

Ideas for summer fun in the Omaha area to improve Gross Motor abilities, strength, endurance, balance, and just have fun in the Omaha area.

1. Spraygrounds

Spraygrounds serve as a fun and interactive gathering place during the hot summer months. A variety of spray features for toddlers and older children, with parents often joining in the fun.

Omaha		
Benson 7022 Military Ave	Miller 2707 Redick Ave.	Morton 5724 S. 41st St.
Bob Kerrey Pedestrian Bridge 705 Riverfront Dr.	Orchard 6502 Hartman Ave.	Upland 3104 Jefferson St.
Fontenelle 4405 Fontenelle Blvd.	Seymour Smith Park 6802 Harrison St.	Westwood Heights 12334 Seldin Dr.
Kountze 1920 Pinkney St.	Cimmaron Woods Splash Park 7419 S. 101st Ave	Levi Carter 809 Carter Lake Shore Drive

The City of Papillion Parks Department

Eagle Ridge Splash Pad 2 blocks east of 66th St. and Ashwood Ave	Schwer Park Splash Pad 800 W. Centennial Rd	First Street Plaza Splash Pad Corner of First St. and Washington St
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The City of Fremont

Ronin Park 17th and Somers Ave.	Miller Park Jackson St. and "M" St.	Ruwe Park 5th & Howard St.
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Van Anda Park Linden St. and Pebble St.	John C. Fremont 9th and Broad St.	
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<https://parks.cityofomaha.org/pools/spraygrounds>

<https://familyfuninomaha.com/omaha-spraygrounds/>

2. Paddle Boats–Mahoney State Park

Paddleboat rentals are down by the Owen Marina.

They are \$10 per boat for a half-hour rental.

<https://ohmyomaha.com/2013/05/mahoney-state-park-for-families/>



3. Hiking Trails

<https://ohmyomaha.com/2017/07/trails-near-omaha/>

- **Hummel Park** - 3033 Hummel Rd, Omaha, NE 68112
- **Heron Haven** - 11809 Old Maple Rd, Omaha, NE 68164
- **Fontenelle Forest** - 1111 Bellevue Blvd N, Bellevue, NE 68005
- **Hitchcock Nature Center** - 27792 Ski Hill Loop, Honey Creek, IA 51542
- **Arbor Day Farms Tree Adventure** - 2611 Arbor Ave, Nebraska City, NE 68410
- **Platte River State Park** - 14421 346th St, Louisville, NE 68037
- **Schramm Park State Recreation Area** = 20874-21146, NE-31, Gretna, NE 68028
- **Eugene T. Mahoney State Park** - 28500 W Park Hwy, Ashland, NE 68003
- Also, a lot of walking time at the Omaha Henry Doorly Zoo, Lauritzen Gardens, Wildlife Safari Park, Bob Kerry Pedestrian Bridge, OPPD Arboretum



4. Climbing tubes and Fun Indoor Play

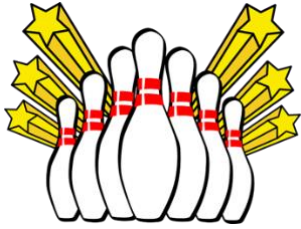
Kroc Center in South Omaha

Mahoney State Park's Activity Center

A few fast-food restaurants around Omaha, especially Chick-fil-A.



5. Bowling Alleys



Bowling or bumper bowling always great for motor coordination, strength, and fun!

6. Climbing Walls

Awesome for muscle strength, coordination, and motor planning.

Mahoney State Park has a climbing wall and a bouldering wall at the park's Activity Center. Approach Climbing Gym is another option for the public. Activities are by reservation only.

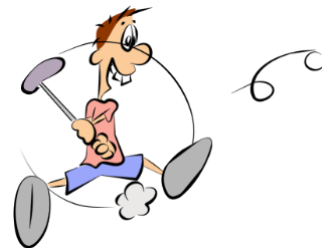


UNO also has a climbing wall, and it is free for UNO students, and pretty inexpensive for non-students (kids must be at least 5 years old).

7. Mini Golf

Awesome family competition and fun!

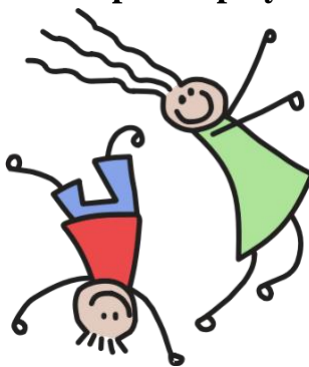
<https://familyfuninomaha.com/play-mini-golf-omaha/>



8. Gyms for Kids

Overall great gross motor fun. Gyms with public play hours include:

- GO! Kids Gym
- KIDS body shop
- PE 101 Kids Gym



9. Trampoline Parks & Other Places to Jump

Altitude in Omaha 5575 N. 90TH Street Omaha, NE 68134 (402) 506-4441	The Hub 7th South 4th St. Council Bluffs, IA. 51503 712-310-2090
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Sky Zone Trampoline Park
4215 S 133rd St
Omaha, NE 68137
(402) 401-7600

Urban Air
Adventure Park
15364 Weir Street
Omaha, NE.
68137
402-915-0110



<https://familyfuninomaha.com/indoor-playgrounds-activities-omaha/>

10. Barrier Free Parks

Seymour Smith Park - 6802 Harrison St, Omaha, NE 68127

Pipal Park - 7770 Hascall St, Omaha, NE 68124

Maple Village Park - 3865 Parkview Dr, Omaha, NE 68134

Flanagan Lake - 168th and Fort St, Omaha, NE 68116

11. Wheelchair Accessible Tfdbrails

<https://www.trailink.com/stateactivity/ne-wheelchair-accessible-trails/>

- > 144th Street Trail
- > 84th Street Trail
- > Bellevue Loop Trail
- > Big Papio Trail
- > The Boulevard Trail
- > Burt Street Trail
- > Field Club Trail
- > Flanagan Lake Trail
- > Huntington Park Trailway

