

Recreation Resource Guide

Updated April of 2015



Regional Center of Orange County
and
Comfort Connection Family Resource Center

RCOC 714-796-5100
CCFRC 714-558-5400



Comfort Connection Family Resource Center

Dear Parent or Caregiver,

We realize that accessing various social recreational programs and services for your child with special needs requires planning. The following list of questions has been compiled by parents and professionals who understand some of the considerations and accommodations that may be necessary.

Whether you approach a provider in person, inquire over the phone, or by e-mail, it may be helpful to explain that the person you are inquiring on behalf of has special needs and you would like to ask a few questions about the program and/or services. We realize that not all of these questions may apply to your situation, but you may use them as a guideline to ask questions that apply to your child's individual needs.

The specific details of these programs may change periodically, please contact the city you live in to request a current listing of recreation activities.

- Do you currently serve any individuals with physical or cognitive disabilities that you know of at this time?

- What is your teacher to student ratio for classes and/or activities offered?

- How is your staff trained on providing services for individuals with disabilities?

- Can you provide the additional support my child needs i.e. toileting, feeding?
(Feel free to share examples of any specific assistance needed.)

The agencies, individuals and programs listed in this guide are not endorsed by Regional Center of Orange County. This information is provided as a courtesy to assist you with locating recreational opportunities. For additional resource information, please contact Comfort Connection Family Resource Center at (714) 558-5400.

Recreation Resource Guide

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The following information was updated as of April of 2015 and is subject to change at any time. If there are any additions or changes, please contact Jacqui Knudsen at (714) 796-5299 or e-mail jknudsen@rcocdd.com.

Recreation Resource Guide

Recreation Opportunities

AbilityFirst (Anaheim)

Phone: (714) 821-7448 (Se habla español)

Website: www.abilityfirst.org

Address: 2660 W. Broadway, Anaheim, CA 92804

Description: Provides a variety of recreational activities including field trips, bowling, swimming, theater and Special Olympics training. Ages 5 and older.

AbilityFirst (Newport Mesa Center)

Phone: (714) 546-6727

Website: www.abilityfirst.org

Address: 1060 Paularino Ave., Costa Mesa, CA 92626

Description: Provides a variety of recreational activities including field trips, bowling, swimming, theater and Special Olympics training. Ages 5 and older.

Aliso Viejo Ice Palace

Phone: (949) 643-9648

Website: www.avicepalace.com

Address: 9 Journey, Aliso Viejo, CA 92656

Description: Ice Skating, hockey and special events for all.

American Youth Soccer Organization (A.Y.S.O.)

Phone: (800) 872-2976 (Se habla español)

Email: vip@ayso.org

Website: www.ayso.org/VIP

Address: Everywhere, please contact A.Y.S.O for your local program.

Description: Very Important Player (VIP) program provides a quality soccer experience for children and adults whose physical or intellectual disabilities make it difficult to successfully participate on mainstream teams.

Basketball - Shooting Stars Basketball League for Youth with Special Needs (City of Huntington Beach)

Website: www.hbsands.org

Description: For Boys and Girls ages 11-21. League includes 6 weeks of instructional play and supervised games, as well as team shirts and awards for all players.

Basketball - Hoopstars Basketball

Contact: Robin Preston

Phone: (714) 441-0353

Email: hoopstarsbb@roadrunner.com

Website: www.hoopstarsbb.com

Description: This league was created to provide a social environment for children and adults with special needs to participate on basketball teams in a way that instills a sense of accomplishment, teamwork, and competition.

Big Fun Gymnastics

Phone: (310) 837-7849 or toll free (877) 244-3868

Email: info@bigfungymnastics.com

Website: www.bigfungymnastics.com

Address: Call for location near you

Description: Gymnastics and occupational therapy services for children with special needs.

Bowling Leagues at Saddleback Lanes

Phone: (949) 586-5300

Website: www.saddlebacklanes.net

Address: 25402 Marguerite Parkway, Mission Viejo, CA 92692

Description: Adaptive weekly bowling leagues for all ages and abilities during the months of June, July and August. Tournaments throughout Saddleback and Capistrano Unified School Districts.

Cal South TOPSoccer

Contact: Sandy Castillo, CalSouth TOPSoccer Chairperson

Phone: (714) 524-3354 (Se habla español)

Email: sandjules@cs.com

Description: This program provides soccer opportunities for all ages.

