IDEAS FOR ACCESSIBLE ACTIVITIES AND GROSS MOTOR FUN IN THE WINTER

Indoor Pools

A great way to improve balance, strength, endurance, coordination, and incorporate family fun!

* Kroc Center: 2825 Y St Omaha, NE 68107
* Lied Activity Center: 2700 Arboretum Dr Bellevue, NE 68005
* Mockingbird Hills: 10242 Mockingbird Dr Omaha, NE 68127

Bowling Alleys

Building strength, functional play skills, coordination, all while having fun!

* Papio Bowl: 204 E Lincoln St Papillion, NE 68046
* Scorz Sports Center: 7602 Main St Ralston, NE 68127
* West Lanes Bowling Center: 151 N 72nd St Omaha, NE 68114

Climbing Walls

A great form of exercise for the whole body!

* Approach Climbing Gym: 4923 S 72nd St Omaha, NE 68127

Mini Golf

Work on hand eye coordination, play skills, and motor control with this great indoor activity!

* Prehistoric Putt: 11134 Q St Omaha, NE 68137
* Medieval Putt: 20915 Cumberland Dr Elkhorn, NE 68022

Indoor Gyms

Specialized with climbing activities and sensory equipment in a fun and safe environment!

* Go! Kids Gym: 4223 S 120th St Omaha, NE 68137
* KIDS Body Shop: 1219 N Monroe St Papillion, NE 68046
* PE 101 Kids Gym: 2920 N 118th St #106 Omaha, NE 68164
* We Rock the Spectrum Gym: 10717 Virginia Plaza #113 Omaha, NE 68128

Trampoline Parks

Such a great place to work on endurance, strength, and functional balance!

* Altitude: 5575 N 90th St Omaha, NE 68134
* The Hub: 7th S 4th St Council Bluffs, IA 51503
* Sky Zone: 4215 S 133rd St Omaha, NE 68137
* Urban Air: 15364 Weir St Omaha, NE 68137

Museums

These museums offer amazing ways to learn and interact with the displays!

* Omaha Children’s Museum: 500 S 20th St Omaha, NE68102
* Luminarium: 345 Riverfront Dr Omaha, NE 68102
* Durham Museum: 801 S 10th St Omaha, NE 68108