities	
Page 5	Amusement Parks/Waterparks/Fun Center
Page 6	Art/Drawing/ Pottery/Ceramic/Crafts, Astronomy,
Page 7	ATV's/Dirt Bikes/Off Roading, Beaches,
Page 8	Biking/Hiking, Boating, Camps
Page 10	Caves/Caverns, Cooking /Cake Decorating,
Page 11	Crocheting/Knitting/ Sewing/ Quilting
Page 12	Disc Golf, Festivals/Fairs
Page 13	Fitness/Gymnastics/Fun,
Page 15	Gardens, Geocaching/Earthcaching/Questing, Horseback Riding,
Page 16	Martial Arts,
Page 17	Museums/Art Galleries,
Page 20	Music Lessons and Therapy, Paintball, Playgrounds
Page 21	Race Tracks/Drag Strips/Karting
Page 22	Rock Wall Climbing, Skiing/Snowboarding/Tubing
Page 23	Sledding/Cross Country Skiing/Snowshoeing,
Page 24	Splash pads/Spray parks, Sports
Page 28	Theatre Productions, Theatre and Dance Lessons
Page 29	Vacations
Page 31	Volunteer Opportunities
Page 32	Zip Lining/Ropes Courses, Zoos/Aquariums

SOCIAL OPPORTUNITIES

Please note most activities have fees

** has adapted programs, programs for special needs, or we know they will work with special needs

PROGRAMS

1. Autism Speaks ** - www.autismspeaks.org

This is a site that provides resources for many situations for those with autism, although some of the resources are for all with developmental disabilities. To find these resources you would go to their website and click on Families and Adults, and then click on resource guide. You would narrow it down to Ohio and there will be a list of options. Once you pick the list you can then narrow it further down to within your zip code. There are social opportunities on this site under adults and then rec and leisure.

2. Cleveland Metroparks - www.clevelandmetroparks.com

The Cleveland Metroparks also have a lot to do. To find out what go to their website and either click on the event calendar for daily events or click on activities to find out about specific activities such as archery, boating, golf, sledding, fishing, and swimming, to name a few.

3. Fairmount Center for the Arts – www.fairmountcenter.org

The Fairmount Center offers many programs that fall mostly under the broad headings of Art, dance, fitness, music and theatre. To see their vast offerings go to their website and click on their course catalogue to see their current session. Click on news and Events to see special events.

4. Fine Arts Association – http://fineartsassociation.org

This is in Lake County but not far from Geauga. They have visual arts classes (clay, watercolor, drawing, oil and acrylic painting, ceramics, cartooning, calligraphy), dance (ballet, jazz, Pilates, yoga), music (piano, brass, guitar, percussion, voice, oboe, clarinet, sax, flute, bassoon) and theater for children, teens and adults. There is also an events tab that has free concerts and more.

5. Geauga County Public Library – http://geaugalibrary.net

The Library has locations in Chesterland, Chardon, Middlefield and Bainbridge. They have many programs such as crafts, book clubs, story times, ancestry searches and many holiday themed events. Their website has a calendar that outlines when and where everything takes place. Just click on the events calendar tab.

6. Geauga Park District - www.geaugaparkdistrict.org

Geauga Parks have a number of parks and a number of programs. To obtain a list go to their website and click on Find a program/event for their calendar or click on Things to do for special events or specific activities.

7. Geauga Senior Centers – http://co.geauga.oh.us/departments/aging

There are four senior centers in Geauga, namely Chardon, Chagrin Falls, Middlefield and West Geauga. They each have their own daily schedule. To find the schedules go to the above website and click on monthly newsletter on the bottom left of the page. This will pull up the current newsletter that contains the schedule for all the centers. There is a lot to do if you are over 60.

8. Kenston Community – www.kenstoncommunityed.org

Kenston community has a wide selection of programs that are open to all. They are not adaptive programs. The only programs that are not open to all are their kid's sports programs. If your community has a program similar you have to register with your community. (ie baseball) To see the selection, go to their website and click on the Current Catalogue which is on the bottom left of the site. You can also click on the Register tab to get to their programs. They have music lessons, drawing, photography, karate, fitness, exercise, band and much more. There is also a community events tab that outlines special events.

9. Lake Metroparks **- www.lakemetroparks.com

The Lake Metroparks also has an extensive program for anyone. The have things like geocaching, hiking, biking, fishing, skiing, and much more. In order to find everything that they have, go to their website and click either events or activities. They also have an adaptive program for many activities. To find these programs click on the activities tab and then adapted programming.

10. Mayfield Village ** – www.mayfieldvillage.com

Mayfield Village has a very large adapted program for those with developmental disabilities. These programs are open to Geauga County Residents. To get a list of programs you need to go to their website and click on Recreation Programs (under Recreation) and you will see adaptive recreation. They do trips to Captains games, Monster games and Cavs games, as well as sports, fitness, hiking, bowling, game nights and much more.

11. Orange Community Recreation **- www.orangerec.com

Orange has an extensive program that is open to non-residents, both adaptive and regular. Their adaptive programs include woodworking, theatre and trips. Their non-adaptive programs are numerous. To get a list, go to their website and click the activity brochure. The adaptive programs are sprinkled throughout the brochure.

12. Milestones Autism Resources **- www.milestones.org

This is another resource website for those with autism that also has some resources for all with developmental disabilities. To find what is available go to their website and look under online resources. There is a calendar that shows daily events. You can also look under the resource center and then under Social and Recreation.

13. Solon Recreation **- www.solonrec.org

Solon also has a very large adapted program that they call Blue Ribbon Programming. This is open to non-solon residents. To reach their list of events go to their website, click on the link for Blue Ribbon Programming and then click on the appropriate calendar. They do trips to the Gladiators and Nautica Queen, as well as sports, karaoke, picnics, art, dance, movies, bowling and much more.

14. The John Murray Center – Chardon – www.geauga.org/john-murray-center/

This is a drop in center for adults who are experiencing, and/or recovering from mental illness. They provide social, educational, and support services. They go on many day trips each month.

15. The Upside of Downs ** – www.theupsideofdowns.org

This organization not only helps families of those with down syndrome but also have social events that anyone can go to such as the popular Karaoke night at Toth's in Mentor. They also do the Buddy Walk, and have a program called Mind, Body Soul designed to educate. They put

on a lot of activities that can be seen at their website. Look at the upcoming events calendar on their homepage.

ACTIVITIES

AMUSEMENT PARKS/WATERPARKS/FUN CENTER

Adventure Zone – FC- Geneva-on-the-Lake- <u>www.adventurezonefun.com</u>

Castaway Bay -WP –Sandusky- <u>www.castawaybay.com</u>

Cedar Point –AP- Sandusky – www.cedarpoint.com

Coney Island –AP- Cincinnati – <u>www.coneyislandpark.com</u>

Downview Sports Center–FC- Cuyahoga Falls – www.cityofcf.com/play/downview

Fun-n-Stuff – FC- Macedonia – www.fun-n-stuff.com

Great Wolf Lodge –WP- Sandusky, Mason – www.greatwolf.com

Ghostly Manor Thrill Center – FC – Sandusky – www.ghostlymanor.com

Hershey Park – AP/WP – Hershey, PA- www.hersheypark.com

Idlewild and Soak Zone – Ligonier, PA – www.idlewild.com

I-X Indoor Amusement Park – Cleveland – http://ixamusementpark.com

Jungle Jacks Landing – AP- Powell – <u>www.columbuszoo.org</u>

Kalahari – WP- Sandusky – <u>www.kalahariresort.com</u>

Kennywood – AP – West Mifflin, PA – <u>www.kennywood.com</u>

King's Island – AP- Mason – <u>www.visitkingsisland.com</u>

Maui Sands Indoor Waterpark – WP- Sandusky – <u>www.mauisands.com</u>

Memphis Kiddie Park – Brooklyn – <u>www.memphiskiddiepark.com</u>

Pioneer Waterpark – WP- Chardon – http://pioneerwaterland.com

Rinky Dink Family Fun Center – FC- Medina – <u>www.rinkydinkminigolf.com</u>

Rockin Robins Amazone – FC- Medina- <u>www.myamazone.com</u>

Sluggers and Putters – FC – Canal Fulton – <u>www.sluggers-putters.com</u>

Splash Bay Indoor Water Park – WP – Maumee – <u>www.splashbayresort.com</u>

Swings-N-Things – AP- Olmstead Twp. - <u>www.sntfun.com</u>

The Beach Waterpark – WP- Mason – <u>www.thebeachwaterpark.com</u>

The Watering Hole – WP – Port Clinton – http://waterholeatmonsoon.com

Tuscora Park – FC- New Philadelphia – www.newphilaoh.com/html/tuscora_park/

Waldameer Park – AP/WP – Erie, PA – http://waldameer.com

Waterworks Family Aquatic – WP- Cuyahoga Falls- www.cityofcf.com/play/water-works