Challenger Division of Little League Baseball

Phone: Call (909) 887-6444 Western Region Headquarters for a Challenger Team near you

Contact: Denny and Kelly Curran for a team near Villa Park, Orange and Tustin areas

Email: Kcurran@sycr.com

Website: www.littleleague.org/divisions/challenger.asp

Address: Various team locations throughout Orange County

Description: Girls and boys of all abilities play. Ages 5 to 18 or completion of high school and senior division ages 14 and up. Registration typically begins in November/December, play begins in late February through June.

Heart of Sailing

Phone: (949) 236-7245

Email: gsaidah@heartofsailing.org

Website: www.heartofsailing.org

Address: Dana Point Marina, P.O. Box 4073, Dana Point, CA 92629

Description: A nautical adventure for children with special needs. A unique integrative sensory experience incorporating physical and behavioral therapies. Ages 8-18 (exceptions made from 3 to 60 years old).

Helping Hooves

Contact: Ann Simon

Phone: (310) 697-6850

Email: Ann@HelpingHooves.org

Website: www.HelpingHooves.org

Address: 6352 East Nohl Ranch Road, Anaheim, CA 92807

Description: Helping Hooves Equine Therapy Program accepts students of most ages and abilities. If you or your child are unable to ride or are under 4 years old, there are many other ways to learn with horses.

Karate For All

Phone: (714) 731-4668

Email: karateforall@cox.net

Website: www.karateforall.org

Address: Locations in Tustin and Mission Viejo

Description: This is a program developed specifically for children with special needs, ages 4-adult. The basics of self-defensive techniques are taught including kicking, punching, and blocking, thereby providing benefits in gross motor, sensory, cognitive and psychosocial functioning. All instructors are certified Occupational Therapists and have black belts in karate. Occupational Therapy principles are combined with martial arts skills.

Kingpin Bowling League at Irvine Lanes (City of Irvine Disability Services)

Phone: (949) 724-6637

Website: www.irvinedisabilityservices.org

Address: 3415 Michelson Drive, Irvine, CA 92612

Description: Adaptive bowling for all disabilities ages 16 and over from March to June and September to December.

Koala Swim School

Contact: Kenneth Martinez, Swim Instructor

Phone: (714) 241-1131

Email: sportsmedken@hotmail.com

Website: www.koalaswimschool.com

Address: Call for location.

Description: Koala Swim School offers lessons for students of all ages, from infants to adults. Instructor is WSI certified and has worked with individuals with developmental disabilities for 36 years. Private sessions – 30 minutes each – 6 sessions for \$90.00.

Laguna Niguel Girls Softball

CHAMPS Program for intellectually challenged girls

Contact: Doug Mansfield

Phone: (949) 495-3878

Email: Lisamansfield@cox.net

Description: Softball program for intellectually challenged girls of all ages.

The Miracle League of Orange County

Contact: Steel Morris

Phone: (714) 713-2512

Website: www.ocmiracleleague.com

Address: 6231 Apache Rd., Westminster, CA 92683

Description: Boys and girls with physical and intellectual disabilities are given the opportunity to play baseball. The Miracle League of Orange County plays baseball on a specially built, fully ADA adaptable synthetic turf field, safe for participants in wheelchairs and/or participants who use walkers. Games are played in Anaheim at Pioneer Park, 2565 E. Underhill, Anaheim, CA. Minimum age to play is 5 years old. Financial aid is provided if you are not able to pay for tuition. No one is turned away.

Orange County Marine Institute

Phone: (949) 496-2274

Website: www.ocean-institute.org

Address: 24200 Dana Point Harbor Drive, Dana Point, CA 92624

Description: The Ocean Institute has become nationally known for its hands-on marine science, environmental and ocean education and maritime history programs. To learn about ocean facts, sea creatures, oceanography, science, and California history, students voyage onto the ocean, study in labs and live aboard tall ships or in the chaparral, where they can feel and taste the salty sea spray, sort through live specimens, observe migrating whales on our Dana Point whale watch cruises, collect scientific data and investigate the culture and world around them. Educational and recreational cruises offered to the public.

Orange Karate Center

Phone: (714) 538-7620

Website: www.orangekarate.com

Address: 1208 N. Tustin, Orange, CA 92867

Description: This martial arts program is designed to meet the physical, cognitive, emotional, and social skills of developmentally challenged individuals. For ages 6 and older.

