

# RESOURCES



**Prepared by:**

The Children's Guild Foundation Autism Spectrum Disorder Center at Oishei Children's Hospital  
Parent Network of Western New York  
Many Au-Some Parent Volunteers

*This project is supported by a grant from Family Support Services at the  
Office for People with Developmental Disabilities*



JOHN R. OISHEI  
Children's Hospital



THE  
CHILDREN'S GUILD  
FOUNDATION

PARENT  
NETWORK  
OF WESTERN NEW YORK



# Summer Fun for Children with Autism Spectrum Disorders

It's summer and there are many fun activities for children with autism spectrum disorders. From sensory-friendly movies to swimming lessons, the following is a sampling of what is available in Western New York. Please note that this list was compiled from many sources and recommendations and it is the responsibility of parents to make sure activities are appropriate for their child. Some of the listings are for general fun and entertainment.

Contact information is provided for each of the resources. To avoid disappointment due to schedule changes or space limitations, we encourage parents to call ahead to make sure the listed activity is available and meets you and your child's particular needs.

Another good source of information for your particular area is your town's Department of Recreation – many of them offer adaptive programs.

If you know of a program that should be added to this list, please contact: Jana Mertz at [jmertz@kaleidahealth.org](mailto:jmertz@kaleidahealth.org).

*This guide is supported by a grant from the Family Support Services program through the Office for People with Developmental Disabilities, the Parent Network of Western New York and The Children's Guild Foundation Autism Spectrum Disorder Center at the John R. Oishei Children's Hospital.*

**A special thanks is due to the many Au-Some parents who have contributed to and reviewed the directory!**

## TABLE OF CONTENTS

<b>MOVIES</b> .....	<b>7</b>
Sensory Friendly Films – Flix Stadium 10 .....	7
My Way Matinee .....	7
Transit Drive-In .....	7
Family Movie Night at Shakespeare Hill in Delaware Park .....	7
<b>CHUCK E CHEESE</b> .....	<b>8</b>
<b>AU-SOME EVENINGS</b> .....	<b>8</b>
<b>AU-SOME AQUARIUM EVENINGS at the Aquarium of Niagara</b> .....	<b>9</b>
<b>SENSORY SUNDAYS AT SKYZONE</b> .....	<b>9</b>
<b>FREE FRIDAYS SPONSORED BY M&amp;T BANK</b> .....	<b>9</b>
<b>THERAPEUTIC HORSEBACK RIDING</b> .....	<b>10</b>
Buffalo Therapeutic Riding Center .....	10
Equi*Star Therapeutic Ranch .....	10
High Hurdles Therapeutic Riding .....	11
Lothlorien Therapeutic Riding Center .....	11
Nash Hill Equestrian Center .....	12
<b>SUMMER CAMPS/PROGRAMS</b> .....	<b>12</b>
Cradle Beach Camp .....	12
Camp Ji-Ik-Do-Wah-Gah (Learning Disabilities/ADHD) .....	13
Camp Crab Apple .....	13
Buffalo Hearing and Speech Center's Social Communication Program .....	13
Communication café: Brewing your Potential – FULL for 2018 .....	14
Community Connections – The Summit Center .....	14
Opportunities Unlimited of Niagara .....	14
Electronic Gaming Therapy .....	15
summerMAX .....	15
Sweet Charlotte's – Summer Camps .....	15
Sensational Fun Camps .....	16
<b>FAMILY CAMP</b> .....	<b>16</b>
One Piece at a Time .....	16
<b>FANTASTIC FRIENDS</b> .....	<b>17</b>
June 24, 2018, Noon-3 PM- Special Needs Takes on Buffalo Canalside .....	17
AHOY MATEYS! Saturday, August 11, 2018 – boarding at 9:30 am .....	17
<b>DEPARTMENT OF RECREATION - ADAPTIVE PROGRAMS</b> .....	<b>17</b>
<b>FIND YOUR NICHE-HAMBURG YOUTH AND RECREATION ADAPTIVE PROGRAMS</b> .....	<b>17</b>
<b>ICE SKATING</b> .....	<b>18</b>
SABAH – Spirited Athletes Bold At Heart Summer Skating Program .....	18
Public Ice Skating .....	19
<b>SAILING/BOATING/FISHING/SCUBA/WATERSKIING/TUBING/PADDLING</b> .....	<b>19</b>
Great Lakes Watersports, Inc. – WNY Adaptive Water Sports mailing address .....	19
Excalibur Leisure Skills Center, Inc. ....	20
Captain Dave's .....	20
<b>DANCE</b> .....	<b>21</b>
Danceability, Inc. ....	21
Time to Dance – Graceful & Gifted Dance Program .....	21
<b>BATON TWIRLING</b> .....	<b>22</b>
Diamonds Twirling Corps. ....	22

<b>SPORTS.....</b>	<b>22</b>
CAPS, INC.....	22
Challenger Baseball .....	22
The Miracle League of Grand Island & Western NY - Baseball.....	23
Hamburg Department of Recreation – Adaptive Programs Softball Clinic.....	23
<b>BIKE.....</b>	<b>23</b>
<b>SPECIAL OLYMPICS.....</b>	<b>24</b>
<b>SWIMMING .....</b>	<b>24</b>
Clarence Swimming Adaptive Swim Program .....	24
JCC Au-Some Swimmers.....	25
Clearfield Community Center .....	25
ADULT (16 year old +) with Disabilities Swim at Clearfield.....	25
<b>EXERCISE .....</b>	<b>26</b>
Josh & Friends (for teens+ to use the equipment safely).....	26
Canalside – Sow it Now Josh & Friends .....	26
CANALSIDE – yoga for kids, dance, Zumba, exercise, movement and more.....	26
<b>KARATE-KENPO STYLE.....</b>	<b>26</b>
Riederer's Kenpo Self-Defense Studio.....	26
<b>BOWLING.....</b>	<b>27</b>
Voelkers Lanes .....	27
Kenmore Lanes .....	27
Transit Lanes .....	27
Wimbledon Lanes/West Seneca .....	27
<b>ROLLERSKATING .....</b>	<b>27</b>
Rainbow Rink .....	27
<b>OTHER COMMUNITY ACTIVITIES .....</b>	<b>28</b>
Leaps N Bounce .....	28
Sky Zone – Indoor Trampoline Park.....	28
Rolly Pollies .....	28
Sensational Fun.....	28
Sweet Charlotte's .....	29
We Rock the Spectrum - Southtowns .....	29
We Rock the Spectrum - Northtowns .....	29
Olcott Beach Carousel Park .....	30
Martin's Fantasy Island.....	30
Buffalo Zoo .....	30
Hidden Valley Animal Adventure.....	30
Griffis Sculpture Park.....	30
Penn Dixie Paleontological and Outdoor Education Center.....	31
Community Music School Buffalo.....	31
Canalside – Buffalo, NY .....	31
Herschell Carousel Museum .....	31
Botanical Gardens .....	32
Buffalo Museum of Science.....	32
Just Fun – Family Entertainment Center .....	32
Niagara Climbing Center .....	33
Strong Museum of Play (in Rochester) .....	33
Sensory-Friendly Day at Strong Sunday July 22.....	33
<b>PARKS, NATURE &amp; FARMS .....</b>	<b>33</b>
NY State Parks Access Pass .....	33
Glen Park.....	33

Kelkenberg Farm .....	34
Becker Farms .....	34
Greg's U-Pick Farm .....	34
Tifft Nature Preserve .....	34
Charles E. Burchfield Nature & Art Center .....	34
<b>TRAINS .....</b>	<b>35</b>
Medina Railroad Museum.....	35
Arcade & Attica Railroad, Corp. ....	35
Amtrak Station in Depew .....	35
<b>WEBSITES.....</b>	<b>36</b>
Fun 4 Kids in Buffalo .....	36
Kids Out and About .....	36
WNY Family Magazine .....	36
Canalside.....	36
Best of WNY Free & Community Concert Schedule .....	36
<b>SPLASH PADS.....</b>	<b>36</b>
Krull Park .....	36
Buffalo Splash Pads .....	36
<b>LIBRARIES.....</b>	<b>37</b>
<b>SAFETY .....</b>	<b>37</b>
<b>TRAVEL TIPS .....</b>	<b>38</b>
<b>RAINY DAY IDEAS .....</b>	<b>40</b>
<b>LEARNING OUTDOORS (&amp;IN) – Courtesy of Mid-State Early Childhood Direction Center .....</b>	<b>41</b>

## **MOVIES**

### **Sensory Friendly Films – Flix Stadium 10**

The Dipson Flix Stadium 10 theatre offers sensory friendly films the first Saturday of each month. Tickets are \$7.75 and can be purchased at the theatre box office or online at <http://www.dipsontheatres.com>.

All shows are at 10:00 am.

June 2 – Showdogs or Solo (tentative)

July 7 – Incredibles 2 (tentative)

August 4 – Teen Titans Go (tentative)

September 1 – Christopher Robbin or possibly Incredibles 2 (tentative)

Flix Stadium 10  
4901 Transit Road  
Lancaster, NY  
716-668-1888

### **My Way Matinee**

My Way Matinee provides a sensory-friendly family movie experience for only \$6.50 per person.

At the REGAL Cinemas in Niagara Falls  
720 Builders Way, Niagara Falls  
(844) 462-7342

Please visit [www.regmovies.com](http://www.regmovies.com) for schedule.

### **Transit Drive-In**

Some families with ASDs find going to a drive in to be a good experience for their family. They also offer miniature golf (\$3) and a playground. The local drive in is:

Transit Drive In  
6655 South Transit Road  
Lockport, NY  
[www.transitdrivein.com](http://www.transitdrivein.com)

Call or check links above for dates and times of movies.

### **Family Movie Night at Shakespeare Hill in Delaware Park**

Special thanks to presenting sponsor, Wegmans. Family Movie Night at Shakespeare Hill in Delaware Park is a FREE outdoor film series. It is kids friendly and FREE for all to enjoy. 2018 Movie Nights are scheduled on:

August 6 at Dusk – Movie title TBA

August 20 at Dusk – Movie title TBA

Parking is available along Lincoln Parkway.

<https://www.bfloparks.org/guided-tours-and-movie-nights-2018/>

## **CHUCK E CHEESE**

<https://www.chuckecheese.com/birthday-events/sensory-sensitive-sundays>**Sensory Sensitive Sundays**

On the first Sunday of every Month the Buffalo and Hamburg locations of Chuck E. Cheese's are open from 9:00 am – 11:00 am specifically for children with autism and other special needs.

The Sensory Sensitive Sundays experience includes:

1. Less crowding and noise
2. Dimmed lighting
3. Show and music turned off or down
4. Limited appearances by Chuck E.
5. Food and games are offered with reduced lighting and noise and trained and caring staff.

4994 Harlem Rd.  
Amherst, NY 14226  
(716) 839-3543

4408 Milestrip Rd  
Buffalo, NY 14219  
(716) 822-4658

## **AU-SOME EVENINGS**

### **Au-Some Evenings at Explore & More Children's Museum**

300 Gleed Avenue  
East Aurora, NY 14052

Through generous community support, these special evenings give children with Autism Spectrum Disorders an opportunity to play and learn together in an understanding and supportive environment free of charge. Children, siblings and friends are welcome and must be accompanied by a parent or guardian. Families will have access to the museum and Imagination Playground where they have an opportunity for more active play.

The evenings are held on the second Friday of the month EXCLUDING July & August.  
For 2018 the dates are:

June 8th            5:30 – 8 pm  
September 14<sup>th</sup> 5:30 – 8 pm

Space is limited so reservations are essential. Visit <http://tinyurl.com/ausomeevening>  
Check Explore & More's website: [www.exploreandmore.org](http://www.exploreandmore.org) for a Social Story about a visit to the museum!



