



ADAPTIVE RECREATION

NORTH FULTON SPECIAL NEEDS
PROGRAM GUIDE



Created in partnership with the cities of
Alpharetta, Johns Creek, Milton, Roswell, and Ed Isakson YMCA.

All Adaptive Recreation Programs & Events are designed to expose participants to new experiences, enhance self-esteem, self-confidence, independence, and promote community involvement.

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North Fulton Special Needs Services and Expo is dedicated to the education, enrichment, and support of those with special needs within the North Fulton Community.

It takes a village, and in this case, multiple cities. The cities of Alpharetta, Johns Creek, Milton, Roswell, and Ed Isakson YMCA have partnered together to provide the individuals and families of North Fulton a single place to learn about and access adaptive and special needs programming, classes, camps, sports, special events, and more.

ADVOCATING

for people with disabilities.

PARTNERING

to benefit the overall community.

NETWORKING

to build cooperative relationships.

SPORTS & FITNESS

CITY OF ALPHARETTA

ICAN BIKE- ALPHARETTA 2024

Your special needs child, friend, family member, or acquaintance can learn how to ride a two-wheeled bicycle without the need for adaptive devices. To register for iCan Bike, complete the application at www.icanbikealpharetta.org/. For more information please call 678-297-6100 or email recreation@alpharetta.ga.us.

AGES: 8 and older

LOCATION: Union Hill Park

INSTRUCTORS: City of Alpharetta Public Safety & Recreation, Parks & Cultural Services

COST: \$200

DATES: June 24 - June 28, Mon-Fri

TIME: 8 a.m. - 5 p.m.

Activity #: 32341



ADAPTIVE SWIM NIGHTS

A free swim night for community members with physical or cognitive disabilities and their families.

DATES: Jun 16 / Jul 14

TIME: 6 p.m. - 8 p.m.

LOCATION: Wills Park Pool, 1815 Old Milton Parkway

COST: FREE

For more information call 678-297-6107 or email aquatics@alpharetta.ga.us.

CAMP MOE-MENTUM

Campers participate in new programs that encourage movement and the making of friends.

This inclusive camp focuses on a variety of fitness and fine motor activities. Campers must be independent in toileting, able to stay with the group and follow instructions. All activities are modified so that each camper is successful at their own level.

To enroll in the camp please email moewales@aol.com or call 770-335-8717.

LOCATION: Union Hill Park

INSTRUCTOR: Maureen Moe Wales, retired Special Ed. Adapted PE teacher

AGES: 5-13 Session

COST: \$130 Residents / \$130 Non-Residents (\$110 Residents / \$110 Non-Residents Tue-Fri)

TIME: 9a.m. - 12 p.m.

DATES & ACTIVITY #:

Tue-Fri, May 28 - 31	32343
Mon - Fri, June 3 - 7	32345

AGES: 13+ Session

COST: \$240 Residents / \$240 Non-Residents

TIME: 9 a.m. - 3 p.m.

DATES & ACTIVITY #:

Mon - Fri, Jun 10-14	32350
Mon - Fri, Jun 17-21	32351



GYMNASTICS - B.R.A.V.E

B.R.A.V.E (Bee-Radiant-Active-Vibrant-Energetic) gymnastics class is designed to help improve fitness, hand eye coordination, motor skills, balance, strength, flexibility and sensory and spatial awareness for children with special needs who are independent, while doing gross motor skill activities, yet require a smaller class size.

AGES: 4-10

LOCATION: Alpharetta Community Center,
175 Roswell Street

COST: \$55 Resident/\$82.50 Non-Resident

To register online visit
www.alpharetta.ga.us/registration.

For more information call 678-297-6100 or email
recreation@alpharetta.ga.us.

CITY OF JOHNS CREEK

SPECIAL NEEDS UNIFIED FLAG FOOTBALL - SPECIAL K'S

The Recreation and Parks Division and our partner Special K's, invite athletes with special needs and peers without disabilities to train and compete in Unified Flag Football. Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding. When registering, please be sure to select 2024 Spring Adaptive Flag Football.

DATE: Saturdays in March, April, and May

TIME: Morning

LOCATION: Newtown Park

COST: Free

AGES: 8 and older

INFO: For more information contact
specialksgeorgia@gmail.com

<https://app.myezreg.com/Leagues/Login/newtownrec>

NORTH FULTON UNITED SOCCER LEAGUE

North Fulton United Soccer League is a unified soccer league based in Johns Creek. Unified sports team athletes with disabilities with non-disabled peers. We offer two seasons: Spring, beginning in March for 10-week session and Fall, beginning early September for an 8-week session.