Pop Warner Challenger Cheer/Football

Contact: Tom West

Phone: (949) 290-8222

Websites: www.popwarneroec.com & www.hbpwf.org

Email: president@hbpwf.org

Description: The flag football and cheer program is offered to children who have special needs, who live in Huntington Beach and surrounding communities and who are all ages and all abilities.

Ride Your Horse! Therapeutic Riding Program

Phone (714) 292-3563

Email: darlene@rideyourhorse.com

Website: www.rideyourhorse.com

Address: 10730 Artesia Blvd., Cerritos, CA 90703

Description: Ride Your Horse! Therapeutic Riding Program goals are: to provide quality equine-assisted activities to individuals with disabilities, and encourage self-growth through physical, cognitive, social, and emotional benefits. Lessons provided for age 3 to adult.

RIO/Sandpiper Swim School

Phone: (714) 532-3916 (Se habla español)

Website: www.rio-rehab.org

Address: 1800 E. La Veta, Orange, CA 92866

Description: Experienced, certified instructors help people with special needs of all types, ages six months and older, learn water adjustment, water safety, and swimming. Parent and baby classes, group lessons and open swim time are available.

Shea Therapeutic Riding Center

Phone: (949) 240-8441

Website: www.sheacenter.org

Address: 26284 Oso Road, San Juan Capistrano, CA 92675

Description: Full-time program of adaptive and therapeutic horseback riding for ages two and older with all disabilities.

Special Olympics- Orange County Division

Phone: (714) 564-8374 (Se habla español)

Website: www.sosc.org

Address: 550 N. Parkcenter Dr., Suite 102, Santa Ana, CA 92705

Description: The mission of Special Olympics Southern California is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities.

Spirit League

E-mail: contact@spiritleague.org

Website: www.spiritleague.org

Address: South Orange County

Description: Sports for kids from 6-20 years old who are ambulatory and have the emotional ability to participate but have difficulty keeping up with their peers. Soccer, basketball and baseball are offered at different times throughout the year.

S.T.A.R. Program at Boys and Girls Club of Tustin

Phone: (714) 838-5223

Website: www.bgctustin.org

Address: 580 W. 6th Street, Tustin, CA 92780

Description: Includes children ages 5-18 with and without disabilities in recreation, sports, art, education and other activities.

Surfers Healing

Contact: Israel or Danielle Paskowitz

Phone: (877) 966-SURF

Website: www.surfershealing.org

Address: P.O. Box 1267, San Juan Capistrano, CA 92693

Description: Surfers Healing seeks to enrich the lives of children with autism and the lives of their families by exposing them to the unique experience of surfing. Contact directly for more information.

“Shooting Stars” Basketball League – Saddleback Valley Community Services

Phone: 949-768-0981

Website: www.saddlebackrecreation.com.

Address: 24701 San Doval Lane, Mission Viejo, CA 92691

Description: This program is designed for special needs athletes or anyone who for whatever reason cannot participate in the regular league. Ages: 1st grade - High School & Transition Students.

The Rinks, Yorba Linda Ice

Phone: (714) 692-8776

Website: www.yorbalindaicerink.com

Address: 23641 La Palma, Yorba Linda, CA 92887

Description: Ice skating, parties and special events.

Therapeutic Riding Center of Huntington Beach

Phone: (714) 848-0966

Website: www.trchb.org

Address: 18381 Goldenwest St., Huntington Beach, CA 92648

Description: The Therapeutic Riding Center of Huntington Beach (TRCHB) provides equine assisted therapy for children and adults with a wide range of disabilities.

Therapeutic riding is appropriate for most children and adults with autism, cerebral palsy, learning disabilities, ADHD, Muscular Dystrophy, Multiple Sclerosis, Paralysis, Amputations, Down Syndrome, PTSD, Stress disorders and more. "The spirit that overcomes disabilities"

UCP of Orange County

Phone: (949) 333-6400

Website: www.ucp-oc.org

Address: 980 Roosevelt, Suite 100, Irvine, CA 92620

Description: Recreation opportunities for all special needs. Classes include art, dance, martial arts and yoga.

Us Too Center

Phone: (949) 716-1970

Email: ustoogymnastics@yahoo.com

Website: www.ustoogymnastics.org

Address: 25 Spectrum Pointe Drive, Suite 405, Lake Forest, CA 92630

Description: Dedicated to teaching gymnastics to children with disabilities who need minimal assistance. Social interaction and physical activity are combined.

