

# Recreation Resource Guide

Updated June of 2013



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 someone in person, inquire over the phone or e-mail, it may be helpful to explain that the person you are inquiring for has special needs and you would like to ask a few questions about the program and/or services. By letting them know ahead of time, they may be a little more patient and give you the time that you need. We realize that not all of these questions may apply to your own situation and therefore we encourage you to ask questions that apply to your child's individual needs.

The specific details of these programs may change periodically. In addition, we encourage you to 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.)

For additional resource information, please contact Comfort Connection Family Resource Center at (714) 558-5400.

# Recreation Resource Guide

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# Recreation Resource Guide

## Recreation Opportunities

### **AbilityFirst (Anaheim)**

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

*Website:* [www.abilityfirst.com](http://www.abilityfirst.com)

*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.com](http://www.abilityfirst.com)

*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](http://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](mailto:vip@ayso.org)

*Website:* [www.ayso.org/VIP](http://www.ayso.org/VIP)

*Address:* Everywhere, please contact us for your local program.

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

### **Autism on the Seas**

*Phone:* (909) 838-1181

*Contact:* Jamie Grover

*Website:* [www.AutismontheSeas.com](http://www.AutismontheSeas.com)

*Address:* Varies-refer to website

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

### **Basketball - Shooting Stars Basketball League for Youth with Special Needs**

*Contact:* City of Huntington Beach Community Services Department

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

### **Basketball - Hoopstars Basketball**

*Phone:* (714) 441-0353

*Contact:* Robin Preston

*Email:* [hoopstarsbb@adelphia.net](mailto:hoopstarsbb@adelphia.net)

*Website:* [www.hoopstarsbb.com](http://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: [Andrea@bigfungymnastics.com](mailto:Andrea@bigfungymnastics.com)

Website: [www.bigfungymnastics.com](http://www.bigfungymnastics.com)

Address: Call for location near you

Description: Gymnastics and therapy services for children of all ages and abilities. Other Big Fun programs include swimming. All coaches are Big Fun certified. Swimming contact is Chris Durian at [socialoutdoorfitness.com](http://socialoutdoorfitness.com) or (323) 793-3538.

**Bowling Leagues at Saddleback Lanes**

Phone: (949) 586-5300

Website: [www.saddlebacklanes.net](http://www.saddlebacklanes.net)

Address: 25402 Marguerite Parkway, Mission Viejo, CA 92692

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

**Cal South TOPSoccer**

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

Contact: Sandy Castillo, CalSouth TOPSoccer Chairperson

E-mail: [sandjules@cs.com](mailto:sandjules@cs.com)

Description: Soccer for all ages.

**Casa Colina Centers for Rehabilitation Outdoor Adventures**

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

Website: [www.casacolina.org](http://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.

**Challenger Division of Little League Baseball**

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

Contact: Danny and Kelly Curran

Email: [Kcurran@sycr.com](mailto:Kcurran@sycr.com)

Website: [www.littleleague.org/divisions/challenger.asp](http://www.littleleague.org/divisions/challenger.asp)

Address: Various team locations

Description: Girls and boys of all abilities play. Ages 5 to 18 or completion of high school.

**Garden Grove Sports and Recreation Center**

Phone: (714) 889-5782

Website [www.ci.gardengrove.ca.us](http://www.ci.gardengrove.ca.us)

Address: 13641 Deodara Drive, Garden Grove, CA 92844

Description: Sports leagues-participate in various sports in 4 week sessions for ages 7-12.

**Goodnight Moon Yoga**

Phone: (714) 791-3347

Email: [annmarie@goodnightmoonyoga.com](mailto:annmarie@goodnightmoonyoga.com)

Website: [www.goodnightmoonyoga.com](http://www.goodnightmoonyoga.com)

Description: Private yoga classes for kids and teens with special needs available at your home and/or park. All levels and abilities welcome.

**Heart of Sailing**

Phone: (949) 236-7245

Email: [gsaidah@heartofsailing.org](mailto:gsaidah@heartofsailing.org)

Website: [www.heartofsailing.org](http://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**

Phone: (310) 697-6850

Contact: Ann Simon

Email: [Ann@HelpingHooves.org](mailto:Ann@HelpingHooves.org)

Website: [www.HelpingHooves.org](http://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 things you can do and learn with horses.