## **AU-SOME AQUARIUM EVENINGS at the Aquarium of Niagara**

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

701 Whirlpool Street  
Niagara Falls, NY 14301  
Phone: (716) 285-3575  
1-800-500-4609

**Au-Some Aquarium** are monthly special evenings dedicated to families with sensory challenges and autism spectrum disorders. There are sensory friendly activities, sea lion show, touch tank, art activities and gluten free snacks.

**Au-Some Aquarium runs from 6:00 – 8:00 pm and the cost is FREE for members of the aquarium and \$10 per family for non-members on the following dates:**

Friday, September 7<sup>th</sup> - Seals

**RSVP for Au-Some Aquarium** on <https://tinyurl.com/ausomeaquarium2018>

The Aquarium's General Hours of Operation are:

### **SUMMER HOURS OF OPERATION**

Sunday to Thursday 9:00 am-7:00 pm

Friday & Saturday 9:00 am-9:00 pm  
(Last admission at 4:30 PM)

One warning – this is at least a one parent per child place for young children. There is a second floor with railing that overlooks the sea lion pool.

Adults \$14.95; Kids aged 3-12 years old \$10.95; Seniors 60+ \$12.95. Memberships are available.

## **SENSORY SUNDAYS AT SKYZONE**

Sensory Sundays at Sky Zone where families with autism and sensory challenges can jump and have fun together in a relaxed and supportive environment. Music will be turned off and the number of jumpers will be limited in order to provide a calmer, more sensory friendly experience.

\$10 per jumper or \$25 per family (up to 4 jumpers )  
9:00 am – 11:00 am

***Skyzone will be closing June 18th thru July 2nd for renovations.***

<https://www.skyzone.com/buffalo>

425 Cayuga Road · Cheektowaga, NY 14225 · 716.206.3300

## **FREE FRIDAYS SPONSORED BY M&T BANK**

These are not dedicated solely to families with children with special needs but they do give you an opportunity to visit the museums for free. M&T Bank is sponsoring a fifth season of the 'M&T Free Fridays' program, offering free admission once a month to four of the popular Western New York arts, cultural and historical institutions:

- Albright-Knox Art Gallery (First Friday) 10 a.m. to 10 p.m.

<https://www.albrightknox.org/events/mt-first-fridays-gallery>

- Burchfield Penney Art Center (Second Friday) 10 a.m. to 8 p.m.

<https://www.burchfieldpenney.org/events/m-and-t-second-fridays/>

- The Buffalo History Museum (Third Friday) 10 a.m. to 5 p.m.

<http://www.buffalohistory.org/Visit/Event-Details.aspx?id=1232&type=events>

- Buffalo Arts Studio (Fourth Friday) 11 a.m. to 8 p.m.

<http://buffaloartsstudio.org/mt-fourth-fridays-at-the-tri-main/>

Free admission is available to everyone; no tickets or reservations are necessary. Members of the four sites continue to receive free or discounted admissions to special events.

## **THERAPEUTIC HORSEBACK RIDING**

### **Buffalo Therapeutic Riding Center**

Buffalo Therapeutic Riding Center, Inc.  
950 Amherst Street · Buffalo, New York 14216  
(716) 877-9295 or (716) 877-4001 (FAX)  
Email: BECandBTRC@aol.com  
Website: <http://www.thebtrc.org>

Age requirement: six years – 18 years old – physician clearance necessary, under 5'7" and 150 pounds

ALL SESSIONS TAKE PLACE ON MONDAY AFTERNOONS. Classes are 30 minutes each and can be scheduled between 3:30 PM – 7:00 PM

THE 2018 SCHEDULE WILL RUN AS FOLLOWS:

SESSION 1: April 30, May 7, May 14, and May 21

SESSION 2: June 4, June 11, June 18, and June 25

SESSION 3: July 9, July 16, July 23, and July 30

SESSION 4: August 6, August 13, August 20, and August 27

BREAK

SESSION 5: September 24, October 1, October 15, and October 22

SESSION 6: October 29, November 5, November 12

Special things happen when children and horses are brought together.

There is a unique bond between horses and people that can be particularly meaningful to children with disabilities. Riding programs provide a relaxing, non-academic environment in which children can interact with adults and peers and more importantly with their horse.

The mission of the Buffalo Therapeutic Riding Center is to create an environment to provide our child community with quality training, education and competition. We will provide a stimulating environment for mentally and mildly physically challenged children. Our goal with each student is to increase their self esteem and self confidence. We will strive to achieve new levels of success in all our endeavors.

### **Equi\*Star Therapeutic Ranch**

2199 Fuller Rd.  
Burt, NY 14028 (9 miles North of Lockport N.Y.)  
(716) 778-8249  
<http://www.equistartheranch.org/>

Sessions run one 45 minute lesson per week for six weeks. \$150

Program for riders 3.5 years old and up. Must have physician approval and rider must be seizure free for at least 1 year. There is a 200 lb weight limit to participate.

A not-for-profit 501 C 3 Corporation whose mission is to enrich the lives of people with disabilities through equine-related activities. Therapeutic riding has been shown in several medical studies to produce multiple benefits to people of various disabilities. Therapeutic riding is recognized by the American Occupational Therapy Association and the American Physical Therapy Association. Research shows that students who participate in therapeutic riding can experience physical, emotional and mental rewards.

Equi \*Star is located on 36 peaceful acres just 9 miles north of Lockport, New York. When the weather isn't cooperating we have a new indoor arena. Classes run rain or shine. The Equi \*Star professional instructors and trained volunteers provide a safe and nurturing environment for their riders.

### **High Hurdles Therapeutic Riding**

Suburban Adult Services, Inc.

13339 Route 39, Sardinia, NY 14134 - 20 minutes south of the end of Route 400, One mile West of Route 16; South of Holland and North of Arcade.

(716) 548-0004 and please ask for Erin for summer schedule and openings

Website: <http://www.sasinc.org/High-Hurdles>

Offers cognitively, emotionally and physically challenged individuals a unique opportunity for growth and development. Ages: individuals who are at least three years old. High Hurdles is one of the only programs with a permanent mechanical lift, offering horseback riding as a therapeutic service to people who may not be able to bear weight on their legs.

Instructors, students, horses and volunteers work together to achieve challenging yet attainable horsemanship goals. Learning to care for and about horses while mastering riding skills is what High Hurdles is all about.

Riders participating in the program are given an opportunity to join in an on-farm horse show on an annual basis. The atmosphere is friendly and supportive; riders are able to show off what they have learned to their loved ones, while receiving valuable feedback to help build their skills.

Individuals who are at least 3 years old and who are physically, emotionally or cognitively challenged are eligible to participate in the High Hurdles Program. We encourage students to reach their highest potential through individualized riding plans. Adaptive equipment that meets the therapeutic needs of each individual may also be used.

### **Lothlorien Therapeutic Riding Center**

15 Reiter Road, East Aurora, NY 14052

(716) 655-1335

<http://www.lothlorientrc.org>

Lothlorien Therapeutic Riding Center was established in 1983 to provide horsemanship and horseback riding opportunities for individuals of all ages with mental, physical, emotional and learning disabilities. The facility consists of three pastures, 16 stall barn, large outdoor riding arena, indoor riding arena, a classroom, storage shed, hay barn, office and home for the Stable Manager. The grounds are surrounded by beautiful trees and offer a tranquil, secluded setting for all to relax and enjoy their visit.

Summer Sessions are all four weeks in length:

Session 3: Monday, July 2 – August 11 (6 weeks)  
Session 4: Monday, August 20 - Sept. 29 (6 weeks)  
Session 5: Monday, Oct. 8 – Nov.17 (8 weeks)

**2018 Session Fees:**

Group Lessons: (1 hour, 2-4 riders) 6 weeks: \$225  
Equivison Lessons: (40 minutes. 2 rider maximum) Call for details.

Lessons are held Monday-Thursday and Saturdays, with no lessons on Fridays or Sundays.  
Monday-Thursday lesson times: 10:00am, 11:30am, 5:30pm, 7:00pm  
Saturday lesson times: 9:00am, 10:30am, 12:00pm Lessons are 60 minutes in length.

**Nash Hill Equestrian Center**

10999 Persia Rd. Gowanda, NY 14070  
716-257-5256

<http://www.nashhillequestriancenter.com>

Our therapeutic riding program is aimed at providing safe, fun and progressive lessons to riders with special life circumstances who want the opportunity to ride.

The Nash Hill team provides quality instruction & training by professional trainers and instructors. We offer lessons for all levels of experience and all ages. Group lessons are available. Lessons are available by appointment by calling 716-257-5256.

## **SUMMER CAMPS/PROGRAMS**

**Cradle Beach Camp**

8038 Old Lakeshore Rd,  
Angola, New York 14006  
<http://www.cradlebeach.org>

The Summer Camp program at Cradle Beach serves the needs of children with special needs and children from low-income families from Western New York and beyond. We provide a healthy environment and organized activities to promote socialization, independence, and decision making in an atmosphere of love and acceptance.

Cradle Beach serves approximately 800 children with special needs and those who come from disadvantaged backgrounds **between the ages of 8 and 16** in our summer camping program. Children come to camp for 7-10 days of residential programming focusing on education and training in a recreational setting. Each session has 175 campers.

**2018 Summer Enrichment Program Dates:**

Session 1: June 25-July 3 (8-11 year olds)  
Session 2: July 6- July 15 (11-14 year olds)  
Session 3: July 18- July 27 (8-11 year olds)  
Session 4: July 31- August 9 (11-14 year olds)  
Session 5: August 12- August 18 (8-12 year olds)

***Fees***

Although no one is turned away, it still costs a significant amount to feed, house, supervise, and offer special programs to a child during the summer enrichment camping program. The actual cost of this

summer program is approximately \$1,000 per camper. However, because Cradle Beach's unique mission is to serve both the economically disadvantaged and children with disabilities, Cradle Beach offers campers' families the ability to pay what they can afford on a sliding fee scale based on family income. All applicants are required to show proof of income and number in household.

For more information please call (716) 549-6307 Ext. 205 or e-mail: [admissions@cradlebeach.org](mailto:admissions@cradlebeach.org).

**Camp Ji-Ik-Do-Wah-Gah** (Learning Disabilities/ADHD)

Registration is open to youth with learning disabilities, speech impairments, ADHD/ADD, and emotional disabilities between the ages of 4-14 years old. Must be OPWDD Eligible.

**Camp Crab Apple** (Developmental Disabilities) ages 4-14 years old.

Through Town of Cheektowaga, Department of Youth & Recreational Services  
(716) 897-7205 <http://www.tocny.org/Departments/YouthRecreationalServices/Camps.aspx>

Residency in Cheektowaga is a priority but not a requirement. Accepting registrations through June.

Designed for children and youth ages 4-14 years old with any developmental disability. Youngsters whose social ability and disability determine that they need additional assistance and supervision are welcome. Due to limited staffing, we cannot accommodate campers requiring one on one assistance.

Daily activities include physical education, camp events, cooking, music, arts & crafts, nature and swimming. Each activity will specialize in appropriate goals to suit each camper's needs.

In addition, there will be weekly age-appropriate field trips to various points of interest in the area.

Every camper will receive his or her own T-shirt.

Please visit the website for fees or call the office 897-7205

**Buffalo Hearing and Speech Center's Social Communication Program**

<https://askbhsc.org/social-communication-program>

**2 options for summer 2018**

- Social Communication Program (speech and language therapy program). Offered at Buffalo location only.

- Social Skills Group (supplemental education program). Offered at Amherst location only. The program is available to students age 5 through high school who have social communication deficits. We believe the following areas are critical for students to develop successful social communication skills including: Conversational Skills, Self-Regulation Skills, Cooperation Skills and Generalization Skills.