Waterworks Aquatics

Phone: (949) 450-0777

Email: info@www.waterworksswim.com

Website: www.waterworksswim.com

Address: 25 Waterworks Way, Irvine, CA 92618

Description: Ages 3 months to adult. Educate and motivate people of all ages to be safer and learn proper swimming techniques.

Wellness Center

Phone: (714) 919-0280

Email: drgedissman@leankids.net

Website: www.leankids.net

Address: 1515 S. Broadway, Santa Ana, CA 92707

Description: A pediatrician directed health, nutrition and fitness program to manage weight, Well being, Nutrition & Fitness for ages 4-19. They offer 10-week intensive programs that run throughout the year. Bilingual.

Yoga with Julie

Phone: (949) 689-7718

Email: juliereister@mac.com

Classes formerly held at DSAOC, United Cerebral Palsy. Also at Hope University since 1995.

Description: Tune in, chill out, shape up and experience a sense of calm and well being through Yoga. All ages and all abilities welcome. Private and group lessons available.

Social Opportunities**4-H Youth Development Program**

Phone: (714) 708-1612

Website: www.oc4h.org

Address: University of CA, Cooperative Extension O.C., 1045 Arlington Dr., Costa Mesa, CA 92626

Description: Outdoor activities, animal science, arts and crafts, cooking and woodworking activities are offered to children ages 5-19 of any disability. Call for a club near you.

Best Buddies

Contact: Jessica Foults

Phone: (310) 642-2620

Website: www.bestbuddiescalifornia.org

Address: Check website or call for location near you

Description: International organization designed to enhance the lives of people ages 12 and older with intellectual disabilities. Opportunities include: one-to-one friendships, integrated employment, and various recreational activities.

Boy Scouts of America

Phone: (714) 546-4990

Website: www.ocbsa.org

Address: 1211 E. Dyer Rd., Santa Ana, CA 92705

Description: Inclusive troops are available to boys ages 7-17.

Boys and Girls Club

Phone: (714) 530-0430

Website: www.bgca.org

Address: Referred to website for locations.

Description: Youth development professionals provide kids with health and life skills, as well as the arts, sports, fitness and recreation. The staff works closely with parents of children from kindergarten through high school.

Camp Fire USA

Phone: (714) 788-9658

Website: www.campfireusaoc.org

Address: 1505 E. Seventeenth St., Ste. 225, Santa Ana, CA 92705

Description: Inclusive co-ed activities for youth from kindergarten through high school.

Circle of Friends – City of Laguna Hills

Phone: (949) 707-2683

Website: www.ci.laguna-hills.ca.us

Address: 25555 Alicia Pkwy, Laguna Hills, CA 92653

Description: Monthly activities for young adults ages 13 and older, of all abilities.

City of Irvine Disability Services Recreation

Contact: Tiffany Sanchez

Phone: (949) 724-6637

Website: www.irvinedisabilityservices.org

Address: 20 Lake Road, Irvine, CA 92614

Description: Various themed dances every other month for ages 16 and older. Movies, yoga and bowling are just some of the activities offered by the city.

Dance For Adults With Disabilities-City of Placentia

Phone: (714) 993-8232

Website: www.placentia.org

Address: 201 N. Bradford, Placentia, CA 92870

Description: Dance for adults with special needs, ages 18 and older. Supervision, food and drinks are provided at all dances are held on the 2nd Friday of every month (subject to change) from 7 to 9:30 p.m.

Dance For Adults With Disabilities-City of Fountain Valley

Phone: (714) 593-4400

Website: www.fountainvalley.org

Address: 16400 Brookhurst, Fountain Valley, CA 92708 (Brookhurst and Heil)

Description: Dancing for adults with disabilities at the Fountain Valley Recreation Center presented by the City of Fountain Valley. Dance is every other month beginning in February of 2010 from 7 to 9 p.m. Tickets are \$1.00 each and include snacks and a door prize raffle.

The Friendship Circle

Phone: (949) 721-9800

Email: info@friendshipcircleoc.org

Website: www.friendshipcircleoc.org

Address: 2865 E. Coast Highway Ste. 340, Corona Del Mar, CA 92625

Description: The Friendship Circle extends a helping hand to families who have children with special needs and involves them in a full range of social experiences.