Zoombezi Bay Waterpark – Powell – https://zoombezibay.columbuszoo.org

ART, DRAWING, POTTERY, CERAMICS, CRAFTS

Fairmount Center – Novelty – www.fairmountcenter.org

Ceramics, Clay, Art, Graphic art, Watercolor, Workshops, Jewelry

Find Art **- Chesterland, Ohio - www.findartchesterland.com

- Specifically for special needs/autism
- Drawing and mixed media

Flux Metal Arts – Mentor – www.fluxmetalarts.com

Metals, leather

Innovative Arts – Chesterland – www.innovativearts-studio.com

Pottery, woodworking, drawing, painting, jewelry-making

JoAnn Fabrics – Mentor, Mayfield Heights, Solon, Hudson – <u>www.joann.com</u>

Jewelry making, crafts

Metzenbaum center** - Chesterland - www.geaugadd.org

Art class

Michael's - Mayfield Heights, Mentor, Aurora - www.michaels.com

• Crafts, Painting, Drawing and Floral design

Orange Art Center – Pepper Pike – www.orangerec.com/orangeartcenter

• Clay, paint, drawing, sculpting, pottery, jewelry, glass

Pat Catan's - Painesville - www.patcatans.com

• Painting, crafts

Spirit of Clay – Mayfield Village – <u>www.spiritofclay.net</u>

• working with clay, pottery, glass fusing

Valley Art Center – Chagrin Falls – <u>www.valleyartcenter.org</u>

• painting, glass, clay, carving, flowers and more

ASTRONOMY

Astronomy Club of Akron – Akron – www.acaoh.org

Black River Astronomical Society – Brunswick – <u>www.blackriverastro.org</u>

Brunswick Astronomy Club – Brunswick – <u>www.brunswickastronomyclub.com</u>

Chagrin Valley Astronomical Society – Chagrin Falls – http://cvas.cvas-north.com

Cleveland Astronomical Society – Cle. – www.clevelandastronomicalsociety.org

Cuyahoga Astronomical Association – North Olmstead – http://cuyastro.org

Mahoning Valley Astronomical Society –Braceville - http://mvobservatory.com

Wilderness Center Astronomy Club – Wilmot – <u>www.twcac.org</u>

ATV's/DIRT BIKES/OFF ROADING

Amherst Meadowlarks Motorcycle C. –Amherst- www.meadowlarks.50megs.com

Private Club for Dirt bikes

Apple Cabin MX Track- Lodi – Facebook – Apple Cabin MX Track

• Dirt bikes, ATV's

Battlesburg MX Park - Waynesburg - Facebook - Battlesburg MX

ATV's, dirt bikes

Bear Creek Amphitheater Trails – East Sparta – www.bearcreek.us

Dirt bikes, ATV's

Malvern Racing – Waynesburg- <u>www.racemalvern.com</u>

• Dirt bikes, ATV's

Ohio International Raceway - Ravenna – <u>www.oirmx.com</u>

• Dirt bikes, ATV's, UTV's

Pine Lake Raceway - Jefferson - http://fischercycleracing.com/Pine Lake or FB

• Dirt bikes, ATV's

Ram Jam Sportsplex - Lorain - http://ramjamsportsplex.com

• Dirt bikes, ATV's

Smith Road Raceway - Medina - Facebook - Smith Road Raceway

Dirt bikes, ATV's

Southington Offroad Park – Garrettsville – <u>www.southingtonoffroad.com</u>

Jeeps

TV Land MX- Pierpont – http://trevorvines.com

Dirt bikes

Youngstown MX- Youngstown- Facebook- Youngstown MX

Dirt bikes

Western Reserve Motorcycle Club – Salem – <u>www.westernreservemc.com</u>

• Private Club for dirt bikes, ATV's

Website for Information – <u>www.riderplanet-usa.com</u>

BEACHES

Edgewater Lake Park – Cleveland – www.clevelandmetroparks.com
Euclid Beach Park – Cleveland – www.clevelandmetroparks.com
Fairport Harbor Park- Fairport Harbor- www.lakemetroparks.com
Geneva State Park – Geneva – http://parks.ohiodnr.gov/geneva

Headlands Beach State Park- Mentor- http://parks.ohiodnr.gov/headlands
Huntington Reservation – Cleveland – www.clevelandmetroparks.com
Mentor Beach Park – Mentor-on-the-Lake – http://cityofmentor.com/play

BIKING/HIKING

Cleveland Metroparks – Cuyahoga, Geauga – www.clevelandmetroparks.com

 Squaw Rock, Chagrin Falls – Squire's Castle, Willoughby and many more Emerald Lace Trail – Cuyahoga, Lake – <u>www.clevelandmetroparks.com</u>
 Geauga Park District – Geauga – <u>www.geaugaparkdistrict.org</u>
 Great Ohio Lake-to-River Greenway – Ashtabula, Trumbull, Mahoning, www.eastgatecog.org/GOLTRG.aspx

Headwaters Trail- Mantua to Garrettsville – www.traillink.com/trail/headwaters Holden Arboretum – Kirtland – www.holdenarb.org

Lake Metroparks Greenway Corridor – Painesville – <u>www.lakemetroparks.com</u>

Lake Metroparks – Lake County – <u>www.lakemetroparks.com</u>

Maple Highlands Trail – Chardon – <u>www.geaugaparkdistrict.org</u>

Nelson Ledges Quarry Park – Garrettsville – www.nlqp.com

Nelson-Kennedy Ledges State Park - Nelson Township- http://parks.ohiodnr.gov

Ohio & Erie Canal Towpath – Cuyahoga, Summit – <u>www.ohioanderiecanalway.com</u>

Punderson State Park – Newbury – http://parks.ohiodnr.gov/punderson

Western Reserve Greenway – Ashtabula, Trumbull – <u>www.traillink.com/trail/western-reserve-greenway</u>

BOATING

Cleveland Metroparks – Cleveland area – www.clevelandmetroparks.com
Geauga Park District – Geauga County – www.geaugaparkdistrict.org
Punderson State Park – Newbury – http://parks.ohiodnr.gov/punderson

CAMPS (some camps accept waivers so check with them)

Achievement Centers ** (Camp Cheerful) - Strongsville - www.achievementcenters.org/programs

 This camp offers day camps, residential camps, weekend respite camps, camp for Children with Autism, and River Rock adult day program. There are programs for adults, teens and adults. They also take waivers. Akron Rotary Camp ** - Akron - www.akronymca.org/rotarycamp

• This camp is for kids and adults, as offers overnight camps, day camps, and respite camps.

Camp Burton – Burton – <u>www.campburton.org</u>

• This camp has an adventure day camp, kids' resident camp, and a family camp.

Camp Christopher ** Bath – http://ccdocle.org/camp-christopher

• The Cleveland Catholic Charities runs this overnight camp and respite camp and they take waivers.

Camp Connect **- Akron - www.hattielarlham.org

This camp is for children, teens and adults with developmental disabilities. Once you go
to their website, hit the services tab, and go summer camps

Camp Courageous ** - Whitehouse - http://campcourageous.com

• This is a special needs camp that offers residential camp and respite camps for those 15 and older. Also Youth camps ages 5-18. They accept waivers

Camp Echoing Hills ** -Warsaw - www.campechoinghills.org

• This is a Christian camp that offers camp and respite camp for adults and children. They do take waivers.

 $Camp\ Happiness\ **-Wickliffe,\ Parma,\ Lakewood\ -\ {\underline{\tt http://ccdocle.org/program/camp-happiness}}$

• The Cleveland Catholic Charities runs this camp as a day camp that provides social, recreational and educational services during the summer months for kids ages 5-21.

Camp Nuhop ** - Perrysville - http://nuhop.org

• This is a special needs camp that offers residential summer camp for kids as well as respite camps through the year.