**SUMMER 2018 SESSION: July 10<sup>th</sup> through August 22<sup>nd</sup>**

Ages are broken up by groups with ages 5-8, 9-12 and 13-18. The classes meet 3 days per week (Tues/Wed/Thurs) Possible times are 9:00-10:30, 11:30-1:00 and one or two afternoon sessions. Please call for details.

There are three different locations for the program: Amherst, Buffalo and Niagara Falls based on enrollment.

**NOTE: \*\*Call your insurance plan to see if the plan covers outpatient speech-language therapy—as this is what your child is receiving—language therapy. If they ask for a diagnostic code, or an ICD-9 Code, it is: 315.32. Support staff at BHSC will do a courtesy check for you, but it is ultimately your responsibility to educate yourself on your speech-language therapy benefit of your plan. Medicaid and Medicaid waivers are accepted as are many other insurance plans.**

For more information, please contact:

**Steve Miller** 716-885-8871 Ext. 2289 Email: [smiller@askbhsc.org](mailto:smiller@askbhsc.org) or

**Christine Battaglia** 885-8871 Ext. 2300

**Communication café: Brewing your Potential – FULL for 2018**

Social Language Skills Group for Teens ages 13-16

UB Speech Language and Hearing Clinic

July 2<sup>th</sup> – July 26<sup>th</sup>

Location: UB South Campus in the Biomedical Education Building

Call: 829-3980

ubspeechandhearingclinic@gmail.com

**Community Connections – The Summit Center**

<http://www.thesummitcenter.org/what-we-do/behavioral-health-division/summer-programs/community-connections/>

Community Connections is an evidence-based summer program for children and adolescents (entering 1st grade – age 17) with high-functioning autism spectrum disorders (Asperger's, high-functioning autism, and PDD-NOS) or other disabilities.

The program will be conducted for five weeks during the summer, July 2nd –August 3rd, 2018 (Monday – Friday) from 8:30 a.m. – 4:30 p.m. The program will be held at Willow Ridge Elementary in Amherst, NY. Community Connections provides children with intensive training, experience, and practice in social and emotional skills allowing them to make friends and learn to better connect with peers, siblings, teachers, and parents/caregivers.

Eligible participants (grade 1 – age 17) should have a diagnosis of Asperger's, high-functioning autism, PDD-NOS or other developmental disability. Community Connections targets development of key social competencies using direct instruction, fun and engaging practice exercises, and recreational activities in a summer camp format.

For more information and pricing, please contact: **716-629-3400**

**Opportunities Unlimited of Niagara**

(716) 434-4050 ext. 424

<http://www.opportunitiesunlimited.org>

For residents in Niagara or Orleans County or Grand Island, Tonawanda, Kenmore, or West Amherst. A variety of social and physical oriented activities for youth (12-18 years) and adult (19+) with various disabilities.

**Camp Happiness** is a traditional one-week day camp experience for people aged 12 – 90 years old with intellectual and other developmental disabilities from Niagara County. It is offered at Camp Kenan on Lake Ontario through a collaborative effort of the Lockport Elks Lodge #41, the Lockport Family YMCA and Opportunities Unlimited of Niagara. This is a one week long day camp that runs primarily from 9:30am-2pm for 5 days for Individuals with Developmental Disabilities. The price is \$10.00 a day or 3 or more days is \$25.00. Lunch and activities are provided for this price.

2018 dates are June 25<sup>th</sup> – 29th, please contact: **Charlotte Baker-Cunningham** (716) 434-4050  
Location: Camp Kenan 8571 Lower Lake Road, Barker, NY.

### **Electronic Gaming Therapy**

<http://www.electronicgamingtherapy.com/>

8616 Main St, Suite 4 • Williamsville, NY • 14221  
(716) 961-9435

Electronic Gaming Therapy offers a monthly group that encourages development of social skills and interaction with peers and the community. It is most appropriate for children with verbal communication who can follow directions and benefit from guided social interaction. Electronic Gaming Therapy is the technique of using video game technology to take the pressure off of interacting one to one with a therapist and with peers. Just as you may find it easier to talk with your child while driving in the car than over the dinner table, talking about feelings and problems can be easier while playing a game. In a group setting, Electronic Gaming Therapy can provide a more comfortable environment for learning to get along with peers. During the session, parents are welcome to participate in a support/social session with other parents.

There are groups for students in: Elementary School, Middle School and High School

Please call for dates, times and prices for sessions.

### **summerMAX**

<https://www.canisius.edu/academics/our-schools/school-education-human-services/institute-autism-research/iar-participate>

The summerMAX program is filled for summer of 2018 but it should be kept in mind for children with high functioning autism spectrum disorders (HFASDs) aged 7-12 years old for next summer.

The Institute for Autism Research at Canisius college is recruiting for its MaxOut program during the school year. This study is seeking high-functioning children with autism spectrum disorder (ASD) to participate in a clinical trial evaluating the outpatient social development program, MAXout

#### Eligibility

Male and female children, ages 7-12 years, diagnosed with ASD

Cognitive and language skills near the average range, or in the average range or above

#### Study description

Children will attend two 90-minute sessions per week over 18 weeks

Treatment is delivered in small groups of 4 children with high functioning ASD and targets social skills, emotion-recognition skills, non-literal language skills, and interest expansion

All children in the study will receive the full treatment (either in the initial group or in the delayed treatment group)

Treatment effects will be determined using measures completed prior to treatment, immediately following treatment, and 4-6 weeks following post-treatment measures

Participation in the study is free and voluntary and no compensation is provided for participation

If interested, please contact 716-888-2800 or iar@canisius.

### **Sweet Charlotte's – Summer Camps**

10255 Main Street

Clarence, New York 14031

Phone: (716) 320-5848

Email: [sweetcharlottes@yahoo.com](mailto:sweetcharlottes@yahoo.com)

<https://sweetcharlottes.org/events>

9:30 – 12:00 pm for children 2 – 8 years old. Child must be potty trained.



\$30 per day/child or \$105 per child per week.  
Camps run Mon, Tues, Wednesday & Thursday

Different themes each week:

July 9,10,11,12 – Carnival, Creative Colors, Gardens & Insects and a Day at the Beach  
July 16-July 19 – Dinosaurs  
July 23-July 26 – Space  
July 30 – August 2 – Camping  
August 6-August 9 – Sensory  
August 13-August 16 – Our Favorite Days

**2018 Summer Hours:**

Closed through July 9th  
Jul 9 – Aug 16 - Mon, Tues, Wednesday and Thursday, Sat 9-12 pm  
Aug 17 – Sep 10th - CLOSED

**Sensational Fun Camps**

2881 Southwestern Blvd  
Orchard Park, New York  
(716) 674-7001  
<http://www.sensationalfun.org/>

Sensational Fun offers many camps and activities. A full list is on their website. Some include:

Full Day Camp – starting July 9<sup>th</sup> and runs from 9:00 am – 2:00 pm  
Morning Camp – starting June 25<sup>th</sup> and runs from 9:00 – 11:30 am  
Lunch Bunch & Learning to Calm – July 9<sup>th</sup> – August 17<sup>th</sup> from 11:30 – 12:30 pm  
Motor Movement Bootcamp ages 3-5 and 6-10  
Fun with Literacy Bootcamp ages 3-5 & 6-10

*They also offer Respite/Drop off programs.*

Enrichment programs have included: Integrated Martial Arts; Music with Miss Sara; Cooking with Kelly and Sensational Soccer. Please visit their website for full range of current offerings.

**OPEN PLAY HOURS:**

Tuesday & Wednesday 12 pm-6pm  
Thursday 12 – 7 pm  
Friday 10 – 4 pm  
Saturday 11 am- 5 pm  
Sunday 11am-2pm

**FAMILY CAMP**

**One Piece at a Time**

August 24<sup>th</sup>-26<sup>th</sup>

Dunkirk Camp & Conference Center  
3602 Lakeshore Drive  
East Dunkirk, NY 14048

Cost: \$100 per Adult and \$50 per Child



This camp is for families with children up to 8<sup>th</sup> grade who have Autism. There is volunteer support for each family and the cost includes all food, lodging, swimming, crafts and activities. Friday arrival 5:30 pm and depart Sunday around 12 noon.

For more information, please call Jennifer at (716) 681-4210

## **FANTASTIC FRIENDS**

<https://www.fantasticfriendswny.org>

fantasticfriendswny@gmail.com

716-863-7393

Fantastic Friends of WNY, Inc. is a non-profit, all-volunteer social organization for individuals of all ages with developmental and intellectual disabilities. Children and adults with Autism, Down Syndrome, ADHD, TBI, Cerebral Palsy and other disabilities have a great time at events, socializing and making friends. Parents are able to enjoy respite or socialize with other parents during events. Our events are held at various handicapped accessible locations throughout Western New York and often include siblings. They are always Tons of Fun!

### **June 24, 2018, Noon-3 PM- Special Needs Takes on Buffalo Canalside**

Join us for our annual public event at Canalside that brings the typical and special needs community together, creating acceptance and understanding. APIC, Sensational Fun and We Rock the Spectrum will be volunteering with Fantastic Friends of WNY to make this a fun filled, family day for all!! Volunteer, Sensei Moira Prister will be providing fun martial arts instruction. Crafting, games, ball pit, sensory fun!! Free event, no registration needed.

### **AHOY MATEYS! Saturday, August 11, 2018 – boarding at 9:30 am**

Special needs families, set sail with Fantastic Friends of WNY on this private cruise aboard the Miss Buffalo II on Saturday, August 11, 2018. This event is open to special needs individuals and their families only. We welcome grandparents and relatives to join us. \*There will be no 1:1 buddies but we will have volunteers to assist. We set sail promptly at 10 am (boarding at 9:30 am) and return at noon, rain or shine. \$5 per special needs individual. \$10 each for parents, siblings and relatives. Price includes 2 hour cruise, 1 soft drink, chips and pretzels. Extra soft drinks and bottled water available for purchase. No outside food or beverages are allowed to be brought onboard. We will have art materials aboard.

## **DEPARTMENT OF RECREATION - ADAPTIVE PROGRAMS**

Many Departments of Recreation offer adaptive programs for sports or socializing. Some may even offer the programs to non-residents (typically for a higher fee). Look up your local Department of Recreation to see what they offer.

For example, please see below for the brochure for **Town of Cheektowaga's Adapted Recreation Program**. <http://www.tocny.org/Departments/YouthRecreationalServices/AdaptedRecreation.aspx>

**Amherst Youth & Recreation** <https://amherstyouthandrec.org/CourseActivities.aspx?id=2&cat=1>

**Department of Hamburg Adaptive Recreation** <http://www.hamburg-youth-rec-seniors.com/adaptive-programs.html>

## **FIND YOUR NICHE-HAMBURG YOUTH AND RECREATION ADAPTIVE PROGRAMS**

<http://www.hamburg-youth-rec-seniors.com/adaptive-programs.html>

Contact: Mark Collins (716) 646-5145

[mcollins@townofhamburgny.com](mailto:mcollins@townofhamburgny.com)

The Town of Hamburg Department of Youth, Seniors and Recreation offers adaptive programs and occasional field trips. The "Find Your Niche" program is for youth with Aspergers syndrome/NVLD & high functioning autism. For summer, softball clinics and teams are being offered but you should call or visit their website to see if anything else is planned.

The format is to provide participants with a general knowledge of the game through a series of skill development stations in a non-threatening environment.

Softball Clinic

Hamburg Carnegie Park Field #2

Mondays from 6/18 – 8/6

5:30 – 6:30 pm – Find your Niche (Aspergers, NVLD & high functioning autism)

6:30 – 7:30 pm – Disabled but Able/Group homes

\$10 for all sessions.

## **ICE SKATING**

### **SABAH – Spirited Athletes Bold At Heart Summer Skating Program**

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

Pre-registration required.

