

## SOCIAL WORK'S GUIDE TO SUMMER FUN



Dear Parents,

Enclosed you will find a list of FUN summer recreational activities for children and young adults with special needs. We have provided a list of day camps, overnight camps, and recreational experiences. All of which are valuable in their own way. Please keep in mind if interested in summer camp programs, many require applications be submitted as soon as possible. There are many other local programs that exist that I may not know of thus this list is purely informational and CTC does not endorse any of the programs mentioned.

# Summer Camps:

*“Many studies have shown that summer camp helps kids increase their independence and self esteem. Parents of special needs children are often surprised by all the things that their children were able to do for themselves at camp. “*

- **Camp Acorn:** Located in Paramus, NJ, Camp Acorn offers Saturday, summer and monthly teen Friday night dances. Programs are for children with special needs, ages 4 and up. Contact info: [www.CampAcorn.org](http://www.CampAcorn.org)
- **Camp Excel:** offers a specialized summer program for children with ADHD and others with social skills challenges. Located in Westwood, NJ. Contact info: [www.CampExcel.com](http://www.CampExcel.com)
- **Camp Marcella:** Residential summer camp in Rockaway, NJ designed specifically for children and teens with blindness, visual impairments and special needs. Contact info: <https://campmarcella.org/>
- **Camp Merry Heart,** run by Easter Seals of NJ, in Hackettstown, NJ. Residential and day camps for individuals ages 5 and up. Contact Easter Seals directly at 732-257-6662 or [www.eastersealsnj.org](http://www.eastersealsnj.org);
- **Camp Moore –** This sleep away camp offers a fun filled vacation away from home for individuals with special need. Haskell, NJ (Passaic County). One week paid by the Elks. [www.njelks.org](http://www.njelks.org)
- **Camp Sunshine & Camp Snowflake:** Both programs offer recreational activities. Camp Sunshine operates 9:30 – 3:30 M-F from the end of June through August. Camp Snowflake operates Saturdays from 1-4 pm September through June. Both programs are held at the Wild Duck Pond area of the Saddle River County Park at 1133 E. Ridgewood Ave, Ridgewood, NJ. Contact 201-652-1755 or email [info@sunshine-snowflake.org](mailto:info@sunshine-snowflake.org)
- **Camp Chatterbox:** [www.campchatterbox.org](http://www.campchatterbox.org)  
A one week overnight camp for children and young adults who functionally use synthesized augmentative and alternative communication devices. Camp Chatterbox is funded by the Children’s Specialized Hospital in Mountainside NJ. [Campchatterbox@gmail.com](mailto:Campchatterbox@gmail.com)
- **JCC ON THE PALISADES, TENAFLY, NJ:**  
**Camp Haverim:** a two week camp designed for children and teens ages 3-21 with special needs attending 11 months of special schooling.

**On Our Own:** a life skills program for teens and young adults.  
Contact for the JCC's programs: 201-569-7900 or [www.clofaro@jccotp.org](mailto:www.clofaro@jccotp.org)

- **The Arc of Bergen and Passaic Counties**

<http://www.arcbergenpassaic.org/>

(201)343-0322

The ARC is a private not-for profit organization of families, self advocates, professionals and community members dedicated to assisting individuals with developmental disabilities and their families. Their ***Rainbow Summer Day Program*** offers a six week summer day program for children with developmental disabilities. Activities include swimming, arts & crafts, adapted physical education, music, cooking and community trips. An academic component is also offered in accordance with IEP requirements and the program is approved as an Extended School Year Site. Transportation is provided

- **The Arc of Essex County-Camp Hope**

<https://arcessex.org/services/childrens-services/camp-hope/>

Camp Hope is a seven week summer day camp program, in East Hanover for campers with intellectual and developmental disabilities. Operating since 1956, camp runs Monday through Friday, 9 am to 3 pm, starting in July and ending in August, with transportation provided for campers living in Essex County and surrounding areas. Camp Hope has been providing traditional camp activities including supervised swimming and outdoor fun with modified sports, arts & crafts and music. While enjoying these activities, attention is also given to daily living skills, peer interaction, socialization skills and developing appropriate behaviors.

