Community Recreation Programs and Camps

Programs and camps for children and young adults with special healthcare needs coming together for fun and functional activities.
Community Programs at Children's Specialized Hospital are extracurricular activities that cater to children with special healthcare needs. Fun recreation and therapeutic programs, an adaptive sports club, and camps offer patients and non-patients alike opportunities to engage in experiences that focus on specific interests and needs.

Community Programs

**Friday Night Fever**
The Friday Night Fever program is a social and recreational program for teens ages 13-21 providing opportunities to make friends, socialize, and just be a teenager! Held in Mountainside and Toms River, the Friday Night Fever group meets monthly for bowling, movie nights, trips, game nights and more!

**Adaptive Aquatics**
Adaptive Aquatics classes are for children ages 18 months-16 years old, depending on what level or program. The program is designed to promote positive experiences with water, and teach swimming and water safety providing an opportunity for physical activity and social interaction.

**Martial Arts**
The martial arts program for children ages 4-15 provides instruction on basic martial arts techniques and listening skills in addition to coordination of movement, balance, body awareness, and strength. The program offers children an opportunity for positive peer interactions and promotes a sense of independence, confidence, and belonging.

**Lightning Wheels**
Children's Lightning Wheels, a Paralympic Sports Club, for athletes ages 5-22 that have a primary diagnosis of a physical disability. Athletes participate in track and field, swimming, archery, table tennis and powerlifting and benefit from gaining confidence, independence, self-esteem, camaraderie and life-long friendships.
Camps and Clubs

Pal’s Paradise
Pal’s Paradise is a day camp for children 8-13 years old. Activities include sports, cooperative games, crafts, social events, and music. This camp is unique in that a sibling or friend may register to attend creating an inclusionary environment.

Camp Kresge
Children’s Specialized Hospital provides a fully main-streamed, overnight camp experience at Camp Kresge in Pennsylvania and provides support to children with special healthcare needs to attend this camp with their peers without special healthcare needs. All children, ages 8-13, participate in camp activities such as archery, drama, fishing, rock wall climbing, nature education, zip lining, boating, and more!

BECOME Program
The BECOME Program is a three-week camp for ages 4-13 providing Constraint Induced Movement Therapy to improve the strength and function of an upper extremity impacted by hemiparesis. The camp incorporates indoor and outdoor games and activities that are challenging, successful, and most importantly FUN!

Camp Chatterbox
Camp Chatterbox, sponsored by Children’s Specialized Hospital, is a week-long overnight camp for children and young adults, ages 5-22 with a primary diagnosis of physical disability of challenge, who use synthesized Augmentative and Alternative Communication (AAC) devices. Offering a Family Program and options for independent campers, Camp Chatterbox offers a range of activities to promote use of communication systems across multiple settings.

For more information and to register, visit www.childrens-specialized.org/communityprograms
Children’s Specialized Hospital is the nation’s leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges — from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to developmental and behavioral issues like autism and mental health. At 13 different New Jersey locations, our pediatric specialists partner with families to make our many innovative therapies and medical treatments more personalized and effective...so children can achieve more of their goals.

**Contact Us**

150 New Providence Road
Mountainside, NJ 07092

[www.childrens-specialized.org/communityprograms](http://www.childrens-specialized.org/communityprograms)

Like Children’s Specialized Hospital on Facebook

Follow us on twitter @ChildrensSpecNJ

Follow us on Instagram @ChildrensSpecNJ

Watch Children’s Specialized Hospital on YouTube

An affiliate member of the Robert Wood Johnson Health System, and a member of Children’s Miracle Network Hospitals.