(716) 362-9600

#### ***SABAH Summer Skates at Northtown Center***

<https://sabahinc.org/programs-events/special-needs-recreational-fitness-programs/summer-skates/>

SABAH offers a summer ice skating program at Northtown Center Rink for anyone challenged by a disability to work on skills throughout the off-season.

During the summer ice session, skaters are provided with the necessary adaptive equipment and skating essentials for therapeutic skating during the summer months.

Summer Skates run on six dates during July and August every summer at the following location:

The Northtown Center at Amherst

1615 Amherst Manor Drive

Williamsville, NY 14221

#### **Date & Times:**

Thursday, July 26, 2018 5:30 – 6:20 pm

Thursday, August 2, 2018 5:30 – 6:20 pm

Thursday, August 9, 2018 5:30 – 6:20 pm

Thursday, August 16, 2018 5:30 – 6:20 pm

Thursday, August 23, 2018 5:30 – 6:20 pm

Price: \$50.00

This program is available for pre-registration only. It is important to register with SABAH so that we are prepared with your skates and proper equipment.

Register here: <https://sabahinc.org/programs-events/special-needs-recreational-fitness-programs/summer-skates/summer-skates-registration/>

### **Public Ice Skating**

Some ice skating rinks offer ice skating for the public. For children who skate, this can be a nice way for the family to cool off.

Please check the following rinks for their public ice skating schedules:

### **Northtowns Rink**

<https://www.northtowncenteratamherst.com/page/show/2528497-general-skate-calendar>

1615 Amherst Manor Dr, Williamsville, NY 14221  
(716) 631-7555

### **Cazenovia**

<https://www.rectimes.com/haseksheroes>

25 Cazenovia Street  
Buffalo, NY 14220

### **North Buffalo/Tacoma Ice Rink**

156 Tacoma Avenue - Buffalo, New York - 14216

Phone: 716-873-8481

<https://www.northbuffalorink.com/>

## **SAILING/BOATING/FISHING/SCUBA/WATERSKIING/TUBING/PADDLING**

### **Great Lakes Watersports, Inc. – WNY Adaptive Water Sports mailing address**

3621 Stony Point Rd

Grand Island, NY 14072

716-364-8219 for information and reservations

Recreation sites at Erie Canal Harbor/Canalside and Gallagher Beach (for water skiing)

<http://wnyadaptivewatersports.org>

Our program is designed to accommodate any situation from individual to groups with special needs to training for Paralympic competition in sailing. Our program leader, Tom Nowak, has many years of experience being out on the water and is willing to accommodate any special need to share his passion of sound with others. The program offers.

Fishing

Paddling

Sailing

SCUBA

Waterskiing

Regular **fishing** trips go out Saturday morning at 9:00. Special arrangements can be made for trips at other times.

**Sailing 9 am until Noon** Introductory sailing trip

Select Saturdays, we will take out a group to experience the joy of sailing, find out what it is all about, and encourage them to participate further in our adaptive sailing program. This is free and open to all with a disability. Our trips take us up and down the inner Harbor and out onto the open water of Lake Erie. Please come and experience the fun of sailing and see the amazing views of the Buffalo waterfront. We request that you make a reservation at least three days before, but if space is available we will take on walk in/roll in participants.

**Water Skiing & Tubing** We have two adaptive options: waterskiing and tubing. The ski has a few adjustments to accommodate most circumstances. This requires the participant to be fairly independent and have reasonable reaction speeds. The tube is much simpler. There is the option to have another person on the tube, if need be. Trips go out from Gallagher Beach.

Please contact Tom Nowak with any questions: [tom@adaptivewatersports.org](mailto:tom@adaptivewatersports.org) or call: 716-364-8219 for information and reservations.

**Excalibur Leisure Skills Center, Inc.**

716-831-3188

<http://excaliburls.com>

Safe Harbor Marina  
1111 Fuhrmann Blvd.  
Buffalo, New York 14203

The Wheelchair Access Dock is behind Dug's Dive Restaurant. Parking is available.

Accessible boating and fishing opportunities for differently-abled and disadvantaged persons.  
Accommodates up to 18 people per trip.  
Reservations from May 15th through October 15th.

Our normal, weekly schedule during the season runs Monday thru Friday, with two-hour trips (10am to 12 pm / 12pm to 2pm / 4pm to 6pm / 6pm to 8pm).

FSS members please visit website for scheduled times during the week and on Saturdays. Please note: Sundays and Saturdays are reserved for Special Events and Family Support Saturdays.

For more information or to schedule, please call from 8 am -5 pm, Monday – Friday (716) 831-3188 or email: [jim@excaliburls.com](mailto:jim@excaliburls.com)

**Captain Dave's**

Captain Dave's Boat Cruises  
My Father's World Ministries  
191 Lima Road  
Geneseo, New York 14454

Email: [my.fathers.world@hotmail.com](mailto:my.fathers.world@hotmail.com)

Phone: 585 - 301 - 1136

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

Captain Dave's Free Boat Cruises & Fishing Trips For Children With Special Needs, Serious Illnesses, Handicaps, And Those Who Have Lost A Parent Due To Death, Divorce Or Abandonment. A 501 C3 Non Profit Charitable Organization.- Lake Ontario

Would it brighten their lives and lift their spirits to take the wheel of a large sail or power boat for an exciting, fun filled cruise on Lake Ontario on a beautiful summer day? Or perhaps they'd rather go on a fishing trip, to try to catch the biggest trout or salmon they've ever seen? Our fully rigged fishing vessel

leaves the dock complete with everything they will need from tackle to snacks and cold drinks; and our fishing charters come complete with expert fisherman to serve as your guides and mentors.

Captain Dave is looking for a few special kids and families, who deserve and would benefit from these great experiences.

Please have them call us or send us their story so they can be scheduled for a cruise or a fishing trip with the Captain and his crew. Any child selected for a cruise must be accompanied by at least one responsible adult, parent, guardian or supervisor; But they are invited to bring their entire immediate family and or several close friends.

## **DANCE**

### **Danceability, Inc.**

In Tops/George Urban Plaza (located next to laundromat)  
3859 Union Rd  
Cheektowaga, NY 14225  
716-651-0094  
<http://www.danceabilityinc.com>

Danceability, Inc. is a program for children and adults with special needs utilizing dance and movement to enable and empower students while promoting physical, social, and emotional wellness in a family-focused, peaceful environment.

- Tap, Jazz, Ballet, Creative Movement, etc.
- Select inclusive classes for children with special needs and any family member who wishes to have fun dancing

### **Summer Sessions**

July 10 – August 16, 2018

- o Classes are 6 weeks long and held between 3-7pm
- o Tap, Jazz, Ballet, Creative Movement, Fitness and more...

Summer Dance - \$145

Summer Fitness - \$170

\*\*Annual registration fee of \$40 included

### **Time to Dance – Graceful & Gifted Dance Program**

Studio location:

2419 Hyde Park Blvd.

Niagara Falls, NY 14305

(716) 946-7909 – Susan Akin

<http://www.timetodancestudios.org/main.html?src=%2F#3,5>

Ages: Three years old and up

Summer classes are on Wednesdays from 1-2. If more than five people are interested, they would consider scheduling a separate class.

Dance or dance movement is considered a therapy for everyone. The use of movement is psychotherapeutic. The use for dance is emotional, cognitive, social, behavioral and physical conditioning.

## **BATON TWIRLING**

### **Diamonds Twirling Corps.**

Location: Clarence United Methodist Church Gym (air conditioned gym)  
10205 Grenier Rd. Corner of Strickler Rd. (Across from Clarence Middle School)  
716-688-8902 – Isabel Dettmer or [dettmeria@verizon.net](mailto:dettmeria@verizon.net)

Tuesday, Wednesday & Thursday – July 10, 11, & 12

Introduction for Individuals with Special Needs

Session 1: 10:00 am – 12:00 pm    Session 2: 1:00 pm – 3:00 pm

Come one day or come to all! Price - \$8.00 for one session, \$14 for 2 sessions or \$19.00 for 3 sessions

## **SPORTS**

### **CAPS, INC.**

133 Newell Avenue  
Tonawanda, NY 14150  
TEL: (716) 418-3698  
EMAIL: [zero7kevin@verizon.net](mailto:zero7kevin@verizon.net)  
<http://www.capswny.com>

Sports offered: Baseball for Summer - Basketball, Floor Hockey, Indoor and Outdoor Soccer at other times of the year.

The C.A.P.S. baseball program is one of the largest and longest running Challenger baseball leagues in Western New York. Now entering our 18th season, over 100 participants play on 5 fields all conveniently located on the Boy's and Girl's Club of Tonawanda grounds. Open to all ages, C.A.P.S. baseball adapts to the individual needs of each of our players, whether it be one on one assistance or specially designed equipment. The baseball program runs on Tuesday nights from May to August, with a year end awards banquet being one of the highlights of the season.

The purpose of C.A.P.S. is to provide safe, nurturing and supportive athletic activities and opportunities for children and young adults with physical and mental special needs. An easier way to put this is that we give people with disabilities a chance to play sports and to participate in various recreational activities that may be difficult to find elsewhere.

### **Challenger Baseball**

There are a few different challenger baseball leagues including those in Amherst, Lockport, Grand Island. The description below is for the Amherst league.

For **Amherst**: <https://leagueathletics.com/Registration/Default.asp?org=CENTRALAMHERST> Challenger Division Little League Baseball is designed to give children and adults ages 4 & up an opportunity to play baseball regardless of their challenges. Participants enjoy the full benefits of taking part in an athletic program structured to their abilities. The value of the program is found in the proven therapeutic & socialization benefits of participating in sports, the strengthening of self-esteem, and the disciplines of teamwork, sportsmanship & fair play.

Challenger Division participants learn not only the fundamentals of baseball, but also how it feels to be just like other children pulling together as a team, being cheered on, and earning awards for their achievements. There are three divisions: Minors (4-10 years old); Majors (10-17 years old) and Seniors (18+ years old).

The season runs from the end of April through end of July on Sunday mornings. We play on the Central Amherst Little League Diamonds on Wehrle Dr. by the blue water tower. 480 Wehrle Drive, Amherst, NY 14226.

For questions regarding the 2018 Challenger Season, please contact David Whalen at davidvwhalen@yahoo.com or 716-286-7355.

For Lockport Challenger baseball, please visit: <http://wnychallengersports.com/sports/baseball/>

### **The Miracle League of Grand Island & Western NY - Baseball**

<http://miracleleaguewny.org/>

Veterans Park (near the library at 1715 Bedell Rd.)

Grand Island, NY 14072

Email: smcmanigle@miracleleaguewny.org

Provides opportunities for children and young adults with disabilities to play Miracle League baseball, regardless of their abilities. Promotes community support and sponsorship of a Miracle League and the construction of special facilities that meet the unique needs of Miracle League players. Registration for 2018 is \$70.

### **Hamburg Department of Recreation – Adaptive Programs Softball Clinic**

Town of Hamburg Youth, Recreation & Senior Services

4540 Southwestern Blvd

Hamburg, NY 14075

646-5145

<http://www.hamburg-youth-rec-seniors.com/adaptive-programs.html>

To provide the participants with a general knowledge of the game through a series of skill development stations in a non-threatening environment.

WHERE: Hamburg Carnegie Park Field #2

WHEN: Tuesdays June 18 – Aug 6th

TIMES: 5:30-6:30---Find Your Niche

HOW MUCH: \$10.00/for all sessions

## **BIKE**

**iCan Bike - registration is closed for 2018. If you would like to get on list for 2019, please click below.**

<http://icanshine.org/buffalo-ny/>

Amy Monson directly at wnylearntoride@yahoo.com or call 716-817-7204.