Camp Paradise ** - Seville - http://shc-medina.org/camp-paradise

• This camp is for kids and adults with disabilities. They offer resident camp, respite camp, and day camp.

Camp Sue Osborn ** – Burton, Perry - <u>www.campsueosborn.org</u>

• This camp offers day camp, residence camps and Alumni camps for special needs individuals.

Camp Whitewood – Windsor – <u>www.4hcampwhitewood.com</u>

• This camp offers resident camps, day camps, maple syrup tours, and Amish pancake breakfasts. This is not a camp specifically for those with developmental disabilities.

Easter Seals Northern Ohio ** - N Ohio - www.easterseals.com/noh

• They offer summers camps to kids with disabilities in locations in northern Ohio.

Highbrook Lodge ** - Chardon - www.clevelandsightcenter.org/highbrook-lodge

• They offer camp for adults and teens that are blind or have low vision.

Hiram House Camp – Chagrin Falls – www.hiramhousecamp.org

This camp offers day and overnight camps.

Joni and Friends – Ohio – www.joniandfriends.org/ohio

• This organization offers camps for families that live with disabilities. They are offered all over the United States.

Recreation Unlimited ** - Ashley - <u>www.recreationunlimited.org</u>

 This is a camp that offers year round programs in sports, recreation and education for those with developmental disabilities, both adults and kids. They offer weekend respite camps, summer and winter residential camps, summer day camps and specialty camps (prader-willi, spinda bifida, autism) They take waivers

Rescue Village Camp – Russell Township – <u>www.geaugahumane.org</u>

• This is a kid's summer camp. To find the registration, go to the website, click on the tab programs/services and then click on to humane education tab.

S.M.I.L.E. Summer camp ** - Twinsburg - http://smilesummercamp.com

• This is a therapeutic day camp run by a speech therapist teaching social skills, communication, and emotional regulation.

Stepping Stones ** - Cincinnati – http://steppingstonesohio.org

• They offer resident camps, and respite camps to adults and children. They also do camps over holidays.

CAVES/CAVERNS

Crystal Cave —Put-In-Bay- www.heinemanswinery.com/crystalcave.asp

Hocking Hills State Park - Old Man's Cave, Ash Cave, Roch House -

http://parks.ohiodnr.gov/hockinghills

Indian Trail Caverns – Carey – http://indiantrailcaverns.com

Ohio Caverns – West Liberty – <u>www.ohiocaverns.com</u>

Olentangy Indian Caverns – Delaware – <u>www.olentangyindiancaverns.com</u>

Perry's Cave – Put-In-Bay – http://perryscave.com

Seneca Caverns – Bellevue- <u>www.senecacavernsohio.com</u>

Zane Shawnee Caverns –Bellefontaine – http://zaneshawneecaverns.com

COOKING CLASSES/CAKE DECORATING

JoAnn Fabrics – Mentor, Mayfield Heights, Solon, Hudson – <u>www.joann.com</u>

Cake decorating, cupcakes

King Arthur Flour – Online classes – <u>www.kingarthurflour.com</u> or through <u>www.craftsy.com</u>

Loretta Paganini School of cooking – Chesterland - www.lpscinc.com

Full cooking school or individual classes

Michael's - Mayfield Heights, Beachwood, Mentor - www.michaels.com

Cake decorating

Sur La Table –Woodmere- www.surlatable.com

Individual classes

Sweet Beginnings – Willoughby – Facebook, Sweet Beginnings

Cake decorating

Western Reserve School of Cooking – CLE or Hudson <u>www.wrsoc.com</u>

Full cooking school or individual classes

Williams-Sonoma Cooking Class – Beachwood – 216-839-1780

• Junior Chef, and adult cooking classes

Young Chef's Academy – Mentor, Solon – http://solonoh.youngchefacademy.com

Cooking classes for kids

CROCHETING, KNITTING, SEWING AND QUILTING LESSONS

JoAnn Fabrics – Mentor, Mayfield Heights, Solon, Hudson - www.joann.com

• Crocheting, knitting, quilting and sewing lessons

Michaels – Mentor, Mayfield Heights, Aurora, - www.michaels.com

Crocheting and Knitting lessons

Park Bench Design – Mentor – <u>www.parkbenchdesign.com</u>

- Hosts quilting retreats
- Lessons contact Beth at bethpbd@gmail.com or 440-567-7950

Pat Catan's – Painesville - www.patcatans.com

Crocheting and Knitting lessons

The Artful Yarn – Chagrin Falls – www.theartfulyarn.com

Crocheting and knitting lessons

Quilts and Sew Forth – Mentor – www.quiltsandsewforth.com

Have to call for private quilting lessons

DISC (FRISBEE) GOLF

Centerville Mills Park – Bainbridge – www.bainbridgetwp.com/departments
George Knox Park – Middlefield – www.middlefieldohio.com/recreation-parks
Lake Shore Park – Ashtabula – www.lakeshoreparkashtabula.org
Osborne Park – Willoughby – http://willoughbyohio.com/parks-recreation/
Painesville Rec Park – Painesville – http://painesvillediscgolf.wordpress.com
Paint Creek State Park – Bainbridge - http://parks.ohiodnr.gov/paintcreek
Pike Lake State Park – Bainbridge - http://parks.ohiodnr.gov/punderson
Sims Park – Euclid – www.cityofeuclid.com/recreation
Sunny Lake Park – Aurora – www.auroraoh.com/748/Disc-Golf-Course

FESTIVALS/FAIRS

<u>SPRING</u>

Blossom Festival – Chagrin Falls – http://cvjcf.publishpath.com/blossomtime
Geauga County Maple Festival- Chardon- www.maplefestival.com
Rib Cook-Off - Willoughby – http://downtownWilloughbyOhio.com/ribs/
Water's Edge Art Festival – Novelty – www.facebook.com/WatersEdgeArtFestival

SUMMER

Ashtabula County Fair – Jefferson – www.ashtabulafair.com

Brew Fest – Chardon – www.chardontomorrow.org/events

Cuyahoga County Fair – Berea - http://cuyfair.com

Garrettsville Summerfest – Garrettsville - http://garrettsvillesummerfest.com

Kirtland Kiwanis Strawberry Fest – www.kiwanisofkirtland.org/Berry-Festival.html

Lake County Fair – Painesville – http://lakecountyfair.org

Love Fest Music Festival – Chardon – http://chardonlovefest.weebly.com

Mespo Ox Roast – Mespotamia – www.mespofire.com

Portage County Randolph Fair – Randolph – http://randolphfair.com

Raccoon Fest – Burton – http://centuryvillagemuseum.org/p/events

St. Mary Festival – Chardon – www.stmaryfestivalchardon.org

Summit County Fair – Tallmadge – http://summitfair.com

Trumbull County Fair – Cortland – http://trumbullcountyfair.com

Twins Day Festival – Twinsburg – www.twinsdays.org

Zucchini Festival – Chardon – www.emeraldrose.org/news-and-events

FALL

Apple Butter Festival – Burton – http://centuryvillagemuseum.org

Ashtabula Covered Bridge Festival – Jefferson – <u>www.coveredbridgefestival.org</u>

Fall Fest 18th Century Festival – Brecksville – <u>www.clevelandmetroparks.com</u>

Geauga County Fair – Burton – www.geaugafair.com

Geneva Grape Jamboree – Geneva – <u>www.grapejamboree.com</u>

Ox-toberfest – Burton – www.burtonchamberofcommerce.org/ox-toberfest

Potato Festival – Mantua – www.facebook.com/MantuaPotatoFest

Pumpkin Festival – Huntsburg – www.destinationgeauga.com/members/huntsburgpumpkinfestival

Stark County Fair – Canton – https://starkcountyfair.com

Woolly Bear Festival – Vermilion – http://vermilionchamber.net/festivals/mantua

WINTER

Chardon Winterfest – Chardon- www.chardontomorrow.org/events

Farmpark Ice Festival – Kirtland – www.clevelandmetroparks.com

Frozen Fest – Russell – <u>www.geaugaparkdistrict.org</u>

Medina Ice Festival – Medina - www.mainstreetmedina.com

FITNESS, GYMNASTICS AND FUN

Active Ape ** – Geauga - gaboon91@yahoo.com

 They offer personal training to individuals with special needs, and will work in home or will take to a local gym

All Around Gymnastics – Mentor – www.allaroundgymnasticsacademy.com

They offer gymnastics, cheer, trampoline, and tumbling.