**Irvine Little League, Challenger Division**

Contact: [nwllbaseball@cox.net](mailto:nwllbaseball@cox.net)

Website: [www.nwllbaseball.com](http://www.nwllbaseball.com)

Address: P. O. Box 50937, Irvine, CA 92619-093

**Karate For All**

Phone: (714) 731-4668

Contact: [karateforall@cox.net](mailto:karateforall@cox.net)

Website: [www.karateforall.org](http://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. OT principles are combined with martial arts skills.

**Kingpin Bowling League at Irvine Lanes**

Phone: (949) 724-6637

Website: [www.irvinedisabilityservices.org](http://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**

Phone: (714) 241-1131

Contact: Kenneth Martinez, Swim Instructor

Email: [sportsmedken@hotmail.com](mailto:sportsmedken@hotmail.com)

Website: [www.koalaswimschool.com](http://www.koalaswimschool.com)

Address: Call for location.

Description: Koala Swim School offers lessons for students of all ages, from infants to adults.

**Laguna Niguel Girls Softball****CHAMPS Program for intellectually challenged girls**

Phone: (949) 495-3878

Contact: Doug Mansfield

Email: [dougmansfield@cox.net](mailto:dougmansfield@cox.net)

Description: Softball program for intellectually challenged girls of any age.

### **The Miracle League of Orange County**

*Phone:* (714) 713-2512

*Contact:* Steel Morris

*E-mail:* [info@miracleleague.net](mailto:info@miracleleague.net)

*Website:* [www.miracleleague.net](http://www.miracleleague.net) or [www.ocmiracleleague.com](http://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.

### **New Directions Holiday and Vacation Travel**

*Phone:* (888) 967-2841

*Website:* [www.newdirectionstravel.com](http://www.newdirectionstravel.com)

*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.

### **Orange County Marine Institute**

*Phone:* (949) 496-2274

*Website:* [www.ocean-institute.org](http://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.

### **Pop Warner Challenger Cheer/Football**

*Phone:* (714) 721-7743

*Email:* [secretary@hbpwf.org](mailto:secretary@hbpwf.org)

*Websites:* [www.popwarneroec.com](http://www.popwarneroec.com) & [www.hbpwf.org](http://www.hbpwf.org)

*Description:* The Challenger Sports Program was incorporated into Huntington Beach Pop Warner Football and Cheer in 2007. 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 between the ages of 5 and 21. As of 2012, there are a total of eleven Challenger Programs in OEC.

### **Ride Your Horse! Therapeutic Riding Program**

*Phone* (714) 292-3563

*Contact:* [darlene@rideyourhorse.com](mailto:darlene@rideyourhorse.com)

*Website:* [www.rideyourhorse.com](http://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, emotional and educational benefits. Lessons provided for age 3 to adult.

### **The Rinks, Yorba Linda Ice**

*Phone:* (714) 692-8776

*Website:* [www.yorbalindaicerink.com](http://www.yorbalindaicerink.com)

*Address:* 23641 La Palma, Yorba Linda, CA 92887

*Description:* Ice skating, parties and special events.

**RIO/Sandpiper Swim School**

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

*Website:* [www.rio-rehab.com](http://www.rio-rehab.com)

*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](http://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](http://www.sosc.org)

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

*Description:* Special Olympics also offers a Young Athletes Program for children ages 2 to 7 at different school sites. The program focuses on fundamental skills such as running, jumping, hopping, skipping and hand-eye coordination. Special Olympics is offered free of charge to athletes and their families.

**(S.P.U.R.S) Special Program for Unique Riders**

*Phone:* (714) 552-4119

*Contact:* Barbara Austin

*Email:* [spurs@pacbell.net](mailto:spurs@pacbell.net)

*Address:* 1370 S. Sanderson, Anaheim, CA 92806

*Description:* SPURS provides safe and productive equine assisted activities for children and adults with intellectual disabilities and/or physical disabilities

**Spirit League**

*Contact:* [contact@spiritleague.org](mailto:contact@spiritleague.org)

*Website:* [www.spiritleague.org](http://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](http://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**

*Phone:* (866) 647-HEAL (866) 647-4325

*Contact:* Israel or Danielle Paskowitz

*Website:* [www.surfershealing.org](http://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.



**SVUSD “Shooting Stars” Basketball League**

Phone: 949-768-0981

Website: [www.saddlebackrecreation.com](http://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.