Buffalo Niagara Court Center, 425 Meyer Rd., West Seneca, NY 14224

Hosted By: People Inc.

### **Requirements for participation:**

Minimum is 8 years old

Maximum weight of 220 lbs.

Able to side step both sides  
Have a disability  
All five days attendance are mandatory  
Walk without assistive device  
Willing and able to wear properly fitted helmet  
Minimum inseam of 20 inches (measured from floor with sneakers on)

We understand that the vast majority of people with disabilities never have the experience of independently riding a conventional two-wheel bicycle during their lifetime. Research shows that over 80% of people with Autism and 90% of people with Down syndrome never experience this thrill. Defying these odds is why we exist!

## **SPECIAL OLYMPICS**

Daniel Kuberka  
Special Olympics New York  
Director of Program - Western Region  
2801 Wehrle Dr. - Suite 12  
Williamsville, NY 14221  
716-580-3346 Ext. 3302

<http://specialolympics-ny.org/western/contact-page>

To provide year-round sports training and athletic competition in a variety of Olympic-style sports for all children aged 8 years and up as well as adults with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of skills and friendship with their families, Special Olympics athletes and the community. Through their participation in Special Olympics New York athletes gain confidence and build a positive self-image, which carries into the classroom, the home, the workplace and the community.

Special Olympics are for ages 8 and up. Their "Summer" session runs from March to June, while their "Fall" session runs from July to mid October.

## **SWIMMING**

**Clarence Swimming Adaptive Swim Program**  
**Team Unify, LLC**

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

Clarence Middle School  
10150 Greiner Rd.  
Clarence, NY 14031

Clarence Learn to Swim offers two programs geared towards swimmers with special needs, ages 4 -19 yrs. Additionally, a parent & child class is open to swimmers ages 2 - 4years, of all ability levels.

[http://www.teamunify.com/cmnycsc/UserFiles/File/Summer%202018%20schedule\(1\).pdf](http://www.teamunify.com/cmnycsc/UserFiles/File/Summer%202018%20schedule(1).pdf)

Additional classes are held during our Fall, Winter & Spring Sessions. You may register for classes at [www.ClarenceLearntoSwim.com](http://www.ClarenceLearntoSwim.com) or contact Director, at [cltsdirector@gmail.com](mailto:cltsdirector@gmail.com) for more information.



### **JCC Au-Some Swimmers**

Jewish Community Center of Greater Buffalo Holland Family Building  
787 Delaware Avenue  
Buffalo, NY 14209

Au-Some Swimmers is a pilot swim program developed to give children with autism and their families an autism friendly environment to learn to swim and learn water safety. Sessions are 30 minutes as well as families are able to stay after class for free swim if they wish.

If interested, please contact Eric:

Eric Poniatowski  
Aquatics Director  
[eponiatowski@jccbuffalo.org](mailto:eponiatowski@jccbuffalo.org)  
(716) 886-3172 x 411

### **Clearfield Community Center**

[http://www.amherst.ny.us/pdf/youthrec/180502\\_Summer\\_2018.pdf](http://www.amherst.ny.us/pdf/youthrec/180502_Summer_2018.pdf) go to page 17

730 Hopkins Rd  
Williamsville, NY 14221  
Town of Amherst Youth & Recreation Department  
716-631-7132 Clearfield Community Center

Description: This program involves socializing, swimming, splash park and outdoor play.  
Please bring bathing suit, sunscreen and towel with name on it, please.

Ages: 5-16

Days/Times: June 30th – August 11th

Saturday • 10:00 am-12:00 pm

Site: Clearfield Community Center

Registration Fee: \$20 for residents and \$45 per session for non-residents.

<https://amherstyouthandrec.org/CourseActivities.aspx?id=15>

The Saturday Program provides families with individuals with disabilities the chance to swim and become familiar with water in a safe environment, the program does not include swim lessons. The pool is closed to the public and gives families the chance to enjoy the water in a safe and comfortable setting. You do not need to be a resident of Amherst to sign up for this program.

### **ADULT (16 year old +) with Disabilities Swim at Clearfield**

[http://www.amherst.ny.us/pdf/youthrec/180502\\_Summer\\_2018.pdf](http://www.amherst.ny.us/pdf/youthrec/180502_Summer_2018.pdf) go to page 17

730 Hopkins Rd  
Williamsville, NY 14221  
Town of Amherst Youth & Recreation Department  
716-631-7132 Clearfield Community Center

Description: This program involves socialization, swimming, crafts and cooking. Please bring bathing suit and towel with name on it, please.

Ages: 16 & UP

Days/Times: June 26th – August 7th

Tuesday • 6:30-9:00 pm

Site: Clearfield Community Center

Registration Fee: \$20.00 for residents and \$45 for non-residents

Contact Person: Laura Ehrenreich

[lmehrenreich@amherst.ny.us](mailto:lmehrenreich@amherst.ny.us)

631-7132 ext 7522

<https://amherstyouthandrec.org/CourseActivities.aspx?id=15>

**Open Swims at Schools and Community Centers** – check with your local schools and community centers to see if there are open swims that you may be able to attend.

## **EXERCISE**

### **Josh & Friends (for teens+ to use the equipment safely)**

“Josh & Friends” segment of SOW IT NOW HEALTH & FITNESS mission is to provide a social, structured exercise program to people with developmental disabilities. This program is part circuit training and part cardio. \$10 per drop in or \$30 per month.

6-7 pm on Mondays and Wednesdays – please check website for schedule

### **Sow it Now Fitness**

<http://willusowit.com/aboutus>

1292 Sheridan Dr. Buffalo, NY 14217

phone: 716-331-3671,

email: SowFitBuffalo@gmail.com

### **Canalside – Sow it Now Josh & Friends**

10-11 am on Wednesdays on Great Lawn at Canalside – check calendar

<https://www.canalsidebuffalo.com/things-to-do/2018-06/filter/health-fitness/>

### **CANALSIDE – yoga for kids, dance, Zumba, exercise, movement and more**

There is a wide-range of activities listed on the health section of the Canalside calendar. Not all are geared towards individuals with developmental disabilities but most are free. Please see the attached link/call the specific organization for more details if you need them.

<https://www.canalsidebuffalo.com/things-to-do/2018-06/filter/health-fitness/>

## **KARATE-KENPO STYLE**

### **Riederer's Kenpo Self-Defense Studio**

2468 Niagara Falls Blvd.

Tonawanda, NY 14150

716-694-1600

<https://www.kenpodefense.com/>

Classes for individuals with special needs are Fridays @6:30pm, and Sundays @ 2pm, and run for 45 min. You can join at any time.

## **BOWLING**

Some bowling lanes in our area feature bumpers and ramps to make bowling accessible to all. The following is a short list. Please call the lanes to see if they have open bowling or when it is relatively calm or quiet.

### **Voelkers Lanes**

686 Amherst St.  
Buffalo, NY 14207  
ph.(716) 876 - 6020

### **Kenmore Lanes**

1691 Kenmore Ave.  
Kenmore, NY 14217  
ph.(716) 875 - 5340  
fax (716) 875-1139  
<http://www.kenmorelanes.net/>

### **Transit Lanes**

7850 Transit Road,  
Williamsville, NY, 14221  
(716) 632-3838  
<http://www.transitlanes.net/>

### **Wimbledon Lanes/West Seneca**

220 Center Rd.  
West Seneca, NY 14224  
Phone: (716) 674-3333  
<http://wimbledonlanes.com/>

## **ROLLERSKATING**

### **Rainbow Rink**

101 Oliver Street  
North Tonawanda, NY 14120

Phone: 716-693-1100  
Fax: 716-743-0132  
Email: cooper585@aol.com  
<http://rainbowrink.com/>

In addition to the roller rink, Rainbow Roller Rink now has a Bounce Zone area with brand new bouncers, mazes, obstacle course and slides. The children will love all of the new attractions. The maximum height for admission into the Bounce Zone is 60 inches. The Bounce Zone offers a great space to release energy in a clean, safe and family-oriented environment. There is seating for parents to watch the children.

Their hours vary: <http://rainbowrink.com/schedule>

Generally, the rates are: \$5 to skate; \$2 roller skate rental; \$3 roller blade rental and \$2 walker rental

## **OTHER COMMUNITY ACTIVITIES**

While the following group of activities/ places may not necessarily been established for children with autism, many parents and families in the community have enjoyed as additional outlets for their families.

### **Leaps N Bounce**

4401 Bryant and Stratton Way  
Buffalo, NY 14221  
(716) 634-2190  
<http://www.leapsnbounce.com/>

Leaps N Bounce offers a special price of \$2.25 for children with Autism Spectrum Disorders.

### **Sky Zone – Indoor Trampoline Park**

425 Cayuga Rd  
Cheektowaga, NY 14225  
(716) 206-3300  
<http://www.skyzone.com/buffalo>

Sky Zone offers Sensory Sundays where families with Autism Spectrum Disorders can jump with the music off from 9:00 am – 11:00 am. Price is \$10 per jumper (\$3 for socks). **Sensory Sundays/Skyzone will be closed for renovations from June 18th thru July 2nd.**

### **Rolly Pollies**

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

#### **Rolly Pollies - East Amherst**

9630 Transit Road, Suite 100  
East Amherst, NY 14051  
(716) 689-6151

#### **Rolly Pollies – Orchard Park**

4058 North Buffalo Road  
Orchard Park, NY 14127  
(716) 662-7424

#### **Rolly Pollies of North Buffalo**

1669 Hertel Avenue  
Buffalo, NY 14216  
716-833-3318

Rolly Pollies offers **special jumps** for children with developmental disabilities. **They take place every Tuesday, Thursday and Friday from 4:00 pm – 5:00 pm at both locations.** Cost is \$10 per child or \$15 per family with monthly passes available. **The facility will be CLOSED for classes, SN@P, and FIT GYM: Open Play: November 9th, November 24th, December 25th - 26th, February 24th, April 14th, May 29th, June 23rd, July 4th and September 4th for maintenance and cleaning.**

### **Sensational Fun**

2881 Southwestern Blvd  
Orchard Park, New York  
(716) 674-7001  
<http://www.sensationalfun.org/>

### **OPEN PLAY HOURS:**

Tuesday & Wednesday 12 pm-6 pm  
Thursday 12 – 7 pm  
Friday 10 – 4 pm  
Saturday 11 am- 5 pm  
Sunday 11am-2pm

The mission at Sensational Fun is to embrace and empower children with diverse abilities through diverse play. We aim to provide a family oriented play place where children with special needs can learn and interact with others, while still being themselves in a safe, engaging, and understanding environment.

It is the goal of Sensational Fun to provide an array of sports, clubs, camps, and special programs which are adapted to the unique abilities of our special needs community.

Please visit their website for their list of camps, classes and special activities.

**Sweet Charlotte's**

<http://sweetcharlottes.org>

10255 Main Street, Suite 9

Clarence, NY 14031

716.320.5848

Sweet Charlottes is a safe and positive children's play place created to embrace ALL children and their families as well. We welcome you to come and play with our "back to basic" toys inspiring children to use their own imagination. Owned by a mom of a child with autism.

Sweet Charlottes provides families with a flexible, affordable camp program for children ages 2-10. Children will explore a weekly theme through creative art, music, sensory, literacy, and gross motor activities. Whether you join us for a single day or the whole summer... we promise your child's summer will be sweet! For camp themes, please visit the website.