- **Abilities Therapy Network: Sense-Ational Summer Camp**

All activities planned and conducted by a speech therapist and Occupational therapist. You can sign up for individual weeks or all six weeks. Offers a socially engaging and multisensory approach.

700 Godwin Ave. Suite 120

Midland Park, NJ

201-447-0303

- **FOCUS Center- Therapeutic Camp**

Sensory, social and language based therapeutic camp for children 3-11 years old.

The program offers small groups and individualized attention and engages children intellectually, physically, emotionally and socially.

120 County Road Suite 101

Tenafly, NJ

201-894-5800

[nofaryaacoby@focustherapycenter.com](mailto:nofaryaacoby@focustherapycenter.com)

- **Sensory Bounce Therapy Summer Camp**  
A sensory, motor, and social skills occupational therapy program combining therapy and play for children ages 2-12 years old. Program offered August 19-23 and 26-30 from 9:30-12:30.  
BounceU of Paramus NJ  
70 Eisenhower Dr.  
Paramus, NJ  
201-794-7700
- **NJ Children's System of Care-Performcare:**  
<http://www.performcarenj.org/families/disability/summer-camp.aspx>  
For children registered with Performcare, financial assistance may be available to offset a portion of the cost of summer camp for certain qualified camps.

## Recreational activities

- **Wyckoff Family YMCA** offers a variety of options including:
  - Family Swim for children with special needs.
  - Shining Star Express – a variety of socially supportive programs for children with special needs.
  - Billy's Buddies – an outreach program for children with Down Syndrome and their families.
  - Billy's Buddies and Friends – a variety of activities for all children with special needs.
  - Special Olympics Young Athlete Program” for children ages 2-7
 contact info 201-891-2081 and [www.wyckoffymca.org](http://www.wyckoffymca.org)
- **YJCC of Bergen County:** Offers a variety of programs for children with special needs, including “FunDay2”, “Social Thinking Groups”, “Bear With Me” (Martial arts for special needs), “The Bridge”, “Boost”, “Patiently Waiting” and other programs.  
**Camp Shalom:** summer special needs day camp, ages 3 – young adult; and **Shalom Summer Program** for ages 21+  
Info: call Gina Wellington (director) at 201-666-6610, x 268, email [gwellington@yjcc.org](mailto:gwellington@yjcc.org) or [www.yjcc.org](http://www.yjcc.org)
- **Guttenberg Center for Special Services**  
**Kaplan JCC on the Palisades**  
Guttenberg Center for Special Services  
411 East Clinton Avenue  
Tenafly, NJ 07670  
201 408 1489

[www.jccotp.org](http://www.jccotp.org)

The Guttenberg Center for Special Services was established 1997. For more than a decade, the JCC has established a full range of vital daily, after school, weekend, social groups and summer programs and services for individuals with special needs from childhood through adulthood.

Contact: Shelley Levy

- **Special Angels Recreation**

85 Exton Avenue

North Arlington, NJ 07031

201 966 8738

[www.specialangelsrec.org](http://www.specialangelsrec.org)

A special needs recreation league providing tee-ball, bowling, soccer and basketball.

Contact: Debbie Wertalik

- **Volt Fitness**

566 Broad Street

Glen Rock, NJ 07452

201 857 3800

Fax: 201 857 3802

[www.voltfitnessusa.com](http://www.voltfitnessusa.com)

The VOLT program, designed for individuals with special needs, follows a comprehensive curriculum that incorporates evidence-based practice for people presenting with multiple disabilities. This program utilizes group psychotherapy, which incorporates applied behavior analysis and social skills training to treat the psychosocial and behavioral symptomatology associated with developmental disabilities. Participants will also receive OT and physical fitness in our fitness circuit to address co-occurring physical deficits and sensory integration issues.

- **GIFTED FITNESS**

Russ Van Ness "

201-951-9063

[www.giftedfitness.com](http://www.giftedfitness.com)

Gifted Fitness is dedicated to providing private, 1on1 exercise and fitness opportunities to individuals with special needs and their family members. Appropriate for all ages and ability levels.