The league has over 120 athletes and unified partners. For more info or to register, visit:
www.northfultonunited.org or email
northfultonunited.fc@gmail.com.

DATE: Spring and Fall

TIME: Afternoons

COST: Free

AGES: 8 and up



CITY OF MILTON

TOP SOCCER THUNDER PROGRAM

The TOPSoccer Thunder Program is a community-based recreational program specifically designed to help athletes with physical and intellectual disabilities participate in soccer. The Thunder program has been a part of the Rush organization since 1992 and continues to grow in popularity, bringing soccer to players who refuse to let their challenges stop them from participating. The emphasis of the program is on development, training, and a rewarding experience rather than on competition enabling individuals to improve their fitness and enhance their self-esteem. One-on-one assistance is available for those who are in need of it.

Please contact Cara Murray at
cmurray@rushunionsoccer.org with any questions regarding the program, registration, and volunteering opportunities

CITY OF ROSWELL

BASEBALL

Designed in a clinic format to teach basic skills of baseball. Each session is guided by staff and volunteers and will consist of various games and activities.

AGES: 5-12/12-17

COST: \$30 Resident/\$45 Non-Resident

DATE: Saturdays

TIME: 9:30 a.m. -10:30 a.m.; 10:45 a.m. - 11:45am

LOCATION: Groveway Park

UNIQUE THERAPY

Unique Therapy provides aquatic physical therapy for children and adults with disabilities.

Contact: 770-641-9239

NEVERLAND ADAPTIVE AQUATICS

Aquatic programs

CONTACT: 770-827-6373

SOCCER:

North Fulton United Soccer League is a unified soccer league based in Johns Creek. Unified sports team athletes with disabilities with non-disabled peers. We offer two seasons: Spring, beginning in March for 10-week session and Fall, beginning early September for an 8-week session.

The league has over 120 athletes and unified partners. For more info or to register, visit: www.northfultonunited.org or email northfultonunited.fc@gmail.com.

DATE: Spring and Fall

TIME: Afternoons

COST: Free

AGES: 6 and up

BASKETBALL

Designed in a clinic format to teach basic skills of basketball. Each session is guided by staff and volunteers and will consist of various games and activities.

AGES: 5-12/12-17

COST: \$30 Resident/\$45 Non-Resident

DATE: Saturdays, 5:30 p.m. - 6:30 p.m. and 6:30 p.m. - 7:30 p.m.

LOCATION: Hembree Park Recreation Center

TENNIS

Participants will learn basic tennis skills and strokes including forehand, backhand, serves, and more. Taught by Special Pops Tennis.

AGES: 10 and up

COST: Free

DATE: Tuesdays, 6:30 p.m. - 7:30 p.m.

LOCATION: Roswell Area Park



ADAPTIVE PADDLE BOARDING

Using the Onit ability paddleboard, our certified adaptive paddling instructor will help individuals enjoy this fun water activity. The board accommodates a wheelchair. Contact the instructor directly at roswellgap@gmail.com or call 770-722-3972

AGES: 10 and up

COST: \$60 (per-session)

DATE: Seasonal, times vary.

LOCATION: Azalea Park

AQUATIC FUN & FITNESS

This is an introductory level class that incorporates fun aquatic activities designed to increase strength, flexibility, and endurance. Water shoes encouraged.

AGES: 10 and up

COST: \$30 Resident/ \$45 Non-Resident

DATE: Thursdays, 6 p.m. - 7 p.m.

LOCATION: Adult Aquatic Center

YOGA

Build strength, flexibility, and balance in the body and mind. The intention of this program is to develop skills to manage stress, improve focus, and increase body awareness.

AGES: 18 and up

COST: \$40 Resident/ \$60 Non-Resident

DATE: Thursdays, 4 p.m. - 5 p.m.

LOCATION: Adult Recreation Center



RECREATION

CITY OF ALPHARETTA

CAMP HAPPY HEARTS

Camp offers a fun, summer day-camp experience appropriate for children with special needs, who have sufficient skills to engage appropriately with a group of children in activities consistent with program goals. Activities include swimming, arts and crafts, games, sports, field trips and much more!

All new campers must be interviewed prior to registration. **Interviews begin in February**; contact 678-297-6115 for an appointment.

AGES: 6-12

LOCATION: The Lionheart School

TIME: 7:30 a.m. - 5:30 p.m.

COST: \$175 Alpharetta & Milton Resident /

\$263 Non-Resident

To register call 678-297-6100.