**Swimming by Joelle**

Phone: (949) 650-8760

Website: [www.swimwithjoelle.com](http://www.swimwithjoelle.com)

Location: Your pool or Joelle's pool.

Description: Joelle has over 15 years of experience. Swimming lessons are provided during the summer for children 2 weeks old to 6 years old. Joelle speaks French.

**Therapeutic Riding Center of Huntington Beach**

Phone: (714) 848-0966

Website: [www.trchb.org](http://www.trchb.org)

Location: 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](http://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](mailto:ustoogymnastics@yahoo.com)

Website: [www.ustoogymnastics.org](http://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](mailto:info@www.waterworksswim.com)

Website: [www.waterworksswim.com](http://www.waterworksswim.com)

Address: 25 Waterworks Way, Irvine, CA 92618

**Wellness Center**

Phone: (714) 919-0280

Email: [drgedissman@leankids.net](mailto:drgedissman@leankids.net)

Website: [www.leankids.net](http://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.

### **Wheelchair Tennis**

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

*Contact:* Dee Henry, Coach,

*Email:* [dee.henry@biola.edu](mailto:dee.henry@biola.edu)

*Website:* [www.biola.edu/tennis](http://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.

### **Yoga with Julie**

*Phone:* (949) 689-7718

*Email:* [juliereister@mac.com](mailto: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](http://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**

*Phone:* (310) 642-2620

*Contact:* Jessica Foults

*Website:* [www.bestbuddiescalifornia.org](http://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 for one-to-one friendships, integrated employment and various recreation activities.

### **Boy Scouts of America**

*Phone:* (714) 546-4990

*Website:* [www.ocbsa.org](http://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](http://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) 547-5200

*Website:* [www.campfireusaoc.org](http://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**

Phone: (949) 707-2683

Website: [www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us)

Address: 25555 Alicia Pkwy, Laguna Hills, CA 92653

Description: Monthly dances and social activities for young adults ages 13 and older, with all abilities.

**City of Irvine Disability Services Recreation**

Phone: (949) 724-6637

Contact: Tiffany Breshears

Website: [www.irvinedisabilityservices.org](http://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](http://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 held the 2<sup>nd</sup> 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) 834-8611

Website: [www.fountainvalley.org](http://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 which includes snacks and a door prize raffle.

**Epilepsy Alliance of Orange County**

Phone: (310) 670-2870 (services handled by LA Chapter)

Website: [www.epilepsyalliance.org](http://www.epilepsyalliance.org)

Contact: [info@epilepsyalliance.org](mailto:info@epilepsyalliance.org)

Address: 2973 Harbor Blvd. Ste. 335, Costa Mesa, CA 92626

Description: Teen club held at Irvine Congregational Church at 4915 Alton Parkway, Irvine, 92604. Meets the 4<sup>th</sup> Friday of every month. Social skills building program.

**The Friendship Circle**

Phone: (949) 721-9800

Email: [info@friendshipcircleoc.org](mailto:info@friendshipcircleoc.org)

Website: [www.friendshipcircleoc.org](http://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](http://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.integrity-house.org](http://www.integrity-house.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**

*Phone:* (714) 549-3464 ext. 227

*Contact:* Kristen Coolz

*Email:* [info@proindependence.org](mailto:info@proindependence.org)

*Website:* [www.proindependence.org](http://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**

*Phone:* (949) 689-7718

*Email:* [juliereister@mac.com](mailto:juliereister@mac.com)

*Address:* Out and about in public – depending on individual's idea of a good time!

*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](http://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**

*Phone:* (949) 837-7280 ext. 252

*Contact:* Debbie Watkins

*Website:* [www.vocationalvisions.org](http://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](http://www.ymcaoc.org)

*Address:* 2100 W. Alton Ave., Santa Ana, CA 92704

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

### **Young Life's High Rollers**

*Email:* [YLHighRollers@yahoo.com](mailto:YLHighRollers@yahoo.com)

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

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

*Location:* Laguna Hills Community Center: 25555 Alicia Parkway, Laguna Hills, CA 92653

*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](mailto: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.