- Gifted Sports

Gifted Sports is dedicated to providing sports and recreation programs to individuals with special needs. Appropriate for all ages and ability levels.

- August Sports Camp:

a 5 day, 2 hour sports camp that covers a different sport each day. Participants will learn the rules, practice the skills and participate in game play for each sport. Sports include Football, baseball, basketball and soccer.

- 2 hour Sports Clinic:  
1 day sports clinics are held throughout the year focusing on the skills, rules and gameplay of a specific sport.
- **Center for Modern Dance Education Learning Through the Arts**  
84 Euclid Avenue  
Hackensack, NJ 07601  
201-342-2989  
<http://cmde.org/summer-camps/>  
Ages 2 to senior citizens. Creative noncompetitive inclusive classes for children and adults. Special class for teens and adults with disabilities
- **Epilepsy Foundation of New Jersey Out and About Program**  
973-244-0850  
[www.efnj.com](http://www.efnj.com)  
Offers young people with disabilities with individualized and group recreational and socialization opportunities. Participants can choose one-to-one companionship and/or participation in a variety of recreational trips and activities that will be coordinated throughout the year. Recreational trips, camp weekends and activities will also be coordinated
- **Meaningful Movements**  
6 Godwin Plaza  
PO Box 294  
Midland Park, NJ 07432  
Contact: Michele Campbell  
201-906-3461  
Dance and adaptive physical education for all ages
- **YWCA-Bergen County- Special needs swim programs**  
<http://www.ywcabergencounty.org/special-swim/>  
Contact: Heather Seebach  
201-345-1912
- **Statewide-Special Olympics New Jersey**  
1 Eunice Kennedy Shriver Way  
Lawrenceville, NJ 08648  
609-896-8000  
[www.sonj.org](http://www.sonj.org)  
[info@sonj.org](mailto:info@sonj.org)  
Ages 8 and up

- **Family Support Center of New Jersey**  
Has a statewide database with information on programs for individuals with all disabilities  
973-244-0850  
<http://www.fscnj.org>
- **Best Day Foundation**  
<https://bestdayfoundation.org/>  
Best Day Foundation is a volunteer organization that helps children and young adults ages 4-24+ with special needs build confidence and self-esteem through safe, fun, adventure activities like surfing, bodyboarding, kayaking, snow sports and more. Please join us in creating special days for children with Autism, Down Syndrome, Cerebral Palsy, blindness, cancer, spinal cord injuries, and other physical and developmental challenges.
- **NETBO (North East Therapeutic Boating Organization)**  
<http://www.netbo.org/>  
Their mission is to improve and enrich the quality of life for disabled and underprivileged youth and elder members of our community and surrounding communities, through a memorable boating experience.
- **Sahara Sam's Indoor/Outdoor Water Park**  
<https://www.saharasams.com/specialneeds/>  
Special Needs Events, hosted by Sahara Sam's Oasis, provide fun, judgment-free evenings for individuals with special needs to enjoy with their family and friends. Special Evenings at Sam's, or S.E.A.S., are offered to the community at a significantly reduced rate and are designed with the unique challenges of special needs individuals in mind. Our goal is to provide a comfortable evening that allows individuals to have fun and network with other families.
- **Special Needs Accessible Beach Guide**  
<http://co.monmouth.nj.us/documents/41/Accessible%20Beach%20Guide.pdf>  
This annual guide includes information about the County's accessible beaches, walkways, ramps, parking, curb cuts and surf chair availability. It also provides detailed information about beach fees, lifeguard hours and amenities.

# Transportation

- **NJFindARide**  
NJFindARide website enables people to search an electronic database of transportation providers to find a ride when they do not have easy, reliable access to transportation. By entering origin and destination information and some key travel information, you are given a list of providers who may be able to meet your needs. Visit [www.njfindaride.org](http://www.njfindaride.org) to learn more.
- **Twin's Mobility Limousine Service**  
Specializes in chauffeured luxury limousine service for the physically challenged. Whatever the occasion, their full size, wheelchair/scooter accessible limo van will make any event a special event.  
<http://www.twinlimo.com/>  
P: 877-450-4440

**On behalf of CTC Academy, have a fun filled, healthy and wonderful summer!!**