

# Activities for Students with Special Needs



## General Sports Programs

**Special Olympics of Morris County:** The mission of the Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

- **Sports Offered:**
  - **Young Athlete Program:** prepares participants for future participation in sports while improving gross motor, social and cognitive skills.
  - **Fall:** Equestrian, golf
  - **Winter:** Alpine skiing, cross-country skiing, speed skating, snowshoeing
  - **Spring:** Basketball, bowling
  - **Summer:** Bocce, swimming, softball, track & field
- **Ages:** Youth Athlete program begins at age 2, programs run into adulthood
- **Cost:** Free
- **Website:**

<https://www.sonj.org/find-local-program/morris-sussex-warren-counties/>



***Special  
Olympics***

**Special Needs Athletic Programs (SNAP) - Morristown, NJ:** non-profit organization created to inspire youth to work together through athletics, peer mentoring activities, and educational programs. SNAP began six years ago by a two brothers as a series of athletic clinics designed to integrate special needs children into public recreational leagues. In our clinics, the children not only learned how to play sports, but gained confidence, self esteem, and formed strong and lasting bonds in a non-competitive atmosphere.

- **Programs offered:** a variety of sports clinics, as well as an art program
- **When:** schedule varies by season
- **Ages:** 7 to 16
- **Cost:** Free
- **Website:** <http://www.snapclinics.org/>

## **Arts/Performing Arts/Games**

**Developmental Art Kids2Kids - Morristown, NJ:** The Kids 2 Kids Art program is a developmental art program that works on building kids art skills throughout the course of multiple sessions. We will focus on one or more principles of art every month. Kids will be engaged in projects each week that will accumulate into one big product at the end of the month. We will even have “art shows” for kids to show off their work to parents and other kids. The Kids 2 Kids art program will help kids find what they truly love in art, build life long skills and help them continue to enjoy it. “

- **When:** Thursdays from 6:30 to 7:30, dates to be decided
- **Ages:** school aged children
- **Cost:** \$20 per month (to cover cost of materials)
- **Website:** <http://www.kidstokids.us/programs/art/>



**Drama Social Language Kids2Kids - Morristown, NJ:** Our drama program will develop the reciprocal language and cues that are essential for our kids to fully participate in society. While there still be a need to build the generalization necessary for this to take hold, we can hold social events that will put practice into play.

- **When:** Wednesdays from 7 to 8 PM (wait list)
- **Ages:** school aged children
- **Cost:** Free
- **Website:** <http://www.kidstokids.us/programs/drama-language/>

**Games with Friends - Parsippany, NJ:** Games with Friends is a fun and fully inclusive program where kids with and without special needs learn to play fun and simple games while developing new friendships with peers.

- **When:** Mondays from 6:15-7:00 for grades K to 4 and 7:15-8:00 for grades 5 to 8.
- **Ages:** children in grades K to 8
- **Cost:** Free, however donations are welcome to offset cost of program
- **Website:** <http://www.parsippanypal.org/>

**Miracle Project at Mayo Performing Arts Center - Morristown, NJ:** The Miracle Project is an evidence-based, groundbreaking program which helps children and young adults with autism and other special needs build communication and social skills, community, and greater self-esteem through music, acting, dance, acting and storytelling.

- **When:** Fall and Spring performance
- **Ages:** please contact program
- **Cost:** please contact program
- **Website:** <https://www.mayoarts.org/education/the-miracle-project>

**Mayo Performing Arts Center - Morristown, NJ:** Offers several sensory friendly theatre performances throughout the year.

Visit <https://www.mayoarts.org/education/the-miracle-project> to see performance dates and to purchase tickets!

## Baseball

**Challenger Baseball - Morris County:** The Challenger League is a baseball league (now expanded to other sports programs) for special needs children, that was established in 1986, by Williamsport Little League. The Morris County Challenger Little League was established in 1999. The dedicated volunteers create a positive environment for the children who are in need of this program. The majority of the participants are from Morris County, and a few from the neighboring counties.

- **When:** April to June
- **Ages:** 5 to 21
- **Cost:** Free
- **Website:** <https://www.mccll.org/baseball>



## Basketball

**Challenger Basketball - Rockaway, NJ:** See above for a description of the Challenger League.

- **When:** Saturdays from January to April
- **Ages:** 5 to 21
- **Cost:** \$200
- **Website:** <https://www.mccll.org/basketball>

## Bicycle Riding

**iCan Bike Camp - Randolph, NJ:** Movement and Play are the basis for all iCan Shine programs. Each program provides success through experience. Every effort is acknowledged for each unique person's individual abilities. Recreational skills can be difficult to master for individuals with disabilities. Breaking skills into small, achievable goals and celebrating each accomplishment builds the self-esteem and confidence needed to continue the challenges of learning.