**2018 Summer Hours:**

Closed through July 9th

Jul 9 – Aug 16 - Mon, Tues, Wednesday and Thursday, Sat 9-12 pm

Aug 17 – Sep 10th - CLOSED

**We Rock the Spectrum - Southtowns**

6950 Erie Road

Derby, NY 14047

716-562-7274

<http://www.werockthespectrumbuffalosouthtowns.com/>

Please check facebook for open hours and schedule

<https://www.facebook.com/werockthespectrumbuffalosouthtowns>

**We Rock the Spectrum - Northtowns**

5433 Transit Road

Williamsville, NY 14221

716-428-3434

<http://www.werockthespectrumbuffalonorthtowns.com/>

Please check facebook for open hours and schedule

<https://www.facebook.com/wrtsbuffnorth>

We Rock the Spectrum Buffalo provides children with a fun and motivational environment to help them in the areas of strength, movement, sensory processing, communication, positive behavior modification, social interactions, and self-care skills. Our unique equipment assists all children in their neurological growth and development. A sensory based resource to the community, a place where all children can come together to improve of their skills, communication, cognitive, social, emotional, behavioral, fine and gross motor. Please check the website for more information on open play, parties and classes.

**Olcott Beach Carousel Park**

5979 Main Street

Olcott, NY 14126

(716) 778-7066

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

On the south shore of Lake Ontario in N.Y. State, you'll discover the quaint Hamlet of Olcott Beach. In the shadow of Olcott's famous Lighthouse is a wonderful vintage amusement park. It features a 1928 style Hershell-Spillman two row carousel. Five vintage kiddie rides, and a wonderful 1931 Wurlitzer band organ. Rides are only 25 cents!

**Martin's Fantasy Island**

<http://www.martinsfantasyisland.com/>

Martin's Fantasy Island

2400 Grand Island Blvd.

Grand Island, NY 14072-3198

Phone: 716.773.7591

Amusement and water park on Grand Island. Many times the Fantasy Island Website and Wendy's will have coupons for reduced family admission. Season passes are also available.

**Buffalo Zoo**

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

300 Parkside Avenue

Buffalo, NY 14214

(716) 837-3900

Throughout the year, the Buffalo Zoo offers guests fascinating animal exhibits, naturalistic wildlife habitats, beautiful garden areas and several unique areas in which to enjoy an environment that is full of fun, adventure and history. The Buffalo Zoo is open daily rain or shine!

**Hidden Valley Animal Adventure**

<http://hiddenvalleyadventure.com/>

2887 Royce Rd,

14167 Varysburg, NY

585.535.4100

[info@hiddenvalleyadventure.com](mailto:info@hiddenvalleyadventure.com)

Hidden Valley Animal Adventure is a family-run and operated animal park. They have over 400 animals and 30 different exotic species for you to come and interact with up close.

**Griffis Sculpture Park**

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

Since the early 60's, the steel sculptures of Larry Griffis, Jr. and other international artists have been residing in the woods, fields, and even ponds of Griffis Sculpture Park. The 450 acre Ashford Hollow park, located eight miles outside of Ellicottville, is not only a tremendous regional attraction, but holds the distinction of being one of America's largest and oldest sculpture parks.

The park features over 250 large scale sculptures dispersed through miles of hiking trails. Each sculpture was placed with the natural setting in mind, creating a truly unique experience between art and nature.

The park is actually split into two sections: Rohr Hill Road Site and Mill Valley Road Site. The Rohr Hill area is characterized by towering sculptures set in fields and woods just off the road. The Mill Valley Road Site features both a smooth walk area, as well miles of trails through a variety of terrain. Whether you have five minutes or five hours, one can always get a flavor of the park.

May 1-October 31 dawn to dusk (8am-8pm)  
Admission  
Adults \$5  
Seniors/students \$3  
Children under 12 FREE  
Admission on honor system- put it in the yellow box

### **Penn Dixie Paleontological and Outdoor Education Center**

<http://www.penndixie.org/>  
4050 North Street  
Blasdell, New York 14219  
(716) 627-4560. Fax: (716) 627-4571

At Penn Dixie, you can walk on the site of a former quarry operation that was once the source of calcareous shale excavated and used for cement aggregate by the Penn Dixie Cement Company. During the 1960s, 9 to 10 feet of shale was removed revealing 380 million year old Devonian era fossils preserved within the Windom Shale.

### **Community Music School Buffalo**

<http://communitymusicbuffalo.org/>  
Main Location in the Elmwood Village but locations also in Amherst, Clarence, East Aurora, Lancaster and Lockport

415 Elmwood Avenue  
Buffalo, NY 14222  
(716) 884-4887

CMS offers music therapy for individuals and groups. From managing stress to reducing pain to improving memory, music therapy can be tailored to the client's needs. Musical ability is not required.

### **Canalside – Buffalo, NY**

<http://www.canalsidebuffalo.com/>  
44 Prime Street  
Buffalo NY 14203  
(716) 436-7100

This summer, over 800 events and activities will encompass a wide range of programming including regularly scheduled family programs featuring Explore & More...a children's museum, Buffalo Museum of Science/Tiiff Nature Preserve, Young Audiences of WNY, as well as 2 appearances of the Pop Up Park Playground. In addition, Story of Buffalo performances, Music at the Ruins, Shakespeare at Canalside, Saturday Artisan Market and the UB Archaeological Dig highlight myriad of cultures in our region. The continuous activity blossoms each day with hands-on activities for children, live music and theatrical performances to make Canalside a must see destination.

### **Herschell Carousel Museum**

<http://carrouselmuseum.org/>  
Herschell Carrousel Factory Museum  
180 Thompson St.  
North Tonawanda, NY 14120  
P: (716) 693-1885 | F: (716) 743-9018  
Email: [info@carrouselmuseum.org](mailto:info@carrouselmuseum.org)  
[facebook.com/herschellmuseum](https://facebook.com/herschellmuseum)

New this year, the outdoor Kiddieland testing park features four refurbished kiddie rides from the factory's postwar baby boom era, as well as a picnic pavilion and admissions house. The rides consist of miniature

cars and fire engines; a horse and pony cart; helicopters that lift into the sky; and floating boats. Many of the rides feature interactive elements, such as steering wheels, bells to ring, and height controls.

Admission is \$7 for adults, \$5 for seniors, and \$3.50 for children (2 -16). Admission includes one ride token.

Summer hours begin June 10th. We are open Monday – Saturday 10AM – 4PM, Sunday 12PM – 4PM. Kiddieland is open Wednesday - Sunday during museum hours.

### **Botanical Gardens**

<http://www.buffalogardens.com/>

2655 South Park Avenue

Buffalo, New York 14218-1526

Phone: 716.827.1584

Hours: 10:00am - 5:00pm Monday - Sunday

Closed Thanksgiving and Christmas Day

### **Wegmans Family Garden in Botanical Gardens**

<http://www.buffalogardens.com/collections/kids/products/saturday-kids-programs>

Children of all ages will delight in a place to dig, discover and dream as they plant a seed, build a sand castle, water a garden, smell a flower, examine a bug, read a book or touch a fuzzy plant. This garden is indoors and open year-round. Click here for Saturday activities in the Wegmans Family Garden.

### **Buffalo Museum of Science**

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

1020 Humboldt Parkway | Buffalo, New York 14211 |

(716) 896-5200

The Buffalo Museum of Science is a non-profit educational institution dedicated to the study and interpretation of the natural and physical sciences. Its extensive collections of over 700,000 specimens and artifacts represent all facets of the natural world with an emphasis on Western New York as well as man-made objects spanning the globe.

Some libraries have passes that you can check out for free admission. Discounts with library card, AAA and NFTA Pass holders. Memberships are available. Adults \$11; Seniors \$9; Children aged 2-17 years old \$9

Monday - Tuesday: 10am - 4pm

Wednesday: 10am - 9pm

Thursday - Sunday: 10am - 4pm

### **Just Fun – Family Entertainment Center**

6000 South Park Ave

Hamburg, NY 14075

Phone: (716) 648-3222

Fax: (716) 648-3223

[justfunfec@gmail.com](mailto:justfunfec@gmail.com)

<http://www.justfunhamburgny.com/contact.html>

Sun 11 am – 8 pm

Mon, Tues, Thurs 3 pm – 8 pm

CLOSED WEDNESDAYS

Friday & Saturday 11 am – 9 pm



**Niagara Climbing Center**

1333 Strad Avenue

North Tonawanda, NY 14120

<http://www.niagaraclimbingcenter.com/>

716.695.1248

info@niagaraclimbingcenter.com

**Strong Museum of Play (in Rochester)**

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

1 Manhattan Square Dr, Rochester, NY 14607

(585) 263-2700

The Strong® is a highly interactive museum devoted to the history and exploration of play. They also have Upstate New York's only year-round indoor butterfly garden.

**Sensory-Friendly Day at Strong Sunday July 22**

9 a.m. to noon\* (you can stay after it opens to the public)

Enjoy The Strong before it opens to the public at an exclusive event designed for children with special sensory, developmental, or physical needs. Explore the museum in a comfortable and accepting environment that features fewer guests, light and sound reduction, extra visual safety signage, and designated quiet areas that include sensory friendly toys. Also enjoy story readings and a free visit to the relaxing Dancing Wings Butterfly Garden before noon. Museum Social Stories are available to help you and your child familiarize yourselves with the museum and its exhibits before you visit. Social stories can also be found on The Strong's mobile guide available through the Apple Store or Google Play.

\$15 for non-members; \$10 for members. Space is limited to 250 guests. Children must be accompanied by an adult. **Registration required.** Tickets will not be sold at the door.

<http://www.museumofplay.org/calendar/sensory-friendly-sunday>

**PARKS, NATURE & FARMS****NY State Parks Access Pass**

<http://nysparks.com/admission/access-pass/>

The Access Pass permits residents of New York State with disabilities, as defined in the application, free or discounted use of state parks, historic sites, and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation and the New York State Department of Environmental Conservation. The pass holder may have free or discounted use of facilities operated by these offices, for which there is normally a charge.

The application is available on the website and may take 2-4 weeks to process.

**Glen Park**

278 Glen Ave

Williamsville, New York 14221

Located near picturesque Glen Falls, Glen Park is jointly owned by the Village of Williamsville and the Town of Amherst. It was built in 1976 with funds obtained from a federal grant and includes many interconnecting ponds which are now home for many ducks. Popular activities in this walking park include taking wedding pictures, fishing and nature walks.

**Kelkenberg Farm**

<http://kelkenbergfarm.com/>

9270 Wolcott Road Clarence Center, NY 14032

716.741.4862

Kelkenberg Farm of Clarence is a family operated business open for tours and group parties for all ages year round. We are a real livestock and horse farm that has been welcoming farm visitors for over 30 years. There is fun for everyone every season of the year. Pumpkin pickin' in the fall, sleigh rides in the winter, baby animals in the spring, and summer picnics. Come for your birthday, with your school, for pumpkins, or just for fun.

**Becker Farms**

<http://www.beckerfarms.com/#>

3724 Quaker Rd.

Gasport, NY 14067

Tel: 716-772-2211

Becker Farms and Vizcarra Vineyards is a 5th Generation family owned 340 acre working fruit and vegetable farm that sells most of their products directly to the public. They have a U-Pick where families can pick their own fruits and vegetables - Picking Times and Dates are subject to change due to weather and availability of fruit. Please call 716-772-2211 for the most up to date picking conditions.

**Greg's U-Pick Farm**

<http://www.gregsupick.com/>

9270 Lapp Road

Clarence Center, NY 14032

(716) 741-4239

Easily located off Transit Rd. in Clarence Center.

A family owned farm featuring over 12 acres of u-pick strawberries, 8 acres of u-pick blueberries, 1/2 acre blackberries and 2 acres of red raspberries and more! Our fall harvest includes a u-pick pumpkin patch and a corn "maize" to benefit Roswell Park Cancer Institute. Unlike many u-pick fruit operations, we WELCOME and ENCOURAGE children of ALL ages to come and experience the fun of u-pick! Please note that they only accept cash or check.