Girl Scouts

Phone: (949) 461-8800

Website: www.gscoc.com

Address: Troops offered in various locations

Description: Inclusive troops throughout Orange County are offered to girls ages 5-17.

Integrity House

Phone: (714) 542-0855

Website: www.allianceofabilities.org

Address: 2043 N. Broadway, Santa Ana, CA 92706

Description: A clubhouse committed to helping with the social, independent living and housing needs of adults with intellectual disabilities.

Project Independence

Contact: Kristen Cook

Phone: (714) 549-3464 ext. 227

Email: kcook@proindependence.org

Website: www.proindependence.org

Address: 3505 Cadillac, Suite O-103, Costa Mesa, CA 92626

Description: Access To Adventure program offers recreation activities that challenge, excite and entertain at an affordable price.

Social Skills and Friendly Outings with Julie

Contact: Julie Reister

Phone: (949) 689-7718

Email: juliereister@mac.com

Address: Out and about in public – depending on individual's idea of fun!

Description: Recreational outings with the student where (while having fun) we can address such skills as: personal space, safety, time management, table manners, appropriate self-management, social thinking, money skills, cell phone use, volume and personal presentation. Mostly for ages 13 and up, but open.

Tuesday Night Together at First Presbyterian Church of Orange

Phone: (714) 538-2341

Website: www.firstpresorange.org

Address: 191 North Orange, Orange, CA 92868

Description: TNT is a bible fellowship for adults with intellectual disabilities who are 18 and older. Dinner and drinks are available for a minimal fee. Bible Story, crafts, game and field trips are included.

Vocational Visions

Contact: Debbie Watkins

Phone: (949) 837-7280 ext. 252

Website: www.vocationalvisions.org

Address: 26041 Pala, Mission Viejo, CA 92691

Description: Club house for adults 18 and older.

YMCA New Horizons

Phone: (714) 508-7654

Website: www.ymcaoc.org

Address: 13821 Newport Ave, Suite 100, Tustin, CA 92780

Description: Social recreation program for adults 18+ with intellectual disabilities. Bilingual (Spanish)

Young Life's High Rollers

Website: <http://HighRollers.YoungLife.org>

Mailing Address: 102 Avenida Lucia Apt. #A, San Clemente, CA 92676

Location: Throughout Orange County

Description: High Rollers is a program of Young Life, a non-profit Christian outreach group for people with all types of intellectual and physical abilities from junior high to college. Many different activities and bible studies are available. Join us for fun, friends, and fellowship.

The Arts

Hearts at Harmony

Contact: Ben Glasser and Nadav Hollander

Email: heartsatharmony@gmail.com

Description: Free music lessons for individuals with special needs ages 5-18. Lessons can take place at the student's home or at a specific location of the parents' choice.

Music For Special Students

Contact: Don Hallman

Phone: (714) 222-5079

Email: hallmanrfun@verizon.net

Address: 12671 Buaro St., Garden Grove, CA 92840

Description: Beginning band for students with no musical experience. Students are taught how to read music and play an instrument. This group meets every Wednesday @ 3:30 p.m. at Village Bible Church in Garden Grove. Call for consultation.

Music Therapy Services of O.C.

Contact: Christine Deelo

Phone: (714) 348-4248

E-mail: Cm@mckeemusictherapy.com

Website: www.ocmusictherapy.com

Address: 1929 Main St., Suite 103, Irvine, CA 92614 (Located at Sky Pediatric Therapy)

Description: Music Therapy to help achieve behavioral, social, emotional, sensory, and communication support.

No Limits

Contact: Carla Hutchison

Phone: (714) 348-4248

E-mail: Carlahutchison@mccoyrigby.com

Website: www.ocmusictherapy.com

Address: 1929 Main St., Suite 103, Irvine, CA 92614 (Located at Sky Pediatric Therapy)

Description: A program for all children to be creative in a safe, comfortable environment.

Orange County Performing Arts Center

Phone: (714) 556-2121

Website: www.ocpac.org

Address: 600 Town Center Drive, Costa Mesa, CA 92626

Description: Broadway Shows, ballet, symphonies, opera, choral performances, jazz, cabaret and children's programs.

Orange County Therapeutic Art Center

Phone: (714) 547-5468 (Se habla Español)

Website: www.occtac.org

Address: 2215 N. Broadway, Santa Ana, CA 92706

Description: Children ages 1-21 of all abilities can learn art, keyboard, guitar, violin, harp, singing, hip-hop dancing and movement. Visually impaired students can learn piano through a specialized program.