SESSION:	DATES:	ACTIVITY #:
Session 1	Jun 3-7	32327
Session 2	Jun 10-14	32332
Session 3	Jun 17-21	32333
Session 4	Jun 24-28	32334
Session 5	Jul 8-12	32336
Session 6	Jul 15-19	32337
Session 7	Jul 22-26	32338

ALPHARETTA YMCA

The Alpharetta YMCA offers Adaptive Fitness Classes for teens and young adults with special needs Tuesday and Thursday late afternoons. Please contact Karen Wise at krwise1@comcast.net to find out more information.

ALPHARETTA ARTS CENTER SPRING 2024

ADAPTIVE PHYSIO JAZZ WITH SIDEWAYS CONTEMPORARY DANCE COMPANY

The Physio Jazz program is dedicated to giving everyone an opportunity to dance. Class is offered for its participants and to help individuals with developmental disabilities work on muscle tone, balance, and coordination. The class also increases opportunities for social interaction and promotes awareness about the benefits of dance for all people – regardless of their abilities or disabilities.

The class is meant to be a way for students to increase their dance and coordination skills to the highest possible level.

AGE: 8+

COST: Free (Pre-registration required)

TIME: 11:30 a.m. - 12:30 p.m.

DATES & ACTIVITY NUMBER:

Saturday, Mar 9	32041
Saturday, Apr 20	32042
Saturday, May 18	32043
Saturday, Jun 1	32044
Saturday, Aug 3	32045

ART PAL

The Alpharetta Arts Center is offering Art Pals for art students with special needs. Through a partnership with Lionheart Life Center, Inc., we can offer you a one-on-one Art Pal to assist while taking a scheduled art class of your liking. To participate in the Art Pal program, reach out to the Alpharetta Arts Center directly so we can match an art student with an Art Pal based on needs and type of class you wish to take. Art pals are based on availability. please allow 2-3 week to assign a pal for you.

LOCATION: Alpharetta Arts Center,
238 Canton St.
678-267-6135
Arts-culture@alpharetta.ga.us

ADAPTIVE ART WITH LIONHEART

Art class using a variety of mediums geared specifically towards young adults with autism and other neurodevelopmental differences.

AGE: 16+

COST: Free (Pre-registration required)

DATE: Mar 7- Mar 28; June 6- June 27

DAY: Thursdays, 1:30 p.m. - 2:30 p.m.

ACTIVITY #: 32034 (March); 32035 (June)

For more information or to register online visit:
www.alpharetta.ga.us/arts-culture or call
678.297.6135.



CITY OF MILTON

CAMP JOYFUL SOLES

A Camp Joyful Soles is Milton's summer day camp for those aged 13 to 22 with special needs. This small, specialized camp is limited to (up to) 30 participants each week and includes: arts and crafts; games, music, art and drama therapy, special guests, field trips and swimming once a week. Traditionally, the cost has been \$175 for City of Milton & City of Alpharetta residents and \$262.50 for non-residents of those two cities (a 50% increase) per week. Guardians may register for all seven weeks or a week at a time. To contact leaders of Camp Joyful Soles, email: CampJoyfulSoles@miltonga.gov

- All applications will be completed online this year.
- New applicants may be interviewed by city staff.

To register: miltonga.gov/registration For info: miltonga.gov/government/parks-rec/camp-joyful-soles

Week 1 June 3-7 Week 2 June 10-14 Week 3 June 17-21 Week 4 June 24-28 Week 5 July 8-12 Week 6 July 15-19 Week 7 July 22-26

Location: Mill Springs Academy

13660 New Providence Rd, Milton, GA 30004

Time: 9:00 a.m. - 3:30 p.m.

Drop-off: 8:30 a.m. - 9:00 a.m. Pickup: 3:30 p.m. - 4:00 p.m.

Counselors

Every year, Camp Joyful Soles looks for individuals to work at the camp. The open job positions will be posted on the City of Milton's Careers webpage at miltonga.gov/Careers.



ADAPTIVE SUMMER CAMPS

The mission of Unique Individual Ranch is to help children and individuals with disabilities and special needs have a positive social, emotional and or psychological experience by embracing their disabilities through specialized programs and environments. Limited spots available!

COST: \$450/week

DATE: May 28 - July 26

TIME: 8 a.m. - 3 p.m.

LOCATION: Waller Park



CITY OF ROSWELL

ART

AGES: 12 & up

TIME: Mondays, 6:30 p.m. - 7:30 p.m.

COST: \$30 Resident/\$45 Non-Resident

LOCATION: Roswell Adult Recreation Center
830 Grimes Bridge Rd.

CLAY

Enjoy Sensorial fun experimenting with clay, creating lasting pieces, and engaging within a space that supports each person.

