**Aquatics**

Water exercise for adults with arthritis. Program promotes flexibility, strength and balance. For ages adults 18+. Cost $40 per 10 sessions plus $12 annual registration fee.

- **CENTRAL AREA:** Tamiami Park 11201 SW 24 St., Miami, FL. Contact 305.222.2128 or ArleneB@miamidade.gov.
- **NORTH AREA:** Palm Springs North Pool 7901 NW 176 St., Hialeah, FL. Contact 305.935.4588 or jthera@miamidade.gov.

**Adapted Aquatics**

Learn to swim group lessons and for competition. For children 6 and older, with physical or visual disabilities. Call for appointment. Cost $40 for a group session of 8 classes, $150 for 8 Individual classes plus $12 annual registration fee.

- **CENTRAL AREA:** A.D. “Doug” Barnes Park 3401 SW 72 Ave., Miami, FL. Contact 305.380.9106 or Bphilli@miamidade.gov. October - May.
- **NORTH AREA:** Palm Springs North Pool 7901 NW 176 St., Hialeah, FL. Contact 305.935.4588 or jthera@miamidade.gov.

**SPECIAL EVENTS**

- **The Paralympic Experience**
  Youth and adults with physical disabilities will have the opportunity to experience different adapted and Paralympic sports including wheelchair basketball, handcycling, kayaking, Boccia and wheelchair tennis as well have the opportunity to meet athletes with physical disabilities. Contact 305.234.1673 or jsantia@miamidade.gov.

- **Paralympic Sport Club Activities**
  Rotating adapted sports programs and clinics including Boccia and wheelchair slalom. Contact 305.234.1673 or jsantia@miamidade.gov.

- **Disability Services Transition/Resource Fair**
  If you have a child or young adult with a disability who is transitioning to high school, or transitioning from post high school – this Transition/Resource Fair is for you! Community agencies will be on-hand to assist families with the right course of action and to help make the best choice for your child. Contact 305.665.5319 or giselp@miamidade.gov.

- **Family Festival of Arts and Games**
  Enjoy a fun-filled day at one of our beautiful parks. Families and Disability Services participants will come together to enjoy a day of sports, interactive games, entertainment, resources, food and more! Stay tuned for day and location. Contact 305.222.2128.

- **Health and Wellness Harvest Festival**
  Held during the fall, this event is for individuals with disabilities and their families to gather together to celebrate with great food, entertainment, craft activities, health and wellness resource information and more. Sponsorship opportunities available. Contact 305.222.2128 or arleneb@miamidade.gov (Stay tuned for day and location).

To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any Miami-Dade Parks sponsored program or meeting, contact Mary Palacios, 305.755.7848 or Mary.Palacios@miamidade.gov at least 7 days in advance to initiate your request. TTY users may call 711, (Florida Relay Services).

Contact Mary Palacios, 305.755.7848 or Mary.Palacios@miamidade.gov

www.miamidade.gov/parks
**PROGRAMS FOR CHILDREN AND ADULTS**

The Children's Trust After School & Summer Camp Programs
After School 2 pm – 6 pm; Summer Camp 8 am - 5 pm FREE

- Westwind Lakes Park (Ages 6 – 22) 6805 SW 152 Ave., Miami, FL. 305.380.9106 or bphill@miamidade.gov.
- Camp Matecumbe (Ages 6 – 22) 13841 SW 120 St., Miami, FL. 305.752.4966 or dbonet@miamidade.gov.
- Goulds Park 13841 SW 120 St., Miami, FL. 305.234.1673 or Jsantia@miamidade.gov.
- Ojus Park (Ages 14-22) 18995 W Dixie Highway, North Miami, FL. 305.935.4588 or jthera@miamidade.gov.
- Tamiami Park (Ages 6 – 22) 11201 SW 24 St., Miami, FL. 305.222-2128 or ArleneB@miamidade.gov.

Specialized Programs for Children with Disabilities
Youth Art in the Park is an inclusive, socially-oriented arts program for children and youth, ages 6-17, with and without disabilities. This fun and educational program teaches visual arts through a social setting, led by professional art teachers and disability experts. For more information, contact 305.576.4122 or DIA@a4lmiami.org. Saturdays, 9 am -11 am /Cost $35

- Camp Matecumbe 13841 SW 120 St., Miami, FL.
- Highland Oaks 20300 NE 24 Ave., Miami, FL.
- Miller Drive Park 5510 SW 94th Ct, Miami, FL.

S.T.A.R.S Skills Training for Autism Recreational Sports
For individuals ages, 6-19, with Autism. Session runs October through May. Tuesdays & Thursdays 5:30 pm - 7 pm. Cost: $20/per night plus food or entrance fee depending on outing.
- Westwind Lakes Park 6805 SW 152 Ave., Miami, FL. 305.380.9106 or bphill@miamidade.gov.

**EXPLORE Exceptional People Learning through Outings and Recreation Education**
For children, ages 6-14, with intellectual disabilities. Program focuses on developing leisure interest as well as social and community skills through recreational experiences. First and third Saturdays of the month, 10 am – 2 pm. Cost $15/per session, plus food or entrance fee depending on outing.
- Gwen Cherry Park 7090 NW 22 Ave., Miami, FL. 305.694.4889 or decourt@miamidade.gov.

LEAPS Leisure Education and Planning Skills
Social outing program for teens and young adults, ages 15-25, with intellectual disabilities. Group activities and outings focus on developing independent living skills, social skills and community skills. First and third Friday of the month, 6 -10 pm. Cost: $20/per night plus food or entrance fee depending on outing.
- Westwind Lakes Park 6805 SW 152 Ave., Miami, FL. 305.380.9106 or bphill@miamidade.gov.

**Sports Training Program**
Learn a variety of sports like basketball, soccer, softball, swimming, bowling and track & field. Monday – Friday 3:30 pm – 5 pm/Cost $80 month plus $12 annual registration fee.

**Fun on Friday (FOF)**
Participate in social programs with field trips and indoor activities, work on life/safety skills. Friday 6 pm—10:30 pm/Cost $25 weekly plus $12 annual registration fee.

**Saturday in the Park (SIP)**
Participate in social programs with field trips and indoor activities; work on life/safety skills. Saturday, 9 am – 5 pm/Cost $30 per week plus $12 annual registration fee.

**ADAPTED SPORTS**

**Archery**
Introductory archery program for adults with physical disabilities. September – April, 1st and 3rd Tuesday of each month, 10 am – noon. Cost $40 per 8 sessions plus $12 annual registration fee.
- Camp Matecumbe 13841 SW 120 St., Miami, FL. Contact 305.234.1673 or jsantia@miamidade.gov.

**Handcycling for Youth and Adults**
Physical conditioning and training using adapted handcycles. Staff and volunteers will coach athletes on this exciting sport! Equipment provided.
- Tamiami Park 11201 SW 24 St., Miami, FL. Contact 305.222.2128 or arleneB@miamidade.gov.

**Wheelchair Basketball**
Practice wheelchair basketball. For adults with physical disabilities. September – March, Saturdays 2 pm – 4 pm, Contact 305.752.4966 or dbonet@miamidade.gov. Call for registration information.
- City of Miami Springs Parks & Recreation 1401 Westward Dr., Miami Springs, FL.