Performing and Visual Arts Workshops

Phone: (562) 982-0247

Website: www.artsandservices.org

Address: 3962 Studebaker Road, Ste 206, Long Beach, CA 90808

Description: Workshops are provided through Arts and Services for Disabled. This day program includes drama and visual arts classes on Saturdays.

Piano Lessons

Contact: Nathaniel Carter

Phone: (714) 300-9446

Email: the08spectrum@yahoo.com

Description: Piano lessons for individuals with Special Needs. Music theory and musicianship are part of the lesson.

Piano and Voice Lessons

Contact: Beth Syverson

Phone: (714) 376-6666

Email: bethuumiusic@gmail.com

Address: 2845 Mesa Verde East, Costa Mesa, CA 92626

Description: Beth has 10+ years of experience teaching music lessons to students with special needs. She teaches Braille Music Code to visually impaired pianists, and she is comfortable teaching children or adults with any physical or intellectual disability.

Very Special Arts of Orange County

Phone: (714) 966-4303

Email: pberenbeim@ocde.us

Website: www.ocde.us/VSA/Pages

Address: 200 Kalmus Dr., Costa Mesa, CA 92626

Description: Orange County Department of Education sponsors an annual event showcasing the talents of individuals of all ages with all disabilities through hands on workshops and visual arts exhibits.

Camps

American Camp Association

Website: find.acacamps.org

Description: The American Camp Association is a solid website for finding the best camps throughout the country. When a camp has ACA accreditation, it has undergone a total review of its organization, including an evaluation of staff and emergency training.

Camp Nugget

Phone: (562) 985-7969

E-mail: Campnugget@ymail.com

Website: www.csulb.edu/colleges/chhs/departments/kin/community/campnugget

Address: California State University, Long Beach, CA

Department of Kinesiology and Physical Education

1250 Bellflower Ave, Long Beach, CA 90840

Description: Camp Nugget is a summer day camp program for children with special needs. Activities include: swimming, sports, games, fitness and relaxation. Age range is 5-12 years of age.

Camp Paivika, with AbilityFirst

Phone: (909) 338-1102 (ext. 101)

Website: www.abilityfirst.org

Address: Crestline, CA

Description: Residential camp of 7-8 days for people ages 7-70 of all abilities. Located in Crestline, this camp offers arts and crafts, swimming, horseback riding, and other camp activities.

Camp Scherman

Phone: (949) 461-8800

Website: www.gscoc.org

Address: Near Lake Hemet, CA

Description: Whether your daughter is a Girl Scout or not, she can enjoy this resident camp and experience horseback riding, horse care, archery, camp songs, and much more. Awareness Aides are available but girls must be able to take care of own toileting, bathing and feeding. For girls in second grade through 18 years old.

Easter Seals- Southern California Region

Phone: (800) 221-6827

Website: www.easter-seals.org

Address: check website for location near you

Description: Day and residential camp sessions are available to people of all ages and abilities.

Inside The Outdoors

Phone: (714) 708-3885

Website: www.insidetheoutdoors.org

Description: A unique hands-on environmental education program administered by the Orange County Department of Education. Family programs are offered throughout the year. Summer day camps offered in June and July.

Special Camp for Special Kids

Phone: (949) 661-0108

Website: www.specialcamp.org

Address: 31641 La Novia Ave., San Juan Capistrano, CA 92653

Description: Summer day camp with community excursions for youth ages 6 to 21 with all abilities of special needs. One-to-one camper to counselor ratio.

Outside of Orange County

Adaptive Swim Class-City of La Mirada

Phone: (562) 902-3191

Website: www.cityoflamirada.org

Address: 13806 La Mirada Blvd., La Mirada, CA 90638

Description: Individuals with cognitive and physical disabilities have the opportunity to learn and improve swimming skills, maintain and increase physical fitness, and achieve success.

Autism on the Seas

Website: www.Autismontheseas.com

Address: Varies-refer to website

Description: Provides group cruises accommodating guests of families and individuals with Autism, Asperger's syndrome.

Casa Colina Centers for Rehabilitation Outdoor Adventures

Phone: (909) 596-7733, ext. 2200

Website: www.casacolina.org

Address: 255 East Bonita Ave., Pomona, CA 91767

Description: Outdoor recreational activities for individuals with disabilities. Age depends on specific trip and ability level. Activities include hand cycling, scuba diving, skydiving, fishing, surfing, kayaking, water skiing, jet skiing, camping and rock climbing.