AGES: 14 and up

COST: \$30 Residents/ \$45 Non-Residents

DATE: Mondays, 4:30 p.m. - 6 p.m.

LOCATION: Roswell Adult Recreation Center
830 Grimes Bridge Rd.

COOKING

AGES: 14 and up

COST: \$40 Residents/ \$60 Non-Residents

DATE: Wednesdays, 4 p.m. - 6 p.m.

LOCATION: East Roswell Fine Arts

ROSWELL SPEECH SUMMER CAMP

Camp will focus on social skills, speech language, literacy, and fun!

AGES: 5 - 16

TIME: 9 a.m. - 12 p.m.

DATES: July 8-12; July 15-19; July 22-26; July 29-Aug. 2

Email info@roswellspeechtherapy-ga.com for more info.

SOCIAL & SPECIAL EVENTS

CITY OF ALPHARETTA

BREWABLE CAFE

BrewAble is a non-profit cafe in the Alpharetta Community Center. Our mission is to provide meaningful employment and community connections for people with intellectual and developmental disabilities (IDD) by creating opportunities to train, learn, and excel as employees in a cafe setting. Learn about the program, employment opportunities and more at www.brewablecafe.com.

DATE: Monday - Saturday

TIMES: Mon-Fri 8 a.m. - 4:30 p.m.;
Sat 8:30 a.m. - 2 p.m.

LOCATION: Alpharetta Community Center,
175 Roswell Street

CITY OF JOHNS CREEK

MOVIE NIGHT

Join us for Movie Night with your friends and family at Newtown Park. Gather 'round the outdoor movie screen for a fun movie experience. All movies are rated G to PG; titles are announced one week prior to event. Guests can bring their own food, blankets, and lawn chairs.

AGES: All

LOCATION: Newtown Park - Amphitheater

COST: Free

DATE: May 10

TIME: 7 p.m. - 9 p.m.

For more information, please visit the city's website at www.JohnsCreekga.gov.

BINGO NIGHT

Join friends for BINGO Night! This event is designed for guests of all ages with a developmental disability looking to play games and socialize with friends.

AGES: All

LOCATION: Newtown Park, Park Place

COST: Free

DATES: July 26 and Nov. 1

TIME: 7 p.m. - 9 p.m.



DANCE NIGHT

Join us for an evening of dancing, pizza, drinks, music and lots of fun! Parents are encouraged to drop off young adults, ages 15 years and older, to enjoy the dance. RSVP to Kirk Franz at Kirk.Franz@johnscreekga.gov

AGES: All

LOCATION: Newtown Park - Amphitheater

COST: Free

DATES: Oct. 11

TIME: 7 p.m. - 9 p.m.

LUNCH WITH SANTA

“Lunch with Santa” gives our special guests time with the Big Elf himself, lots of delectable goodies, music and holiday activities. Parents, don’t forget to bring your camera.

AGES: All

LOCATION: Newtown Park, Park Place

COST: Free

DATE: December 14

TIME: 12 p.m. - 1 p.m.

Registration is required and space is limited. Registration begins November 1 and ends December 4. Please visit the city’s website to register, www.JohnsCreekGA.gov.



CITY OF ROSWELL

BOCCE

This program focuses on socialization and the basic skills of bocce ball. This is an interactive peer-to-peer activity.

AGES: 14 and up

COST: Free

DATE: Thursdays, 6 p.m. – 7:30 p.m.

LOCATION: Roswell Adult Recreation Center
830 Grimes Bridge Rd.

MOVIE NIGHTS

Enjoy pizza and a family friendly movie on the big screen! The movie experience will include a low-light setting, reduced volume, and additional open space for those who wish to move around freely. Admission fee covers the food provided. Gluten free pizza available with advance notice.

AGES: All ages

COST: \$5

DATE: Wednesdays, 6 p.m. - 8 p.m.

LOCATION: Roswell Adult Recreation Center
830 Grimes Bridge Rd.

ADULT SOCIAL GROUP

This group is designed to facilitate friendships while exploring recreation and leisure activities, increase leisure awareness, leisure independence, and social skills through recreation experiences. Themed Dances include dinner. Annual Membership.

AGES: 18 and up

COST: \$20 Resident - \$30 Non-Resident

DATE: Wednesdays, 6 p.m. - 8 p.m.

LOCATION: Roswell Adult Recreation Center
830 Grimes Bridge Rd.