Anytime Fitness – Chesterland – <u>www.anytimefitness.com</u>

This is a full service gym with weights and programs

Body Sculpting – Chardon, Bainbridge, Chagrin Falls – http://flexcity.com

• Body sculpting programs

Chagrin Valley Athletic Club – www.cvaclub.com

• This club offers racquet sports, aquatics, and fitness programs.

Chery's Gymnastics – Auburn Twp. – http://cherysgymnasticsandbeyond.com

• They offer tumbling, parkour, recreational handsprings, martial arts and swords, gymnastics, and camps.

Curves - Middlefield - www.curves.com

This is a limited gym

Dynamic Fitness Solutions – Bainbridge – www.dfsyourgym.com

• This is a full service gym with weights and programs.

Emeth Gymnastics – Middlefield – http://emethgym.com

Emeth offers gymnastics, and tumbling for kids' ages 18 months through 18

Everybodies Gym – Chardon – <u>www.everybodiesgm.com</u>

This is a full service gym with weights and programs.

Fitness Plus – Middlefield – http://fitnessplusonline.com

• This is a full service gym with weights and programs.

Fitness Together – Chagrin Falls – http://fitnesstogether.com/chagrin-falls

• This is a full service gym with weights and programs.

Geauga County YMCA - Chardon - www.clevelandymca.org/geauga-chardon.html

 They offer no special adaptive programs but have a wide range of athletic services and programs

Hambden Health and Fitness - Hambden - www.facebook.com/hambdenhealthandfitness

It is a full service gym with weights and programs.

Jasmine Dragons – Chardon – www.thejasminedragons.com

• They offer aerial –acrobat dance for kids and yoga for kids and adults,

Jazzercise – Burton, Chesterland, Montville – <u>www.jazzerise.com</u>

• Offers the Jazzercise program.

Lake Erie Gymnastics – Mentor – <u>www.lakeeriegymnastics.com</u>

• They offer gymnastics, tumbling and martial arts acro for ages 5 through adult.

RiPT Fitness – Bainbridge – http://riptcleveland.com

This is a full service gym with weights and programs.

Sky Zone **- Highland Heights - www.skyzone.com/highlandheights

• They offer special needs open jumps every Monday from 4:30-6:00 for \$10. It is closed to the general public during that time.

Snap Fitness – Chagrin Falls, Middlefield, Chardon – www.snapfitness.com

• This is a full service gym with weights and programs

The Jump Yard – North Royalton – www.jumpyardcleveland.com

• This business is an inflatables place for kids.

United Gymnastics School – Chesterland – <u>www.unitedgymnasticsschool.com</u>

• They offer tumbling and gymnastics for ages 2-18, parkour for ages 8 through adult, and football and soccer skills for ages 6-12.

X-Cel Athletics Cheer and Tumble – Chesterland – www.x-celathletics.com

• They offer cheer, trampoline and tumbling.

GARDENS

Cleveland Botanical Gardens – Cleveland – www.cbgarden.org
Fellows Riverside Gardens – Youngstown - www.millcreekmetroparks.org
Holden Arboretum – Kirtland – www.holdenarb.org
Rockefeller Park Greenhouses – Cleveland – www.facebook.com/RockefellerGreenhouse
Stan Hywet Hall and Gardens – Akron – www.stanhywet.org

GEOCACHING/EARTHCACHING/QUESTING

www.geocaching.com for information and geocaching sites
www.earthcache.org for information and earth caching sites

Cleveland Metroparks – Cleveland – <u>www.clevelandmetroparks.com</u>

Click on parks then visit then activities then geocaching

Cuyahoga Valley National Park – Brecksville – www.nps.gov/cuva

• Click on the plan your visit tab, then things to do, then outdoor activities, then earth caching or questing.

Geauga Park District – Geauga – www.geaugaparkdistrict.org

• Click on Things to do tab then geocaching

Lake County Geo Tour – Lake – <u>www.lakevisit.com/geotour/index.html</u>
Lake Metroparks – Lake County – <u>www.lakemetroparks.com</u>

• Click on Activities tab then geocaching

Ohio and Erie Canal way – www.ohioanderiecanalway.com/main/questing.aspx

HORSEBACK RIDING

Bainbridge Equestrian Center – Bainbridge – www.bainbridgeequestriancenter.com
Beracah Valley Farm ** – Chardon – https://beracahvalleyfarm.wordpress.com/
Chagrin Valley Farms – Chagrin Falls – www.chagrinvalleyfarm.com
Double Deuce Farm Inc. – Concord – http://doubledeucefarm.com
Durkee Hill Stables – Middlefield – www.durkeehillstables.com
Ellrick Farm – Chardon – http://ellrickfarms.com
Fieldstone Farm ** – Chagrin Falls – www.fieldstonefarmtrc.com

• Therapeutic riding specifically for those with disabilities

Foster Jimenez Show Stables – Novelty – <u>www.fosterjimenez.com</u>

Little Glen Stables – Chardon – http://littleglenstables.com

Red Raider Stables – Novelty – www.redraiderstables.com

Rich Bradshaw Training – Burton – www.facebook.com/richbradshawtraining

Scenic Run Equestrian - Novelty - <u>www.facebook.com/Scenic-Run-Equestrian-Center</u>

Sky Point Farm – Newbury – www.skypointfarm.com

Summer Wind Stables – Chesterland – www.summerwindstables.com

Synergy Equestrian – Chardon – www.facebook.com/synergyequestrianllc

Woodwind Farm – Newbury – http://woodwind-farm.com

MARTIAL ARTS

Chagrin Falls Kuk Sul Do Academy – Chagrin Falls – www.kuksuldoacademy.com

• This academy offers programs for those 5 through adults.

Chardon ATA – Chardon – www.chardonata.com

• Chardon ATA offers programs for children, teens and adult

Grand Valley Karate – Orwell – http://gvkarate.com

• Grand Valley offers programs from age 5 through adult.

Griffon Rawl MMA Academy – Mentor- www.ohio-mma.com

• They offer programs for children and adults.

Karate Institute of America – Munson Twp. – <u>www.karate-institute.com</u>

• They offer programs for children and adults

Odayaka – Chardon – http://odayakamartialarts.com

• Odayaka offers programs for children and adults

Okinawan Karate - Chesterland - http://chesterlandkaratecenter.com

• They offer programs for children and adults.

Tai Chi Institute USA – Chagrin Falls – http://sites.google.com/site/edwardniam

offers weekly Tai Chi, Qi Gong and Pa Kua Chang classes

Tracy's Karate and Fitness – Chagrin Falls – http://tracyskarateandfitness.com

• Tracy's offers Karate and fitness to all. They have a Facebook page that gives more information, as their website is experiencing problems.

Uppercut Martial Arts - Novelty - www.facebook.com/UppercutMartialArts

• Original Method Kajukenbo is now being offered right here in Geauga

WCTA Chardon - Chardon - http://colestaekwondo.com

• Taekwondo for kids 3+, teens, and adults

MUSEUMS/ART GALLERIES

Ashtabula County

Ashtabula County Historical Society – Ashtabula – <u>www.ashtcohs.com</u>

 Operates Blakeslee Log Cabin, Giddings Law Office, Jennie Munger Gregory Memorial Museum

Ashtabula Maritime Museum- Ashtabula – www.ashtcohs.com/ashtabulas-4-museums.html
Conneaut Historical Railroad Museum – Conneaut – www.facebook.com/chrrm
Hubbard House Underground Railroad M.-Ashtabula – www.hubbardhouseugrrmuseum.org
Jefferson Depot – Jeffersonhttps://sites.google.com/a/jeffersondepotvillage.org
Olin's Museum of Covered Bridges-Ashtabula – http://coveredbridgemuseum.org

Cuyahoga County

Baseball Heritage Museum – Cleveland – http://baseballheritagemuseum.org
Bedford Historical Society – Bedford- www.bedfordohiohistory.org