**Tifft Nature Preserve**

<http://www.sciencebuff.org/tifft-nature-preserve/>

1200 Fuhrmann Boulevard

Buffalo, New York 14203

716.825.6397

Tifft Nature Preserve is a 264-acre nature refuge dedicated to conservation and environmental education. The Preserve was created in 1972 from land purchased by the City of Buffalo for a landfill site. Ponds were enlarged, and trees and wildflowers were planted. Conservation of Tifft's large cattail marsh helped attract a variety of animals. Animals from the entire region take advantage of its ponds, marshes and woodlands.

**Charles E. Burchfield Nature & Art Center**

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

2001 Union Road ·

West Seneca, NY 14224 ·

(716) 677-4843

For more than 40 years, Charles E. Burchfield lived and painted in Gardenville, an area located in the northern end of the town of West Seneca. This area is now home to our center, situated on 29 acres of nature trails and woods, wild and cultivated gardens, alongside the banks of the scenic Buffalo Creek.

### **Krull Park**

<http://www.niagaracounty.com/parks/KrullPark.aspx>

6108 Lake Road Olcott, NY 14126

Krull park of Olcott NY was established in 1937 and covers more than 325 acres. Used year round, the park includes five softball diamonds, soccer and lacrosse fields, basketball courts, horseshoe pits, two playgrounds, tennis courts, a splash park, and four exercise stations.

### **Art Park**

450 S 4th St, Lewiston, NY 14092

(716) 754-4375

<http://www.artpark.net>

<http://www.artpark.net/content/pages/family-saturdays-at-artpark>

#### **Free Family Saturdays**

Families flock to Artpark for hours of hands-on discovery and fun with weekly themed workshops and live performances! A variety of "Make and Take" workshops are available at each and every installment of Family Saturdays- no matter the theme. These Artpark classics include, The Paint Space, Costume Closet, Sand Box, Face Painting, and the Pottery Wheel.

## **TRAINS**

### **Medina Railroad Museum**

<http://railroadmuseum.net/>

530 West Avenue

Medina, NY 14103

(585)798-6106

Office@railroadmuseum.net

Museum is filled with railroad artifacts, has one of the biggest model-train layouts in the country, and features fun train excursions all year round. Some special events include Day Out With Thomas in May and Polar Express in December.

### **Arcade & Attica Railroad, Corp.**

<http://www.arcadeandatticarr.com/>

278 Main Street

Arcade, NY 14009

PHONE: 585-492-3100

The Arcade & Attica Railroad Corp features a historic station, exhibits and excursions on the last operating steam train in New York State. It is an authentic operating short line railroad and holds the [distinction of being one of the last "common carriers" - running freight and passenger trains weekly.](#)

### **Amtrak Station in Depew**

[http://www.amtrak.com/servlet/ContentServer?pagename=am/am2Station/Station\\_Page&code=BUF](http://www.amtrak.com/servlet/ContentServer?pagename=am/am2Station/Station_Page&code=BUF)

Station Building (with waiting room)

55 Dick Road

Depew, NY 14043

Good place to watch trains.

## **WEBSITES**

### **Fun 4 Kids in Buffalo**

<http://fun4kidsinbuffalo.com/>

Listing of many fun and free activities for kids in Buffalo.

### **Kids Out and About**

<http://buffalo.kidsoutandabout.com/>

Listing of many fun activities and places for kids in Buffalo – including Top 20 places and parks.

### **WNY Family Magazine**

<http://www.wnyfamilymagazine.com/>

### **Canalside**

<https://www.canalsidebuffalo.com/>

### **Best of WNY Free & Community Concert Schedule**

[http://www.bestofwny.com/concerts\\_festivals/](http://www.bestofwny.com/concerts_festivals/)

## **SPLASH PADS**

### **Krull Park**

<http://www.niagaracounty.com/parks/KrullPark.aspx>

6108 Lake Road Olcott, NY 14126

Krull park of Olcott NY was established in 1937 and covers more than 325 acres. Used year round, the park includes five softball diamonds, soccer and lacrosse fields, basketball courts, horseshoe pits, two playgrounds, tennis courts, a splash park, and four exercise stations.

### **Buffalo Splash Pads**

Please call to see if your particular pad is open (716) 851-5998 <https://www.buffalony.gov/369/Public-Pool-Ice-Skating-Rink-Information> for a list of public pools and splash pads.

Splash Pads operate from 11 a.m. to 7 p.m., 7 days a week, through the summer season (weather dependent). In the past they had opened on July 1<sup>st</sup>.

### **Martin Luther King Park**

Near the Buffalo Museum of Science

Roughly bounded by Northampton St., E. Parade Ave., Best St. and Kensington Expressway, Buffalo, New York

The new water basin features 300 fountains, with 15-foot-high water sprays, and can be animated and set to different patterns through a computer in City Hall. It will be a splash pad in the summer and a reflecting pool in the spring and fall.

The city has ten other splash pads – please check ahead to see if they are open

- Allison (Reese St next to pool)
- Cazenovia
- Centennial (foot of Porter next to pool in Lasalle park)
- Kensington (corner of Grider and Kensington next to pool)

- Lanigan (Fulton between Chicago & Louisiana)
- Schiller (Sprenger Ave. side)
- Lincoln (end of Quincy St.)
- Masten (Best St. next to JBW Stadium)
- Houghton Park
- Roosevelt Park

## **LIBRARIES**

Many libraries offer special activities and story hours for free. Here is a link to The Buffalo & Erie County Public Library System

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

Many of the libraries have access passes that you can check out and visit the Buffalo Museum of Science and Explore & More Children's Museum for free. Please check with your local library for availability and details.

## **SAFETY**

Summer can be packed with fun activities but can also be a potentially dangerous time for children who wander – especially for those who cannot swim. Here are a few websites that give parents tips and tools to help develop safety plans and prevent wandering.

**AWAARE** <http://www.awaare.org>

The Autism Wandering Awareness Alerts Response and Education (AWAARE) Collaboration is a working <https://www.allenisd.org/cms/lib10/TX01001197/Centricity/Domain/35/Autism%20Tools/Social%20Skills/Community%20Social%20Skills/Airport%20travel.pdf>wandering incidents and deaths.

**National Autism Association – 12 Ways to Prevent and Respond to ASD Wandering**

<http://nationalautismassociation.org/resources/awaare-wandering/>

**Autism Speaks Autism Safety Project**

<http://www.autismspeaks.org/family-services/autism-safety-project>

## **TRAVEL TIPS**

### **BY AIRPLANE**

#### **Buffalo Niagara International Airport - Preview Program for Individuals with Autism or other Special Healthcare Needs**

The Buffalo Niagara International Airport offers a special service called the Preview Program to help families of children with special needs prepare for an upcoming flight. Please make an appointment in advance of your trip. Through the preview program, the individual and caregiver are escorted through security, have the opportunity to see the waiting area and sometimes even sit on a plane. Having some familiarity with the security and airport process can help reduce anxiety for the child and make the travel experience more comfortable. For any questions or to **schedule a preview appointment**, please call: **(716) 630-6072**

### **Airports, Airplanes & Autism**

Prepared by Florida's Center for Autism & Related Disabilities, this is a guide for parents, airport and airline personnel to meet the needs of individuals with Autism Spectrum Disorders.

[http://card-usf.fmhi.usf.edu/docs/resources/CARD\\_AirTravel.pdf](http://card-usf.fmhi.usf.edu/docs/resources/CARD_AirTravel.pdf)

**Social Story about going on airplane** – free downloadable, prepared by Carol Grey

<https://www.allenisd.org/cms/lib10/TX01001197/Centricity/Domain/35/Autism%20Tools/Social%20Skills/Community%20Social%20Skills/Airport%20travel.pdf>

## GENERAL TRAVEL TIPS.....PREPARE, PREPARE, PREPARE

Ten strategies for traveling with a child with Autism

[http://www.autismspeaks.org/docs/family\\_services\\_docs/schlosser.pdf](http://www.autismspeaks.org/docs/family_services_docs/schlosser.pdf)

### Autism Speaks website with links about Traveling tips for individuals with autism and their families

<http://www.autismspeaks.org/family-services/community-connections/traveling-tips-individuals-autism-and-their-families>

**Autistic Globetrotting (not our name)** – Autism Travel Made Easy. In 2009, Margalit Francus established a nonprofit website, Autistic Globetrotting, to inspire and encourage families with autism to explore the world. By communicating with both the families with autism and travel communities, she aims to raise autism awareness and facilitate the implementation of much needed accommodations for special needs travelers. <http://www.autisticglobetrotting.com>

### Six Tips for Traveling with a Child with Autism

<http://www.time.com/time/specials/packages/completelist/0,29569,1893554,00.html>

### Autism Society Travel Tips

The Autism Society is committed to providing information that will help you live your best journey with autism. In celebration of the unofficial start of summer, we would like to share with you this helpful list of vacation tips. **And don't forget the sunscreen!**

Many thanks to the Indiana Resource Center for Autism and Dr. Cathy Pratt of the Autism Society Board of Directors for their work on these tips.

If you're traveling with an individual with autism this summer, check out the following tips from experts to make the trip more enjoyable for all.

- Plan in advance.
- Call ahead and inform the airline, hotel, resort or cruise line of the individual's situation, and inquire what special accommodations (for example, fridge inside room) are available.
- Prepare the individual before and during the trip on what to expect. Use pictures, the web or objects, as appropriate, to communicate.
- Don't hesitate to explain and share information about autism to others you may encounter, including flight attendants, hotel staff, employees at the amusements you visit and other vacationers.
- Bring familiar items that you think will make him or her more comfortable.
- Select vacation destinations with environments you believe the individual can handle.
- Book a cruise or resort vacation during "low season" so there will be fewer guests and the staff will have more time to devote to your needs.
- Travel by car if flying or other public transportation seems too difficult.
- Choose hotels/motels with kitchen suites or room service so you have the option to eat in your room.
- MP3 players with headphones, loaded with favorite music, can soothe individuals who are disturbed by noises. Personal DVD players can also help make a long trip more enjoyable.
- Adhere as closely as you can to aspects of the individual's normal routine.
- Whatever happens, stay calm and remember tomorrow you can always try again.

## **RAINY DAY IDEAS**

Being prepared and planning ahead is always important to parents who have a child with autism. Sometimes there are things that are out of our control such as weather, sickness, etc.. Here are a few ideas to help plan ahead, even for the unplanned days.

Have a "just in case" bin or closet filled with items and things to do on these days:

- Visit party city or the dollar store and buy sale items and throw a theme party
- Indoor hop scotch with tape, make with numbers, letter, or whatever interests your child  
<http://www.pinterest.com/pin/58617232622787584/>
- Sticky Spider Web <http://handsonaswegrow.com/halloween-activity-a-sticky-spider-web/>
- Marshmallow and toothpick building <http://www.pinterest.com/pin/81205599502979585/>
- Balloon Ping Pong <http://www.themombot.com/crafting/2011/08/18/link-love-last-minute-summer-ideas>

Outdoor Twister <http://littlebirdiesecrets.blogspot.com/2011/07/diy-outdoor-twister-game-tutorial.html>

**Pinterest Ideas:** please decide responsibly. You know your child(ren) better than anyone. You know what your child's abilities and challenges are.

