

Search this site

Search



Engage and Educate

Volunteers Provide 'Extreme Recess' for D.C. Youth

Posted July 22, 2009 - 3:00am by [Brandon](#)

On Saturday, July 18, I had the opportunity to volunteer with a non-profit organization called Dreams for Kids. Dreams for Kids began in Chicago as a small program called Holiday for Hope, where Tom Tuohy, the founder, and a few other volunteers organized a small Christmas celebration for homeless and underprivileged children who would not have had the opportunity to celebrate the holidays if it had not been for these volunteers. From there the organization grew, and other programs were created.

One such program, Extreme Recess, gives children with physical and developmental disabilities the chance to participate in sports. This is the type of event that was held in Pohick Bay, Virginia, this past Saturday. More than thirty children had the opportunity to water ski using adaptive equipment, take a boat ride, canoe, and kayak. For many of the children, this was the first time they have ever had the option to do these sports.

Many of the parents said, "I didn't even know something like this existed!"

While people waited for their turn on the water, they enjoyed face painting, arts and crafts, food, and great company. Whole families came, including mothers, fathers, brothers, and sisters, and I constantly overheard positive comments about how wonderful it was for these kids to have an opportunity like this and how excited they were about it. The event was run entirely by volunteers and on donations from companies in the area. It was a great environment in which to spend my Saturday, and I'm so glad I got to meet these kids and volunteer with them.

Dreams for Kids recently started here in the D.C. area, thanks to Andrew Horn, who took the initiative to start up the D.C. branch. They hit the ground running with a very successful Extreme Recess. The amazing staff at Dreams for Kids will continue to put on events in the area, and you can check out their website for more information at www.dreamsforkids.org.

- Blog Categories:
 - [Event Blogging,](#)
 - [Youth Service America News](#)
- Tag:
 - [DC,](#)
 - [volunteer,](#)
 - [dreamsforkids](#)
- Issue Area:
 - [Education and Youth Development,](#)
 - [Civil Rights - Equality and Empowerment ,](#)

- Physical and Emotional Health
- Brandon's blog
- Add new comment



Youth Service America | info@ysa.org | <http://YSA.org> · 1101 15th St. NW #200, Washington , DC , 20005, USA · Tel: 202 296 2992 | Fax: 202 296 4030

Youth Service America

info@ysa.org

1101 15th St. NW #200

Washington, DC, 20005 USA

202 296 2992

(c) Youth Service America