• Museum, 1832 Hezekiah Dunham House, Wheeling & Lake Erie Depot

Children's Museum – Cleveland – <u>www.clevelandchildrensmuseum.org</u>

Christmas Story House and Museum-Cleveland- www.achristmasstoryhouse.com

Cleveland Grays Armory – Cleveland – http://graysarmory.com

Cleveland Museum of Art –Cleveland- www.clevelandart.org

Cleveland Museum of Natural History – Cleveland – <u>www.cmnh.org</u>

Cleveland Police Museum – Cleveland – <u>www.clevelandpolicemuseum.org</u>

Great Lakes Science Center – Cleveland – http://greatscience.com

International Women's Air and Space M.-Cleveland- http://iwasm.org

Lake Erie Nature & Science Center – Bay Village – www.lensc.org

Museum of Contemporary Art – Cleveland- www.mocacleveland.org

NASA Glenn – Cleveland- <u>www.nasa.gov/centers/glenn</u>

Nature Center at Shaker Lakes – Cleveland – <u>www.shakerlakes.org</u>

Rock and Roll Hall of Fame – Cleveland- http://www.rockhall.com

Shaker Museum - Shaker Heights - http://shakerhistoricalsociety.org

Stearns Homestead – Parma- <u>www.stearnshomestead.com</u>

Strongsville Historical Village- Strongsville – http://www.strongsvillehistoricalsociety.org
USS Cod – Cleveland – http://usscod.org

Western Reserve Historical Society – Cleveland – <u>www.wrhs.org</u>

 Cleveland History Center (Chisholm Halle Costume Wing, Crawford Auto-Aviation Museum, Hay-Mckinney Mansion), Loghurst, Shandy Hall, Hale Farm and Village

Geauga County

Century Village Museum – Burton – http://centuryvillagemuseum.org
Chagrin Falls Historical M.- Chagrin Falls- http://chagrinfallshistoricalsociety.org
Chesterland Historical Village–Chesterland– www.chesterlandhistoricalvillage.org
Historical Engine Society – Burton – http://historicalengine.com
Middlefield Historical Society – Middlefield – 440-632-0400 for pricing and hours

• Century Inn, The Depot – check out their Facebook page

Lake County

Fairport Harbor Marine M – Fairport Harbor – http://fairportharborlighthouse.org
Indian M. of Lake County–Mentor- http://indianmuseumoflakecounty.org
James A. Garfield National Historic Site – Mentor – www.nps.gov/jaga
Lake County History Center – Painesville – http://lakehistorycenter.org
Lake Metroparks Farmpark – Kirtland – www.lakemetroparks.com
Madison Historical Society and Museum – Madison – www.facebook/HistoricalMadisonOhio
Mentor Safety Village – Mentor- http://mentorsafetyvillage.com
Painesville Railroad Museum – Painesville – http://painesvillerailroadmuseum.org

Portage

Aurora Historical Society – Aurora – http://aurorahistory.net

Tanner House, Pierce Art and History Center, Aurora HS Archives
 Cuyahoga Valley Historical Museum –Peninsula- http://peninsulalibrary.org
 Kelso House – Kent – http://kelsohouse.org
 Kent State University Museum and Art Gallery – Kent – www.kent.edu/museum
 Mazza Museum – Ravenna – www.mazzamuseum.org
 Portage Co. Historical Society – Ravenna - www.portagecountyhistoricalsociety.org

Lowrie-Beatty Museum

Stark

Blue Water Majesty Museum – Canton – http://modelshipsbylarrypulka.com
Canton Classic Car Museum – Canton – http://cantonclassiccar.org
Canton Museum of Art – Canton – www.cantonart.org
Haines House – Alliance – www.haineshouse.org
Hoover Historical Center – N. Canton – www.walsh.edu/hoover-historical-center
MAPS Air Museum – N. Canton – http://mapsairmuseum.org

Massillon Museum – Massillon – www.massillonmuseum.org

McKinley Presidential Library and M. -Canton- http://mckinleymuseum.org

National First Ladies Library – Canton- www.firstladies.org

Pro Football Hall of Fame –Canton – <u>www.profootballhof.com</u>

Rodney Klein Museum – Massillon – www.rgkleinmuseum.org

The Troll Hole Museum – Alliance – www.thetrollhole.com

Summit

Akron Art Museum – Akron- http://akronartmuseum.org

Akron Children's Museum – Akron – www.akronkids.org

Akron Fossils and Science Center- Copley- www.akronfossils.com

American Toy Marble Museum – Akron – http://americantoymarbles.com

Cuyahoga Falls Hist. Soc. Museum – http://cuyahogafallshistory.com

Cuyahoga Valley Art Center – Cuyahoga Falls – http://cvartcenter.org

Cuyahoga Valley Historical M. –Peninsula – http://peninsulalibrary.org/history/museum

GAR Hall – Peninsula – www.peninsulahistory.org

Hale Farm and Village – Bath – www.wrhs.org

Perkins Mansion – Akron – http://summithistory.org

Stan Hywet Hall and Gardens – Akron – www.stanhywet.org

Trumbull

Arms Family Museum – Youngstown – http://mahoninghistory.org

Butler Institute Of American Art – Youngstown – http://butlerart.com

Children's Museum of the Valley – Youngstown – www.cmovkids.org

Ernie Hall Aviation Museum – Warren - <u>www.erniehallaviationmuseum.org</u>

John Stark Edwards House and M. - Warren- www.trumbullcountyhistory.org

McDonough Museum of Art – Youngstown – http://mcdonoughmuseum.ysu.edu

McKinley Mem. Library, M. and Birthplace Home - Niles- www.McKinley.lib.oh.us

National Packard Museum – Warren – http://packardmuseum.org

Sutliff Museum – Warren – www.sutliffmuseum.org

Trumbull Art Gallery – Warren – http://trumbullgallery.com

Upton House – Warren – <u>www.uptonhouse.org</u>

Ward- Thomas Museum – Niles – http://nileshistoricalsociety.org

Youngstown Historical Center of Industry and Labor – Youngstown –

www.ohiohistory.org/visit/museum-and-site-locator/youngstown-historical-center-of-industry-and-labor

MUSIC LESSONS AND THERAPY

Fairmount Center for the Arts – Novelty- www.fairmountcenter.org

Voice, Piano, Violin, Viola, Cello

Fine Art Association – Lake County – http://fineartsassociation.org

Piano, brass, guitar, percussion, voice, woodwinds, strings, harp

Geauga Lyric Theater – Chardon – <u>www.geaugatheater.org</u>

Voice instruction

Geauga Music – Chardon – http://geaugamusiccenter.com

• Flute, Oboe, Clarinet, Sax, Trumpet, French Horn, Trombone, Euphonium, Tuba, Percussion, Violin, Viola, Cello, Piano, Voice, Guitar, Bass Guitar, Mallets, Drum

Guitar Lessons Geauga – Newbury – <u>www.guitarlessonsgeauga.com</u>

- Guitar, Bass Guitar, Piano, Violin, Cello, Drums, Arranging, Composing, Improvisation
 Taylor Robinson Music Lessons Mentor http://taylorrobinsonmusic.com
- Guitar, Bass, Drum, Keyboard, Piano, Vocal, Orchestra, Song writing and more

The Music Settlement – Cleveland, Solon – www.themusicsettlement.org

• They offer special needs music therapy and jam sessions for those 15 plus

Warren Henry Music – Chagrin Falls – <u>www.warrenhenrymusic.com</u>

• Piano, Keyboard, Guitar, Electric Bass, Bass Guitar, Violin, Viola, Woodwinds, Drums, Voice, Trumpet, French Horn

PAINTBALL

Big Pearl Paintball – Ashtabula – www.bigpearlpaintball.com

Drop Zone Paintball – Warren – <u>www.dropzoneltd.com</u>

Intense Paintball – Canton – <u>www.intensepaintball.net</u>

Pinnacle Woods Paintball – Hambden - <u>www.pinnaclewoodspaintball.com</u>

Splat Shack Paintball – Orville – <u>www.splatshack.com</u>

Swings-N-Things – Olmstead Falls- <u>www.swings-n-things.com</u>

Synergy Woods – Grafton – http://synergywoods.com

Valley City Paintball – Valley City – www.valleycitypaintball.com or their FB page

PLAYGROUNDS

Chardon Township Park – Chardon Twp. – 9924 Auburn Road
Chester Twp. Park- Chesterland- SR 306 & SR 322, www.chestertwp.com/parks
Geauga Park District –www.geaugaparkdistrict.org