- **When:** each August for 1 week, sessions offered in 75 minute periods throughout the day
- **Ages:** program begins at 8 years old
- **Cost:** \$200
- **Website:** <https://icanshine.org/ican-bike-randolph-nj/>



## Bowling

**Challenger Bowling - Rockaway, NJ:** See above for a description of the Challenger League.

- **When:** Saturdays from September to January; also a spring/summer league
- **Ages:** 5 to 21
- **Cost:** \$180 or 15 weeks
- **Website:** <https://www.mccll.org/bowling>

## Golf

**Golf Kids2Kids - Morristown, NJ:**These programs are grounded in basic skills development of our sport or artistic program. However given our vision of attending to the whole child, our developmental construct attends to reasoning and social development.

- **When:** Tuesdays from October 3 to May 31st, 6:30-7:30 PM
- **Ages:** school-aged children
- **Cost:** Free
- **Website:** <http://www.kidstokids.us/programs/school-year-golf/>

## Hippotherapy

What is hippotherapy? Hippotherapy, as defined by the American Hippotherapy Association, refers to how occupational therapy, physical therapy, and speech-language pathology professionals use evidence-based practice and clinical reasoning in the purposeful manipulation of equine movement to engage sensory, neuromotor, and cognitive systems to achieve functional outcomes.

Research suggests that Hippotherapy has positive effects on a person's posture, muscle tone, and balance. The movement of the horse engages muscles used for walking, and encourages postural responses which can help to improve trunk control, core strength, motor planning, sensory processing, and respiratory function for speech production. Equine movement can be used to help treat impairments such as abnormal muscle tone, apraxia, sensory processing disorders, gait abnormalities, and motor coordination disorders associated with medical conditions such as autism, cerebral palsy, sensory integration disorder, developmental delays, brain tumors, traumatic brain injuries, and neuromusculoskeletal disorders. ([Source](#))

### **Rocking Horse Rehab, West Orange, NJ:**

- **When:** appointments scheduled throughout the week
- **Ages:** early intervention through adulthood
- **Cost:** please contact site directly
- **Website:** <http://rockinghorserehab.com/>

**Pony Power, Mahwah, NJ:** Pony Power Therapies is a non-profit organization giving special needs and at-risk children and adults a unique opportunity to ride, care for and interact with horses. Our riding and non-riding activities enhance individuals' physical, social and emotional well-being in a safe, nurturing farm environment.

- **When:** appointment only
- **Ages:** early intervention through adulthood
- **Cost:** please contact site directly
- **Website:** <http://www.ponypowernj.org/>

## **Martial Arts**

**Del Martial Arts, LLC, Scotch Plains, NJ:** These programs are grounded in basic skills development of our sport or artistic program. However given our vision of attending to the whole child, our developmental construct attends to reasoning and social development.

- **When:** Classes vary Monday through Saturday, depending on the need
- **Ages:** 3 ½ through adulthood
- **Cost:** average price is \$140 per month, cost may vary
- **Website:** <http://www.kidstokids.us/programs/taekwondo/>



**Eagle Mixed Martial Arts, Boonton, NJ:** Build a strong foundation of self discipline, self-esteem and respect that can be transferred to all the things you love to do – both outside of the dojo and during training! Get confident and win at life with Martial Arts Training! It will help you excel in areas such as: academics, various other sports, arts and social activities, and all aspects of life. It is also a great activity to improve focus and attention. Each class is filled with exciting, hi-energy, age-appropriate drills that have been carefully designed to build strength, stamina and endurance, as well as develop important life skills.

- **When:** class times vary, call studio; also have after school program with transportation from PTHSD schools
- **Ages:** school-aged children
- **Cost:** contact studio
- **Website:** <http://www.eaglemixedmartialartsnj.com/index.php>

**Taekwon-Do Kids2 Kids, Morristown, NJ:** These programs are grounded in basic skills development of our sport or artistic program. However given our vision of attending to the whole child, our developmental construct attends to reasoning and social development.

- **When:** Mondays beginning October 2nd until May 2018, 6:30 to 7:30 PM
- **Ages:** school-aged children
- **Cost:** \$50 for two months of classes
- **Website:** <http://www.kidstokids.us/programs/taekwondo/>

**Vizzio Institute of Martial Arts - Fairfield, NJ:** Vizzio's Institute of Martial Arts has specialized in working with children since 1972. Our character building classes are fun, focused and full of positive energy! We pride ourselves in instilling moral values such as respect, honesty, integrity, discipline, focus, dedication, loyalty, courage, vitality and self cultivation. Classes are adapted as needed to meet the needs of all participants.

- **When:** Basics classes are offered at varying times throughout the week
- **Ages:** program begins at 4 years old
- **Cost:** \$69 for 6 weeks
- **Website:** <http://vizzio.com/home>

## Rock Climbing

**Peak Potential Adapted Rock Climbing - NJ Rock Gym, Fairfield, NJ:** Established in 2000, Peak Potential now runs indoor programs 4 days a week at 3 different locations across New Jersey and an outdoor program. Staffed by both climbers and non-climbers from the local community, Peak Potential's indoor program is a 12 week introduction to rock climbing that exposes children to a sport that they normally would not have a chance to participate in. Participants who complete our introductory program and wish to continue climbing are welcome to apply for additional sessions in our indoor facilities or to join us outdoors.