### **Therapy Games**

A first grade teacher/blogger organized some fun things for the kids to do the last week of school. She had her students do them as a race. You are welcome to do that, but I thought a few might be fun to do as therapy games without having to race at all. Trying to blow plastic cups off the table with a straw, cutting up a favorite cereal box to put together as a puzzle, fanning a tissue paper fish across the floor with a paper plate, or trying to pick up a cotton ball on your nose using a little bit of Vaseline or lotion are just a few ideas. Check out the link for more ideas: <http://tunstalltimes.blogspot.com/2012/05/our-last-day-in-pictures.html?m=1>

### **Alphabet Garden**

Fill flower pots with dried beans or split peas, make or buy flower stickers to stick on top of popsicle sticks and write the letters of the alphabet or whatever fun/educational thing you want them to find when they pluck the flower out of the bean-potted plant:

<http://buggyandbuddy.com/learning-abcs-alphabet-flower-garden-activity/>

### **Block Puzzles**

Draw out different shapes up can make with square blocks on cards and then have your child fit them in: <http://allourdays.com/2012/10/block-puzzles-busy-bag-printable.html>

### **Action Dice**

Get a smaller square box (or a block) make each side a fun movement they have to do when it's their turn: <http://www.littlefamilyfun.com/2011/04/physical-activity-cube.html?m=1>

### **Make pretend pizza**

I know imaginative play doesn't always come easy, but if your kid likes arranging things and tactile things, you could play pizza shop. Use felt, paper bag/cardboard for the crust and make toppings out of felt or paper. Here's the site for a felt one: <http://www.littlefamilyfun.com/2011/04/physical-activity-cube.html?m=1> Of course you could expand on this and do "top your own cupcake" or stack a sandwich. For those that can, you can have your child help make the toppings and base-food to build on.

**Balloon Hockey** Blow up balloons, make cardboard hockey stick: Done!

<http://www.tipjunkie.com/post/winter-olympic-activities-and-crafts-for-kids/>



## **LEARNING OUTDOORS (&IN) – Courtesy of Mid-State Early Childhood Direction Center**

We love the following pages provided with permission from the Mid-State Early Childhood Direction Center. They have really great resources sheets and were kind enough to allow us to reprint this one.  
<http://ecdc.syr.edu/>

## LEARNING OUTDOORS (& IN)

### What's Inside...

- ♦ Learning is fun!
- ♦ Rainy Days
- ♦ Summer Learning
- ♦ Safety Tips



Parents work hard all year, but especially in the summer. Not just for a paycheck but keeping their children entertained with fun activities. You might think that because an activity is fun, it is not educational. However, it is important to recognize the educational value of "summer fun." It is lighter later, summer is more relaxing and kids are playing all day outdoors and in. Summer is the perfect time for children to discover that learning is fun and can happen anywhere. Learning can take place whether you are taking a trip to a far-off place or spending the summer in your own neighborhood. Keeping the ideas creative, fun, and inexpensive is the challenge that all families face!

***Play is the work, the occupation of childhood,  
and a cherished part of our early memories.***

### Finding a Balance

When the warm air and sunshine finally break through the clouds, kids and, sometimes, parents think the days should be non-stop fun. However, the reality is that most parents still work during the summer, so they have to take advantage of what time they do have off of work to make activities fun and educational. In addition, parents need their downtime too. So it is important to create a balance between structured and unstructured activities. That way, activities can also be child-directed and not always require adult instruction. Parents can set up toys and activities that children can access with parents supervising but not necessarily directing their play. Be creative!



### How parents can help develop a child's attention span:

- Encourage children to read longer books.
- Encourage children to talk about things they have done.
- Limit the number of hours spent with TV, videos, and other spectator entertainment.
- Select toys, games, and activities which require mental challenges or just physical activity.
  - ☺ a puzzle
  - ☺ Lego blocks
  - ☺ hop scotch
  - ☺ jump rope
  - ☺ coloring books
  - ☺ blank paper and crayons

### Even on a Rainy Day... Don't let a little rain keep your kids from enjoying their summer! Bring the outdoors indoors.....

- ✱ Bring outdoor games in: Play basketball with a soft foam or sponge ball using any type of basket for the "hoop." Have kids shoot from different parts of the room or in different ways.
- ✱ Make a sand-free sandbox: Use a large plastic bin or box and fill with oatmeal, rice, beans, etc. and stock with scoops, funnels, toy cars, toy people, etc. whatever interests your child.
- ✱ Up, Up and Away!: Blow up balloons and play keep them in the air or "volleyball." Take precautions for balloon pieces with young kids.
- ✱ Field trip: Take a trip to an indoor pool, ice or roller rink, bowling alley, or inflatable play space to expend some energy.
- ✱ Get wet anyway!: Suit up with boots, raincoats and warm socks and get outside! Splash in puddles, twirl your umbrella, "quack" like ducks and "ribbit" like frogs. Then come inside to a warm bath or cup of soup.

SOURCE: Halecka, [www.About.com](http://www.About.com)

*Did you know  
what your child was learning when they.....???*

Activity	Related Skills/Goals	Age Ranges
<b>Ball Play</b>		
Track rolling ball with eyes Rolling back and forth Throwing/catching balls of different sizes and hardness. Underhand & overhand throw, bouncing, two-hand catch	Visual tracking Cause & effect Social, joint attention Eye-hand coordination	4-8 months 1-2 years by around age 3
Kicking balls of different sizes and hardness. Encourage switching legs to kick.	Balance Coordination	Walks into ball—1-2years Swing leg to kick—2-3years
<b>Hopscotch</b>		
Bending over without falling Standing on one foot Hopping on one foot Jumping with two feet Drawing the hopscotch board	Balance Strength Coordination Motor Planning Pre-writing	2-3 years 2 1/2 - 3 1/2 years 3-4 years 2-3 years 3 years
<b>Swing</b>		
Push young children in baby swing Encourage preschoolers to push their legs out & pull them in Talk to them about dangers of walking in front/behind swing	Sensory stimulation Balance, strength & coordination	0-2 years 3-5 years
<b>Walk/Run</b>		
Walk around neighborhood/park in stroller or on own Run through water sprinkler Walk in bare feet on grass, sidewalk, driveway (be sure pavement is not too hot!) Jumping in puddles, off simple steps, over small objects Hike through nature park/zoo looking at birds, trees, animals Change walking style: marching, skipping, hopping, pretend to be airplane, bear, etc.	Develop leg muscles Coordination Sensory stimulation  Motor control Language stimulation Imagination/pretend play	All ages 1-3 years 1-3 years  2-3 years 2-3 years 3-3 years
<b>Blow Bubbles</b>		
Tracking bubbles with eyes Popping bubbles with one finger Sound/word play— "pop, pop," big/little, up/down, etc. Blowing bubbles	Visual Tracking Fine motor finger skills Language stimulation Oral motor	4-8 months 1 1/2 - 2 years 0-2 years 2-4 years
<b>Art Play</b>		
Sidewalk chalk Paint/marker/finger paint on easel "Paint" with water/mud on sidewalk/driveway Create a picture journal of summer activities either through drawings or photos	Pre-writing skills Sensory stimulation Imagination Creativity Expression of feelings	All ages can enjoy at their level of readiness/adult assistance



Activity	Related Skills/Goals	Age Ranges
<b>Water Play</b>		
Water sprinkler Sitting under the water spray Walking/running through water on the grass Jumping over the water spray Running under the water spray Pool/Lake/Ocean Walking through water Floating in the water (with assistance) Kicking legs/moving arms through the water Playing with balls and other floating toys Scooping and pouring water	Social Movement Balance Strength Sensory Stimulation Bilateral hand coordination	All ages can enjoy at their level of readiness/adult assistance
<b>Sand Play</b>		
Scooping and pouring sand with hands or cups/shovels Hiding toys under the sand Pushing cars and trucks through the sand Building sand castles	Bilateral hand coordination Memory/object permanence Sensory Stimulation Creativity	1-5 years 1-2 years 1-5 years 3-5 years
<b>Dress Up</b>		
Pulling up /down shorts Putting on/taking off shoes/sandals Comb hair Pretend play—zoo keeper/zoo animals, fireman, etc. Create stories	Dressing skills Self-care Social Creativity Speech/language stimulation	2-3 years 2-4 years 3-4 years 2-5 years 3-5 years



For that long car ride.....

- ☺ Download audiobooks online and play them on your iPod dock in the car.
- ☺ Pack alphabet magnets for your child to play with on a metal baking pan.
- ☺ Start a scavenger hunt. Have him look for a dog in a yard, a construction cone, and a baby in a stroller. On the highway? Look for a car with another kid in it, a yellow billboard, and a dirty truck.
- ☺ Broaden the search. See if he can spot things you can eat, wear as a hat, or use to decorate your living room.
- ☺ Make up songs and stories about objects you pass. "See that moving van? I think the people are moving to the North Pole!"
- ☺ Count blue cars. When he sees two, tell him to count clouds. When he finds three, switch to finding four green signs.

#### SOURCES

12 Rainy Day Activities by Catherine Holecko—  
[http://familyfitness.about.com/od/waystospl/t/rainy\\_day\\_activities.htm](http://familyfitness.about.com/od/waystospl/t/rainy_day_activities.htm)  
 Top Summer Safety Tips by Amanda Rock—<http://preschoolers.about.com/od/healthandsafety/summertsafety.htm>



## Summer Safety Tips

### Before you Head Out the Door:

#### Prepare for a Day in the Sun!

- Lather everyone up with sunscreen. Use at least SPF 30 designed to protect against UVA & UVB rays
- Pack a bag that includes:
  - extra sunscreen
  - hats
  - water/snacks
  - cell phone
- Wear appropriate light clothing for the activity & bring a change of clothes



SOURCE: Rock, www.About.com

### In Your Yard

- If you have a pool, be sure to have a fence that locks. Talk to kids about water safety!
- Close and lock outside storage, such as sheds, storage bins, etc. where small children can hide and become trapped.

### At the Beach or Pool

- Talk about water safety with your little one before you go—no running near the edge, no jumping in without you present.
- No child should be in the water without an adult on hand, even if they know how to swim or have a flotation device!

### At the Playground

- Make sure equipment is age- and size-appropriate for your child
- Check out equipment for sharp edges, open ended hooks, etc.
- Check out the surface—usually rubber mat, wood chips, sand
- Touch everything—is it too hot for bare skin?
- Do the same with your swing set at home!
- Be close at hand in case your child has trouble with some of the equipment
- Bring plenty of water to drink

### In the Car

- Never leave a child alone in the car! Even with windows open, the car can get very hot, very quickly!

Looking for more copies of this bulletin? You can find it on our ECDC website or contact us.

## Mid-State Central Early Childhood Direction Center Bulletin • Spring 2011

### Mid-State

**Early Childhood Direction Center**  
Center on Human Policy, Law, and  
Disability Studies, School of Education  
Syracuse University  
805 S. Crouse Avenue  
Syracuse, NY 13244-2280

Phone:

315-443-4444

1-800-962-5488

Fax: 315-443-4338

E-mail: [ecdc@syr.edu](mailto:ecdc@syr.edu)

<http://ecdc.syr.edu>

**WHILE WE TEACH OUR CHILDREN,  
THEY TEACH US.**



**30 Years**  
**Caring for All Children**

## Workshops of Interest

The ECDC can provide information and workshops on a variety of topics tailored to the interests and needs of parents and early childhood professionals. Resources are available on such topics as general child development, developmental issues for children with special needs, coping strategies, and specific disabilities.

Workshops include:

- Including All Kids
- Making Parent Partnerships
- Early Childhood Development: The Meaning of Red Flags
- Positive Guidance and Behavior Strategies
- Moving On: Children and Families Facing Transition
- What Are Early Intervention and Preschool Special Education?
- What is an Individualized Education Program (IEP)?
- Getting Ready for Kindergarten

## Who We Are

The Early Childhood Direction Center (ECDC) is a regional technical assistance center for the State Education Department providing information, referral and support to families, professionals, and community agencies concerned with young children birth to five. We are located at Syracuse University's Center on Human Policy.

*ECDC services to families are  
free and confidential.*

### ECDC Staff

Tracey Mensapace, Director  
Maria Gill, Education Coordinator  
Glenda Criss-Forshey, Community  
Outreach Educator  
Cyndy Colevita, Office Coordinator  
Rachael Zubel-Ruggieri, Coordinator of  
Computer and Technical Applications