• Beartown Lakes Res.- 18870 Quinn Road, Chagrin Falls

- Bessie Benner Metzenbaum Park- 7940 Cedar Rd, Chesterland
- Big Creek Park- 9160 Robinson Road, Chardon
- Eldon Russell Park 16315 Rapids Road, Troy Twp.
- Orchard Hills Park 11340 Caves Road, Chesterland
- Swine Creek Res. 16004 Hayes Road, Middlefield
- The Rookery 10110 Cedar Road, Munson

Hambden Twp. Park – Hambden – 13860 GAR Highway – www.hambdentownship.com
Huntsburg Twp. Park – Huntsburg – 17085 Mayfield Road
Kawalec Recreational Fields – Chardon – 12200 Auburn Road
Mel Harder Park – Chardon – 12519 Chardon-Windsor Road – www.chardon.cc
Mineral Lake Park – Middlefield- Sperry Road off SR 87- www.middlefieldohio.com
Munson Twp. Park – Munson- 12641 Bass Lake Road- www.munsontwp.com
Parkman Twp. Overlook Park – Tavern Road, Burton – http://parkmanohio.com

Playground of Possibilities** – South Euclid – Bexley Park, 1627 Wrenford Road – www.cityofsoutheuclid.com

Prestons HOPE ** - Beachwood – 26001 S.Woodland Rd, www.prestonshope.com
S.O.A.R. Playground ** - Stow – Silver Springs Park, 5027 Stow Road
The Valley's Inclusive Playground **- Warren – Perkins Park, 391 Mahoning Ave.
West Geauga Commons Recreation Area – Novelty – 14070 Chillicothe Road –
www.wgcomomons.com

RACE TRACKS/DRAG STRIPS/KARTING

ASPHALT OVAL

Barberton Speedway – Barberton – http://barbertonspeedway.net
Lorain County Speedway – Amherst – http://loraincountyspeedway.com
Mansfield Motorsports speedway – Mansfield – www.mansfield-speedway.com
Sandusky Speedway – Sandusky – www.sanduskyspeedway.com

DIRT OVAL

Deerfield Raceway – Deerfield – www.deerfieldraceway.com
Expo Speedway – Cortland – http://.trumbullcountyfair.com
Raceway 7 – Conneaut – http://raceway7.com
Wayne County Speedway – Orrville – www.waynecountyspeedway.com

DRAG STRIPS

Dragway 42 – West Salem – www.dragway42.com

Quaker City – Salem – http://quakercitymotorsportspark.com

Summit Motorsports – Norwalk – www.summitmotorsportspark.com

Thompson Drag Raceway – Thompson – www.thompsonracewaypark.com

Also has Kart racing and the Championship Kart Racing Association

ROAD COURSES

Mid-Ohio Sports Car Course – Lexington- <u>www.midohio.com</u>

Also has a racing and driving school

Nelson Ledges Road Course – Garrettsville – www.nelsonledges.com

Auto and motorcycle

KARTING

Airport Go-Karts – Cleveland – <u>www.airportgokarts.com</u>

High Voltage Indoor Karting – Medina – <u>www.highvoltagekarting.com</u>

Lake County Speedway – Painesville – http://lakecountyspeedway.com

Swings-N-Things – Olmstead Twp. – <u>www.swings-n-things.com</u>

Thompson Kart Raceway- Thompson – www.thompsonkartraceway.com

Pioneer Waterland – Chardon – http://pioneerwaterland.com

ROCK WALL CLIMBING

Cleveland Rock Gym – Euclid – www.clevelandrockgym.com
Kendall Cliffs Climbing Gym – Peninsula – www.kendallcliffs.com
Zip City – Streetsboro – http://zipcityusa.com

SKIING, SNOWBOARDING, TUBING

Alpine Valley - Chesterland - http://alpinevalleyohio.com

 They offer lessons for skiing and snowboarding, and have a tubing park. They also rent equipment.

Big Creek Ski Area – Concord – www.facebook.com/Cleveland-Ski-Club-Big-Creek-Ski-Area

• This is a club that you must belong to in order to ski or snowboard. They do not rent equipment.

Boston Mills/Brandywine – Peninsula – http://bmbw.com

• These are two resorts about five minutes apart that offer lessons for skiing and snowboarding, as well as rentals. They also have a tubing park.

Mad River Mountain – Zanesfield – http://skimadriver.com

• This resort offers both skiing and snowboarding lessons, with rentals. They also have a tubing park

Snow Trails - Mansfield - www.snowtrails.com

 They offer lessons in skiing and snowboarding as well as rentals. They also have a tubing park.

SLEDDING, CROSS COUNTRY SKIING, SNOWSHOEING

Cleveland Metroparks – multiple locations – <u>www.clevelandmetroparks.com</u>

- There are multiple sledding opportunities at most of the metroparks locations.
- For XC skiing and snowshoeing the North Chagrin Reservation has equipment rentals.

Chalet Tobogganing Chutes – Strongsville – <u>www.clevelandmetroparks.com</u>

• The chutes are open Nov-Mar with or without snow. They are frozen chutes that you pay by the hour to go down.

Chardon Chalet - Chardon - www.chardon.cc/179/recreation-department

• The sledding hill in Chardon has a chalet that offers warmth and restrooms while you are sledding. Check the website for the hours that the chalet itself is open.

Geauga Parks – multiple locations – <u>www.geaugaparkdistrict.org/find-a-park</u>

- There are many locations throughout Geauga that are open for sledding.
- There are many locations that are also open for XC skiing and snowshoeing. There are groomed trails at the Maple Highlands Trail, and Orchard Hills Park. Orchard Hills Park also has a lighted sledding hill.

Lake Metroparks – multiple locations = www.lakemetroparks.com/activities;

- There are many locations available for sledding.
- There are many locations available for XC skiing and snowshoeing. Equipment rentals are available at Chapin Forest, and Penitentiary Glen.

Punderson - Newbury - https://parks.ohiodnr.gov/punderson

- Punderson has a lighted sledding hill.
- It also offers XC skiing, snowshoeing and snowmobiling.

SPLASH PADS/SPRAY PARKS

Civic Center Waterpark – Mentor – 8600 Munson Road – cost –

http://cityofmentor.com/departments/parks-recreation

Eagle Park Splash Pads – Middlefield – 14730 N. Springdale Ave – Free –

www.middlefieldohio.com/recreation-parks

Morton Community Park – Mentor – 9325 Rosemary Lane – cost –

http://cityofmentor.com/departments/parks-recreation/aquatics

Walsh Spray Park - Mentor - 7221 Bellflower Road - Free -

http://cityofmentor.com/departments/parks-recreation/aquatics

SPORTS

BASEBALL

Little League has a division that is called Challenger Baseball. It is open to kids 5-18 (or 22 if still in school). There are some area leagues that have this division

Painesville **- www.painesvillelittleleague.org

Broadview Heights **- http://tshq.bluesombrero.com/neochallenger

Cleveland Heights ** - www.clevelandheights.com

For adults there are some special leagues around

Oberlin ** - www.specialneedsbaseballohio.org

Medina **- www.miracleleagueofnortheastohio.com

Metzenbaum ** - 440-729-9406 ext. 1117 – Special Olympics

BOWLING

Ernst Lanes – Chardon – http://ernstlanes.com

Freeway Lanes – Solon, Mentor, Wickliffe – www.bowlthegame.com

Score Fun Center – Painesville – http://scoresfuncenter.com

Wickliffe Lanes - Wickliffe - http://wickliffelanes.com

SKATING

American Special Hockey **- Cleveland - <u>www.americanspecialhockey.org</u>

• This organization teaches boys and girls the game of ice hockey. There are teams in Bowling Green, Cleveland and Columbus.

Chagrin Valley Roller Rink – Chagrin Falls – http://skate.cvrr.com

• This is for roller blades/skates and they offer lessons for beginners, speed skating, and artistic/dance. Rentals are available.

City Skate Center – Painesville – <u>www.cityskatecenter.com</u>

• They offer open roller skating and parties

Gilmour Academy – Gates Mills – www.gilmourarena.com

• They offer learn to skate, figure skating, hockey and open skates.

Mentor Civic Ice Arena – Mentor – http://cityofmentor.com

• They offer learn to skate, figure skating, hockey and public skates.