AUTISM IMPROVISED

Applied improv and theatre programs to help grow social communication skills and adaptive thinking for children and adults. Contact Sandra Bruce at sandy@autismimprovised.org or visit www.autismimprovised.org

AGES: Teens and Adults

COST: Contact Sandra Bruce for fees and to register

DATE: Wednesdays, (Adults) 6:30 p.m. - 7:30 p.m.
Saturdays, (Teens) 9:15 a.m. - 10:15 a.m.;
(Adults) 10:30 a.m. - 12 p.m.

LOCATION: Roswell Adult Recreation Center
830 Grimes Bridge Rd.

Community Partners

CITY OF ALPHARETTA

Alpharetta Recreation and Cultural Services Department offers a wide variety of classes, programs and activities for the entire family throughout the year. The department strives to promote the highest quality recreation programs and facilities for citizens of all ages and abilities.

General Information

Alpharetta Community Center
175 Roswell Street
678-297-6100
Mon-Thu 8:30 a.m.-9 p.m.
Fri 8:30 a.m.- 7 p.m.
Sat 8:30 a.m.- 4 p.m.
Register online at: Alpharetta.ga.us/recreation

ALPHARETTA YMCA

The YMCA of Metro Atlanta is an association of volunteers, members and staff, open to and serving all, with programs and services which build spirit, mind, and body. Financial assistance is available based on need. The YMCA actively seeks to identify and involve those in need.

General Information

3655 Preston Ridge Road
770-664-1220
Mon - Thu 5 a.m. - 9:30 p.m.
Fri 5 a.m. - 9 p.m.
Sat 7 a.m. - 6 p.m.
Sun 8 a.m. - 6 p.m.
ymcaatlanta.org/ymca-locations/alpharetta/

LIONHEART LIFE CENTER

The Lionheart Life Center provides individuals with autism and other neurodevelopmental challenges a comprehensive range of educational, therapeutic and vocational services to maximize the potential for their highest level of independence.

General Information

225 Roswell Street
Alpharetta, GA 30009
770.772.4555
schooloffice@thelionheartschool.com

NORTH METRO MIRACLE LEAGUE

The North Metro Miracle League provides supportive programming for children, youth and adults with disabilities focused on healthier, more active lifestyles, social competence, and emotional well-being.

General Information

www.nmml.net/home

CITY OF JOHNS CREEK

Johns Creek Recreation and Parks is committed to enhancing the well being of its residents and visitors through comprehensive recreation and park programs, facilities, and services.

Programming within the parks includes activities and sports for youth and people of all ages, abilities, and backgrounds.

General Information

Newtown Park

3150 Old Alabama Road

Mon - Sun 6 a.m. - midnight

Register online at:

www.johnscreekgov.com/RecreationandParks

CITY OF MILTON

The City of Milton Parks and Recreation Department develops and maintains a system of parks and recreational resources to welcome visitors and enhance the well-being of Milton residents.

General Information

Milton City Hall

2006 Heritage Walk

678-242-2489

Mon - Fri 8 a.m. - 5 p.m.

www.cityofmiltongov.com/residents/special-needs-resources/

CITY OF ROSWELL

The Roswell Recreation, Parks, Historic & Cultural Affairs Department continues to strive to meet the leisure needs of the citizens of Roswell by providing quality, comprehensive recreational opportunities as well as unique, engaging, and inclusive parks and facilities.

For more information please visit the City of Roswell website at www.Roswellgov.com/adaptive or email adaptiverecreation@roswellgov.com.

General Information

Azalea Park

203 Azalea Dr.

Grimes Bridge Park/ Adult Recreation Center
830 Grimes Bridge Rd.

770-641-3950

Groveland Community Park/ Adult Aquatic Center

200 Dobbs Drive

770-641-3982

Roswell Area Park

10495 Woodstock Road

ROSWELL SPECIAL NEEDS ADVOCACY GROUP

Parents and caregivers are invited to come to our monthly meetings to help plan and implement programs. Meetings are held at the Roswell Adult Recreation Center.

If you are interested in being on the advocacy group, contact adaptiverecreation@roswellgov.com.



SERVICES & EXPO

Creating community connections

City of Alpharetta
2 Park Plaza
Alpharetta, GA 30009
678-297-6100
Alpharetta.ga.us

City of Johns Creek
11360 Lakefield Drive
Johns Creek, GA 30097
678-512-3200
info@johnscreekga.gov
JohnsCreekGa.gov

Ed Isakson YMCA
3655 Preston Ridge Road
Alpharetta, GA 30005
770-664-1220
YMCAatlanta.org

City of Milton
2006 Heritage Walk
Milton, GA 30004
678-242-2500
info@cityofmiltonga.us
CityofMiltonGa.us

City of Roswell
38 Hill Street, Suite 100
Roswell, GA 30075
770-641-3950
Roswellgov.com