**Mobile Music Therapy Services of O.C.**

Phone: (714) 534-2855

E-mail: [arnmiraadler@sbcglobal.net](mailto:arnmiraadler@sbcglobal.net)

Website: [www.mobilemusictherapy.com](http://www.mobilemusictherapy.com)

Address: 13171 Commonwealth, Garden Grove, CA 92840

**Music For Special Students**

Phone: (714) 222-5079

Email: [hallmanrfun@verizon.net](mailto: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.**

Phone: (714) 348-4248

Website: [www.ocmusictherapy.com](http://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.

**Orange County Performing Arts Center**

Phone: (714) 556-2121

Website: [www.ocpac.org](http://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](http://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.

**Orange Karate Center**

Phone: (714) 538-7620

Website: [www.orangekarate.com](http://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.

**Performing and Visual Arts Workshops**

Phone: (562) 982-0247

Website: [www.artsandservices.org](http://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**

Phone: (714) 300-9446

Contact: Nathaniel Carter

Email: [the08spectrum@yahoo.com](mailto:the08spectrum@yahoo.com)

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

**Taylor Music Therapy**

Phone: (949) 735-5983

Contact: Lisa K. Taylor, MT-BC-NMT

Email: [taylormusictherapy@yahoo.com](mailto:taylormusictherapy@yahoo.com)

Website: [www.taylormusictherapy.com](http://www.taylormusictherapy.com)

Address: P.O. Box 3821, Laguna Hills, CA 92654

Description: Serving children and young adults with disabilities in their homes, schools and in collaboration with Speech, Occupational, Behavioral and Physical Therapists.

**Very Special Arts of Orange County**

Phone: (714) 966-4303

Email: [pberenbeim@ocde.us](mailto:pberenbeim@ocde.us)

Website: [www.ocde.us/VSA/Pages](http://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****Camp Nugget**

Phone: (562) 985-7969

E-mail: [Campnugget@ymail.com](mailto:Campnugget@ymail.com)

Website: [www.csulb.edu/programs/apa](http://www.csulb.edu/programs/apa) (go to summer link on site)

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](http://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](http://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 grades 1-12.

**Easter Seals- Southern California Region**

Phone: (800) 221-6827

Website: [www.easter-seals.org](http://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](http://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.

**ReCreation Weekend Getaway & ACE**

*Phone:* (714) 347-9627

*Website:* [www.recreationcampoc.com](http://www.recreationcampoc.com)

*Address:* 20470 Via La Mancha, Yorba Linda, CA 92886

*Description:* Camp ReCreation is held at the Marywood Pastoral Center owned and operated by the Catholic Diocese of Orange County (2811 East Villa Real, Orange, CA 92867). Residential camp is staffed by volunteers with a 1:1 ratio.

**Special Camp for Special Kids**

*Phone:* (949) 661-0108

*Website:* [www.specialcamp.org](http://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](http://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.

**After School Adapted Physical-Activity Program at CSULB**

*Phone:* (562) 985-7969

*E-mail:* [Campnugget@ymail.com](mailto:Campnugget@ymail.com)

*Website:* [www.csulb.edu/programs/apa/](http://www.csulb.edu/programs/apa/)

*Address:* 1250 Bellflower Blvd, Long Beach, CA 90840

*Description:* Provides positive physical fitness, fundamental skills, cooperative games, and sport experiences for children with special needs, ages 6-12. Program offered during the school year.

**Challenge Air For Kids and Adults**

*Phone:* (877) 359-5437

*Website:* [www.challengeair.com](http://www.challengeair.com)

*Description:* Challenge air builds self-esteem and confidence of 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](http://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.

### **San Diego Department of Therapeutic Recreation Services**

*Phone:* (619) 525-8247

*Website:* [www.sandiego.gov/park-and-recreation/activities/dsa/shtml](http://www.sandiego.gov/park-and-recreation/activities/dsa/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](http://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 wheelchair and camping. Ages 5 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 RCOG can apply for a discount pass 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 RCOG Service Coordinator for additional information and/or application.

**Fishing License:** RCOG Consumers can apply for a free fishing license. There is no age limit on the fishing license. Please contact your RCOG Service Coordinator for additional information and/or application.

### **Pretend City Children's Museum**

*Phone:* (949) 428-3900

*Address:* 29 Hubble, Irvine, CA 92618

*Website:* [www.pretendcity.org](http://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 June of 2013. If there are any changes, please contact Jacqui Kerze at (714) 796-5299 or e-mail [jkerze@rcocdd.com](mailto:jkerze@rcocdd.com)*