Mentor Skateland – Mentor-on-the-Lake – www.mentorskateland.com

• They offer open skates, lessons, parties and competitive skating

Pla-Mor Roller Rink – Euclid – <u>www.pla-morskating.com</u>

• They offer open skates, lessons and parties

Roller Hutt – Garrettsville – http://rollerhutt.com

• The offer roller skating, lessons and lase;8r tag

Sled Hockey ** - Cleveland - http://ohiosledhockey.pointstreaksites.com/view/ohio

• This team is called the Cleveland Might Barons and is an adaptive hockey team.

The Pond** – Chagrin Falls – <u>www.skateatthepond.com</u>

• They offer public skates, learn to skate, hockey and figure skating. They also have an adaptive program during the school day.

United Skates - Wickliffe - www.unitedskates.com

• They offer roller skating, lessons and laser tag.

OTHER SPORTS PROGRAMS

Adaptive Adventures **- Illinois, Colorado – http://adaptiveadventures.org

- This company provides progressive outdoor sports opportunities to improve quality of life for children and adults with physical disabilities.
- They offer cycling, kayaking, rock climbing, scuba, waterskiing, rafting, dragon boat racing, and golfing.

Adaptive sports program of Ohio **- Wooster, Youngstown http://adaptivesportsohio.org

 There are two places that do this near Geauga, Wooster/Akron (does rugby, sailing, kayaking, sled hockey), and Youngstown (does basketball, power wheel soccer, sled hockey, softball and track)

Buddy Up Tennis **- Akron, Lorain, Youngstown – www.buddyuptennis.com

• This program focuses on adaptive tennis, fitness and fun for children and adults with Down syndrome.

Challenge Golf Course**- Akron - www.akrongeneral.org

• This is a rehab program through the Edwin Shaw Rehabilitation Institute that includes adults and children with visual impairments, persons with developmental challenges, and those with less disabling impairments, such as hip or knee replacements. It is designed to assist all individuals, both disabled and able-bodied in learning the game of golf for the first time or experienced golfers in need of adaptive assistance. To find out more, go to the website and search challenge golf.

Chagrin Valley Recreation – Chagrin Falls – http://cvrc.publishpath.com

• They offer summer programs such as spinning, swimming, conditioning and use of the high school fitness center.

Chardon Recreation - Chardon - www.chardon.cc/179/Recreation-Department

• They offer swimming, Day camps, basketball, soccer, wrestling and volleyball for kids. They also offer adult basketball, and adult volleyball.

Empower Sports** – Mayfield Heights, Chagrin, etc. - http://empowersports.org

• This program is for special needs kids and offer things like basketball, and softball. The programs are held in multiple locations. Other sports are held at different times of year.

Kenston Community Education – Kenston – http://kenstoncommunityed.org

• They offer basketball, volleyball, wrestling, flag football, soccer, baseball, softball, and cheerleading. These are programs for children.

Mandel Jewish Community Center ** - Beachwood - www.mandeljcc.org

This center has program for special needs and kids with disabilities are included in all
programs. They have special needs aquatic therapy and personal training for those
with disabilities. In addition they have a variety of sports, fitness and camps that are
inclusive. You do not need to live in Beachwood or be Jewish to join.

Mayfield Heights Recreation ** - Mayfield Heights - http://mayfieldheights.org

• They offer some adaptive programs such as Kickball, Volleyball and Aquacize for those 13 plus. They offer many adult and youth programs.

Mentor-Heisley Racquet - Mentor - <u>www.mentorheisleyfitness.com</u>

• This club offers tennis, soccer, swimming, racquetball, yoga, weightlifting, water aerobics, spinning, Pilates, indoor track, basketball, and personal training.

Metzenbaum ** - Chesterland - 440-729-9406 ext. 1117

• They offer softball, basketball, swimming, volleyball, track, soccer, bowling, and golf. These are all adaptive sports.

Middlefield Recreation – Middlefield – www.middlefieldohio.com

• They offer soccer, softball, baseball, T-ball, volleyball, football, cheerleading, wrestling, and basketball for kids.

Ohio Handcycle Network **- NE Ohio - http://ohiowheelchair.com/OhioHandcycleGroup.html

• This group usually rides in NE Ohio including Geauga County. Email to find out more details at ohiowheelchair@gmail.com

OSU **- Columbus – http://recsports.osu.edu/community-programs

• OSU offers many adaptive programs such as golf, climbing, aquatics, gymnastics, Yoga, and dance. They also offer a Shakespeare and autism theater program.

Ohio Youth Soccer Association-North **- Columbus – www.ohionorthsoccer.com

 This program is designed to bring the opportunity of learning and playing soccer to any child who has a mental or physical disability. They use TOP Soccer as a base but the closest team is in Columbus and Hilliard. They also show how to set up such a league in your area.

The adaptive adventures sports coalition **- Columbus - www.taasc.org

• They provide lessons on sports skills and safety, as well as providing adventure opportunities. There is alpine skiing, snowboarding, boating, fishing, cycling, ice-skating, kayaking, rowing, and sailing.

Three Rivers Adaptive Sports **- Pittsburgh, PA- www.traspa.org

• This group offers adaptive programs such as snow skiing, water skiing, camping/canoeing, bicycling, bowling, hayrides, rafting and paintball.

Three Trackers of Ohio **- Middleburg Heights - www.3trackers.org

• This group does alpine and water skiing, snowboarding, kayaking and hand cycling.

Upward Sports ** - Chardon - www.upward.org

• This is a national Christian organization that have churches host or run their program. They offer basketball, soccer, flag football, volleyball, softball and cheerleading. You have to go to their website and find what program is being offered where in your area. For example Morning Star Friends Church in Chardon offers flag football in the fall and basketball in the winter. The churches are welcoming to kids of all abilities.

West Geauga Recreation Council – Chesterland – http://wgrc.org

• They offer day camp, learn to swim, soccer, basketball, sand volleyball, yoga, wrestling, and adult soccer. Most of the programs are for kids.

YMCA Geauga - Chardon - www.clevelandymca.org/geauga-chardon.html

• The Y offers many programs such as swimming, fitness, basketball, flag football, soccer and much more.

Youth Challenge Sports **- NE Ohio - www.youthchallengesports.com

They bring together children with physical disabilities, (such as MD, CP, Spina Bifida, hearing and sight loss) and youth volunteers who enrich each other's lives through one on one participation in adapted sports and recreational activities. This is for ages 4-18 with all programs and transportation free of charge. There are seasonal programs (basketball, baseball, swimming, skiing, tennis, music, sailing, bowling etc.) held throughout NE Ohio.

THEATRE PRODUCTIONS

Aurora Community Theatre – Aurora – http://auroracommunitytheatre.com

Broadview Heights Spotlights-Broadview Heights- http://broadview-heights-spotlights.org

Canal Fulton Players- Canal Fulton- http://discovercanalfultonevents.com

Chagrin Valley Little Theatre – Chagrin Falls – www.cvlt.org

Cleveland Public Theatre – Cleveland- www.cptonline.org

Curtains Up Theatre – Garrettsville – <u>www.curtainsuptheatre.com</u>

Geauga Lyric Theater Guild – Chardon – http://geaugatheater.org

Great Lakes Theater – Cleveland – www.greatlakestheater.org

Have sensory friendly productions occasionally

Hudson Players –Hudson- www.hudsonplayers.com

Olde Towne Hall Th. –N. Ridgeville – http://oldetownehall.wixsite.com/oldetownehalltheatre

Playhouse Square – Cleveland – <u>www.playhousesquare.org</u>

Rabbit Run Theater – Madison – www.rabbitrunonline.org

Trumbull New Theatre Inc. – Niles – http://trumbullnewtheatre.com

Twinsburg Community Theatre- Twinsburg- www.twinsburgtheatre.com

Wadsworth Footlighters - Wadsworth- <u>www.wadsworthfootlighters.com</u>

Western Reserve Playhouse – Richfield- <u>www.westernreserveplayhouse.org</u>

THEATRE AND DANCE LESSONS

Chagrin Valley Little Theatre – Chagrin Falls - <u>www.cvlt.org</u>

• has acting classes for children

Dance - Chardon - http://chardondance.net

• ballet, Hip Hop, Target and Tone,

Dancing Wheels School **- Cleveland - http://dancingwheels.org

• Weekly classes and workshops for adults and children with and without disabilities in contemporary ballet, performance ensemble, and jazz funk.

Dublin Dance Center and Gymnastics **- Dublin – www.dublindance.com

 This is an adapted dance education program designed for children with special needs, aged 2-18.