- **When:** Mondays and Thursdays from 6:30 to 7:30
- **Ages:** program begins at 4 years old
- **Cost:** Free
- **Website:** <http://peakclimb.org/>

## Running/Track

**Girls on the Run - Veterans Park, Parsippany, NJ :** Girls on the Run inspires girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the ten-week program, girls in 3rd-8th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.

- **When:** Spring and Fall programs on Tuesdays and Thursdays
- **Ages:** 3rd to 8th grade
- **Cost:** \$199
- **Website:** <https://www.girlsontherunnj.org/>

**Healthy Kids Running Series - Wayne, NJ:** The Healthy Kids Running Series was created by Jeff Long, Founder and President of Pattison Sports Group, to provide kids with a positive, educational, and fun experience in the world of running. To combat the increasing rates of child obesity in America, Jeff designed a running program that would motivate kids to be healthy and active as well as provide a fun environment to improve their self-esteem. Jeff believed the program would encourage kids to adopt a “Get Up and Go” attitude.

- **When:** Spring and Fall for 5 weeks
- **Ages:** Pre K 4 to 8th Grade
- **Cost:** \$35 per session, includes five races, one race each week, the HKRS T-Shirt, race bibs, a sponsor race bag, and a medal
- **Website:** <http://www.healthykidsrunningseries.org/>

**Running Kids2Kids - Morris County Park Commissions Facility:** These programs are grounded in basic skills development of our sport or artistic program. However given our vision of attending to the whole child, our developmental construct attends to reasoning and social development. Each participant is mentored by an experienced runner.

- **When:** Begins November 6, meets each Sunday from 1-2 PM (weather permitting)
- **Ages:** school-aged children
- **Cost:** Free
- **Website:** <http://www.kidstokids.us/programs/fall-running-program/>



## Soccer

**Challenger Soccer - Rockaway, NJ:** See above for a description of the Challenger League.

- **When:** September and October
- **Ages:** 5 to 21
- **Cost:** Free
- **Website:** <https://www.mccll.org/soccer>

## Swimming

**SafeSplash Swim School, Parsippany, NJ:** SafeSplash works with a wide range of special needs students and will provide each child with the best swim instruction possible in our warm water, indoor facilities. Prior to starting lessons, they meet with the family and assess the goals of each student. With the goals and the capabilities of the student in mind, we develop a teaching plan based on the elements of the SafeSplash curriculum that apply. An appropriate instructor is identified for this plan...another example of the SafeSplash Match®.

- **When:** lessons are ongoing throughout the year, contact location for available days/times
- **Ages:** beginning at age 3
- **Cost:** \$112 per month (facility will make effort to decrease costs when needed)
- **Website:** <https://www.safesplash.com/locations/parsippany>

**Swimming Kids2Kids - Morristown, NJ:** These programs are grounded in basic skills development of our sport or artistic program. However given our vision of attending to the whole child, our developmental construct attends to reasoning and social development.

- **When:** Saturdays from September to June, 1:00-2:15 PM (waitlist)
- **Ages:** school-aged children

- **Cost:** \$20-\$50 dollars
- **Website:** <http://www.kidstokids.us/programs/swimming-sec-2/>



## Yoga

**Pediatric Therapy & Yoga of Morris, Morristown, NJ:** This is a private practice and a Pediatric Holistic Center. They specialize in treating children with developmental disabilities, spinal deformities, orthopedic and acquired disorders, as well as various other special needs to optimize a child's functional potential. Our therapists all carry dual Yoga certifications and professional degrees in Physical Therapy and Occupational Therapy. Therapeutic Yoga is used individually and in a group setting in order to address the child's needs while making therapy enjoyable for the child and teaching life-long strategies. The practice strives to provide our families with all the support and prompt attention to benefit the child's smooth and enjoyable experience.

- **When:** individual sessions can be scheduled by calling the office, groups are offered at various times throughout the week
- **Ages:** 4 to 12
- **Cost:** considered out of network for insurance, but will work with your family to bill insurance using your out of network benefit
- **Website:** <http://www.thewholechildnj.com/index.html>

**Yoga Kids2Kids - Morristown, NJ:** These programs are grounded in basic skills development of our sport or artistic program. However given our vision of attending to the whole child, our developmental construct attends to reasoning and social development.

- **When:** Thursdays beginning October 6, 6:30-7:30 PM
- **Ages:** school-aged children
- **Cost:** 5 classes for \$50
- **Website:** <http://www.kidstokids.us/programs/yoga-2015/>



***Disclaimer:** This booklet is not intended to be a therapeutic recommendation or intervention. The ideas presented here are informational and activities should not be seen as a recommendation of the Parsippany Troy Hill School District. Participation in the activities should be done at your own discretion, and PTHSD assumes no liability for injury and no responsibility for any financial obligations for registration.*

\*If there are any programs you feel should be included in this booklet please email Jamie Fugowski at [jdfugowski@pthsd.net](mailto:jdfugowski@pthsd.net)