Challenge Air For Kids and Friends

Phone: (877) 359-5437

Website: www.challengeair.com

Description: Challenge Air builds self-esteem and confidence in children and youth with special needs, through the experience of flight.

Epilepsy Foundation Greater Los Angeles

Phone: (800) 564-0445

Address: 5777 W. Century Blvd., Suite 820, Los Angeles, CA 90045

Website: www.epilepsyfoundationgla.org

Description: Teen Retreat: One week in the San Bernardino Mountains for teens with epilepsy between 12 and 19 years old. Winter Retreat for Adults: Recreational weekend for adults with epilepsy.

New Directions Holiday and Vacation Travel

Phone: (888) 967-2841

Website: www.newdirectionstravel.org

Address: 5276 Hollister Ave., Suite 207, Santa Barbara, CA 93111

Description: High quality local, national and international travel vacations and holiday programs for people with mild to moderate developmental disabilities. Open to all ages.

San Diego Department of Therapeutic Recreation Services

Phone: (619) 525-8247

Website: www.sandiego.gov/park-and-recreation/activities/trs/index.shtml

Address: 3325 Zoo Drive, San Diego, CA 92101

Description: Recreational activities throughout San Diego for all ages and abilities include water, snow, wheelchair, handcycle sports, community excursions, crafts, dances, bowling, and many other activities scheduled throughout the year.

U.S. Adaptive Recreation Center

Phone: (909) 584-0269

Website: www.usarc.org

Address: 43101 Goldmine Drive, Big Bear Lake, CA 92315

Description: Individuals with cognitive and physical disabilities can enjoy snow skiing, water skiing, kayaking, sailing, fishing, off-road access for wheelchairs and camping. Ages 5 and older.

Wheelchair Tennis

Contact: Dee Henry, Coach,

Phone: (562) 944-0351, ext. 5931

Website: www.biola.edu/tennis

Address: Biola University, La Mirada, CA 90639

Description: Dee Henry, Biola tennis coach, has had experience working with a number of people who use wheelchairs, helping them to experience the game of tennis. A wheelchair tennis program exists at Biola and Ms. Henry is available for individual lessons. Appropriate for individuals ages 10 and older.

Other

Angels Playground

Phone: (714) 754-5300 (City of Costa Mesa)

Address: 885 Junípero Dr., Costa Mesa, CA 92626 (TeWinkle Park)

Description: This playground allows children with disabilities to play side by side with their peers, creating a truly integrated play environment where compassion and acceptance can flourish.

CA State Park Pass: Consumers of RCOC can apply for a discount pass which allows for use of all basic facilities (including day use parking, camping, and boat/day use parking fees) at any unit of the California State Park system operated by the State Department of Parks and Recreation (DPR) except for Hearst San Simeon SHM. The discount does not apply to fees under \$3. The lifetime pass is available for \$3.50. If the park charges per person, the consumer will get in free. If the park charges per vehicle, all passengers in the vehicle will enter free of charge. Please contact your RCOC Service Coordinator for additional information and/or application.

Fishing License: RCOC Consumers can apply for a free fishing license, no age limit. Please contact your RCOC Service Coordinator for additional information and/or application.

National Parks: Get a free, lifetime ACCESS Pass by applying online. Go to www.store.usgs.gov/pass/access.html for additional information.

Pretend City Children's Museum

Phone: (949) 428-3900

Address: 29 Hubble, Irvine, CA 92618

Website: www.pretendcity.org

Description: This interconnected city allows children to “pretend” be the adults. Pretend City brings life to every profession and daily occurrence of a real city.

Universally Accessible Playground

Phone: (949) 461-3450 (City of Lake Forest)

Address: 21701 Pittsford Dr., Lake Forest, CA 92630 (Pittsford Park)

Description: This playground allows children with mobility challenges and/or developmental delays to play freely. It also provides better access for parents and seniors with disabilities. Also includes a rubberized surface, double-wide ramps, play equipment with music and water features, as well as a fence to keep children secure.

This information was updated as of May of 2015. If there are any additions or changes, please contact Jacqui Knudsen at (714) 796-5299 or e-mail jknudsen@rcocdd.com.

Notes