En Pointe Danse – Chagrin Falls – http://enpointedanse.com

• Ballet, pointe, tap, modern dance

Fairmount Center - Novelty - www.fairmountcenter.org

- has acting and dancing for children and adults
- Ballet, Jazz, Tap, Spanish Dance, Hip Hop, Dance Theatre

Fred Astaire Dance Studio – Chagrin Falls – http://fredastairechagrin.com

• Ballroom Dancing, Latin, Swing, Salsa and more

Geauga Lyric Theater Guild – Chardon - http://geaugatheater.org

 has acting classes, visual art classes (drawing and sewing) and performing arts classes (sound, lights) for adults and kids

Jasmine Dragons – Chardon – www.thejasminedragons.com

Aerial-Acrobat Dance

Mandel Jewish Community Center **- Beachwood - www.mandeljcc.com

• Has Playmakers Youth Theater for kids with disabilities. (do not need to be Jewish)

Metzenbaum **- Chesterland – www.geaugadd.org

Ballet, integration with Community, FREE

Noreen Londregan – Mayfield Village – http://noreendancer.com

• Ballet, Tap, Jazz, Hip Hop

Shaker Dance Academy – Beachwood – <u>www.shakerdanceacademy.net</u>

• Ballet, Jazz, Hip Hop, Lyrical, Contemporary, Pointe, Tap, Broadway Theater

Studio J Academy of Dance – Beachwood – http://studiojdance.wixsite.com/studioj

• Musical Theater, Pilates, Ballet Fusion, Tap, Funk, Jazz

Whym – Chagrin Falls – <u>www.danceatwhym.com</u>

• Ballroom dancing, Latin dancing, dance aerobics

VACATIONS

Accessible Journeys **- Pennsylvania – <u>www.accessiblejourneys.com</u>

 Accessible Journeys is a vacation planner and tour operator exclusively for wheelchair travelers, their families and friends. Since 1985, wheelchair accessible vacation travel has been our only job. They plan group tours as well as custom tours. Bright Days Recreational services **- Massachusetts - www.brightdays.org

• Bright Days Recreational Services is committed to providing safe and enjoyable vacations for people with developmental disabilities. Bright Days believes that all individuals should have equal access to the recreational opportunities available locally and in other communities. Bright Days Recreational Services strives to promote these ideals of social inclusion, while providing expanded vacation opportunities to those we serve. Our staff, with many decades of combined human services experience, is well equipped to provide the necessary personal care to our vacationers as we meet their high recreational expectations. These are staffed van and Motor coach vacations.

Exceptional Vacations ** - Florida - http://exceptional-vacations.com

 Exceptional Vacations is dedicated to providing high quality vacation opportunities for individuals with developmental disabilities and special needs. We ensure a safe environment with an emphasis on inclusion. Our trips promote integration, socialization, friendship and fun.

Frontier Travel Camp ** – Miami, FLA – <u>www.frontiertravelcamp.com</u>

• This is a travelling camp that takes vacations and cruises. It is high functioning young adults uniting for unique experiences.

Guided Tours **- New Jersey - www.guidedtour.com

This company is specifically for those with developmental disabilities, whose staff are
paid professionals in the human services field. Many of their staff are social workers,
therapeutic recreators, and direct care personnel, who have been with their program
for 15-20 years. Their staff will oversee daily living skills, medications, money
management and help the travelers have an amazing and safe vacation.

New Directions Travel ** - California - http://newdirectionstravel.org

 This company provides leisure and educational travel opportunities for teenagers, adults and seniors who have brain impairments such as mild to moderate developmental disabilities, cerebral palsy, Down Syndrome and autism.

People and Places ** - New York - www.people-and-places.org

• Join our small, friendly groups for fun vacations with escorts experienced in providing exceptional services for people with special needs. Small groups of 8 vacationers travel with 2 vacation escorts on over 100 trips each year to amazing and diverse destinations throughout the United States and beyond.

Sprout Travel Program ** – New York – http://gosprout.org

 Sprout's travel program is dedicated to helping individuals with intellectual and developmental disabilities grow through challenging and safe travel experiences and social activities. Operating close to one hundred domestic and international trips every year, Sprout provides its participants an array of travel opportunities.

Trips Inc. Special Adventures **- Oregon - www.tripsinc.com

• To provide travel opportunities to people of various abilities in a safe, respectful, and fun atmosphere. All of our special adventures seek to create an environment that promotes personal and emotional growth, friendship and learning.

Ventures Travel **- Minnesota – www.venturestravel.org

• For over 30 years, we have specialized in supported travel opportunities for individuals with disabilities, and have seen the positive impacts that these vacations have on our travelers! In addition to providing group travel opportunities, Ventures Travel also prides itself in its Custom Travel program where travelers are able to customize the travel experience down to the smallest details. They also offer financial aid in certain circumstances.

VOLUNTEER OPPORTUNITIES

Century Village Museum – Burton – www.centuryvillagemuseum.org

 Ticket takers, demonstrating artisan skills, host house and explain history, help during special events,

Fieldstone Farms – Novelty – <u>www.fieldstonefarmtrc.com</u>

• Seeking those who have riding training and able to make a weekly commitment Geauga Co. Dept. of Aging – Chardon - http://co.geauga.oh.us/departments/aging

 Seeking people to deliver meals, office volunteers, telephone reassurance and friendly visiting

Geauga Hunger Task Force - www.uswgc.org/geauga-hunger-task-force

- Sorting and stocking food, serving emergency food from one of seven pantries
 Geauga Park District www.geaugaparkdistrict.org
 - Assist with naturalist in various programs, general office duties, gift cart,
 Canoeing assistant, school programs and clearing trails

Habitat for Humanity - Newbury- http://lake-geaugahabitat.org

Construction, site selection, fund raising, public relations, church relations,
 Volunteer coordination, family support, Re-store

Holden Arboretum – Kirtland – www.holdenarb.org

- Need volunteers to work at events, in gardens, library, gift shop and lead guided tours Holly Hill Nursing Home Newbury http://hollyhillhealthcare.com
 - Visiting, reading, assisting various depts. with special events/outings, share music, share hobbies

Kiwanis – Chardon – www.kiwanisclubofchardon.org

- Middlefield www.eastgeaugakiwanis.org
- Newbury www.newburykiwanis.org
- Chesterland- http://wgkiwanis.org
- Seeking anyone desiring to be involved in community service

Rescue Village - Novelty - www.geaugahumane.org

• Seeking volunteers for foster care, cat care, dog care, and others

UHHS Geauga – Chardon – <u>www.uhhospitals.org/geauga</u>

 ER reception area, mail delivery, floor volunteer, clerical, gift shop, kitchen and cafeteria help

United Way Geauga - www.uwsgc.org

• Hundreds of volunteer opportunities every day

UHHS Heather Hill - Chardon - www.heatherhillcare.com

• Gift shop, ice cream parlor, dietary, clerical, floor volunteer

ZIP LINING/ROPES COURSES

Common Ground – Oberlin – http://commongroundcenter.org/adventure

Hocking Hills Canopy Tours – Hocking Hills- <u>www.hockinghillscanopytours.com</u>

Millstream Run Reservation – Strongsville – http://goape.com/zip-line/

Summit Vision – Columbus – http://summit-vision.com

Synergy Woods – Grafton – http://synergywoods.com

Tree Frog Canopy Tours – Glenmont – http://treefrogcanopytours.com

Zip City – Streetsboro – http://zipcityusa.com

ZOOS/AQUARIUMS

 $A frican\ Safari\ Wildlife\ Park\ -\ Port\ Clinton\ -\ \underline{www.africansafariwildlifepark.com}$

Akron Zoo – Akron – http://akronzoo.org

Boonshoft Museum of Discovery – Dayton – <u>www.boonshoftmuseum.org</u>

Cincinnati Zoo & Botanical Gardens – Cincinnati- http://cincinnatizoo.org

Cleveland Metroparks Zoo – Cleveland – <u>www.clevelandmetroparks.com/zoo</u>

Columbus Zoo and Aquarium – Powell – http://columbuszoo.org
Greater Cleveland Aquarium – Cleveland – http://greaterclevelandaquarium.com
Heavens Corner – West Alexandria – (937) 839-5005
Noah's Lost Ark – Berlin Center – http://noahslostark.org
Toledo Zoo – Toledo – www.toledozoo.org