

# RECREATION RESOURCE GUIDE

Updated April of 2012



Regional Center of Orange County  
and  
Comfort Connection Family Resource Center

1525 N. Tustin Ave.



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 or inquire over the phone, 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 all of these questions may not apply to your own situation and therefore we encourage you to ask questions that apply to your child's needs.

- 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**

*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:* It provides group Cruises accommodating guests of families and individuals faced with Autism and 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 and biking.

**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 6-21 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)

Contact: [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: (812) 935-7245

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

Email: [gsaidah@heartofsailing.org](mailto:gsaidah@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:* 1370 S. Sanderson, Anaheim, CA 92806

*Description:* Helping Hooves Equine Therapy Program partners with Fun With Horses and 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.

**Ice Skating at Yorba Linda Ice Palace**

*Phone:* (714) 692-8776

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

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

*Description:* Ice skating for individuals ages 4 and older of all abilities.

**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:* 3002 Dow Ave., Suite 406, Tustin, CA 92780

*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.

**Ken Carr's Martial Arts Studio (KCMAS)**

*Contact:* Sensei Vicki Ingle

*Phone:* (714) 660-6088

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

*Address:* 1146 Yorba Linda Blvd., Placentia, CA 92870

*Description:* KCMAS provides quality and low income martial art classes to people with intellectual disabilities and/or physical disabilities.

**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 mentally challenged girls**

Phone: (949) 495-3878

Contact: Dough Mansfiel and Kristi DeArman

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

Description: Softball Program for mentally challenged girls, ages 6-14.

**Laguna Niguel Girls Softball**

Phone: (949) 689-4930

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

Address: Laguna Hills Middle School, Laguna Niguel, CA

Description: Softball Program for mentally and/or physically challenged girls, ages approximately 10-20.

**The Miracle League of Orange County**

Contact: Steel Morris

Phone: (714) 713-2512

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

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

Address: 6231 Apache Rd., Westminster, CA 92683

Description: Boys and girls with physical and mental disabilities are given the opportunity to play baseball. 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**

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

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

Description: Holiday and Vacation Travel offered to people ages 13 and older with all disabilities.

**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: Educational and recreational cruises offered to the public.

**Pop Warner Challenger Cheer/Football**

Phone: (714) 964-7812

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

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

Description: Pop Warner sanctioned flag football and cheerleading for developmentally disabled children ages 6-15 years. Players get a jersey, cheerleaders receive a uniform and all kids get a trophy. Cities participating: Cypress; Fullerton; Huntington Beach; La Habra; Lakewood; Long Beach; Pasadena; Tustin; Santa Ana; Santa Margarita; South Coast (San Clemente).

**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: Provides lessons for ages 3 to adults. The goal is to promote self-growth of a child and/or adult through the interaction with a loving horse.

**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**

*Contact:* Barbara Austin

*Phone:* (714) 552-4119

*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**

*Contact:* Israel or Danielle Paskowitz

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

*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**

*Contact:* Laurie & Richard Jimenez

*Phone:* 949-768-0981, press 3

*Email:* [rlrcni@gmail.com](mailto:rlrcni@gmail.com)

*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**

Contact: Joelle (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**

Contact: Dee Henry, Coach,

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

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)

Address: Classes held at DSAOC, United Cerebral Palsy. Private lessons as needed

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

**Yorba Linda Bowl-Super Sport**

Contact: Jenna Ricketts

Phone: (714) 777-3818

Email: [ylbyouthdirector@gmail.com](mailto:ylbyouthdirector@gmail.com)

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

Address: 18171 Imperial Hwy., Yorba Linda, CA 92886

Description: Bowling league for individuals with special needs.

**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**

Contact: Jessica Foults

Phone: (310) 642-2620

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

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 are every month with a trade off between matinee/lunch or movie/dinner for adults 18 and older.

**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, snacks 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: (714) 557-0202

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

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

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

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**

Contact: Kristen Coolz

Phone: (714) 549-3464 ext. 227

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**

*Contact:* Debbie Watkins

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

*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**

### **City of Irvine Disability Services**

*Phone:* (949) 724-6637

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

*Address:* Call for location near you - *Description:* Arts and Crafts - Create fun art projects for ages 12 and older.

### **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, 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**

*Contact:* Nathaniel Carter

*Phone:* (714) 300-9446

*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**

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

*Phone:* (949) 735-5983

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

*Email:* [taylormusictherapy@yahoo.com](mailto:taylormusictherapy@yahoo.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@ocd.us](mailto:pberenbeim@ocd.us)

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

*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.

## **Vocal Lessons**

*Contact:* JoAnn Quak, B.A. MT-BC

*Phone:* (714) 543-3121

*Description:* Vocal lessons for individuals with special needs. Personalized program for each student.

## **Camps**

### **Camp Nugget**

*Phone:* (562) 985-7969

*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.

### **Camp TLC**

*Phone:* (714) 854-7762, Family Support Network

*Email:* [fsnca@sbcglobal.net](mailto:fsnca@sbcglobal.net)

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

*Description:* Camp TLC is for the entire family. To be eligible for camp your child with special needs must be 4 years or under. The child must be experiencing a significant long-term medical condition or is receiving special education services from a school district or Regional Center of Orange County.

### **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 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. 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.

### **Challenge Air For Kids and Adults**

*Phone:* (877) 359-5437

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

*Description:* Challenge Air for Kids and Adults provides an once-in-a-lifetime opportunity to special needs children and youth through its unique aviation programs

### **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.

### **Jay Nolan Community Services**

*Phone:* (818) 361-6400 ext. 107

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

*Address:* 15501 San Fernando Mission Blvd., Mission Hills, CA 91346

*Description:* Provides support to individuals with developmental disabilities including supported living, supported employment and family support. Summer camp for individuals 8-15 years-old.

### **Joni & Friends Ministries (JAF)**

*Contact:* Susan Preacher

*Phone:* (949) 707-9100

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

*Address:* 23456 Madero, Suite 100, Mission Viejo, CA 92691

*Description:* Please visit our website for current programs.

### **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.

**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, and Handcycle sports, community excursions, crafts, dances, bowling, and many other activities scheduled throughout the year.

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

*Phone:* (562) 985-7969

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

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

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

**Other****Angels Playground**

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

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

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

**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 issues and/or developmental delays to play freely. It also provides better access for disabled parents and seniors. It includes a rubberized surface, double-wide ramps, play equipment with music and water features and a fence to keep wayward children secure.

**Wheelchair Basketball Sport Court**

*Phone:* (714) 571-4277 (City of Santa Ana)

*Address:* 1801 W. Segerstrom Ave., Santa Ana, CA 92704 (Thornton Park - Barrier Free Park)

*Description:* This full-sized basketball court provides physically challenged kids the chance to engage in a range of recreational activities. The park provides a facility where children, regardless of their physical condition can play together.



## City Park and Recreation Contact Information As of April 2012

<i>City</i>	<i>Address</i>	<i>Phone Number</i>
Aliso Viejo <a href="http://www.cityofalisoviejo.com">www.cityofalisoviejo.com</a>	12 Journey Suite 100 Aliso Viejo, CA 92656	949-425-2500
Anaheim <a href="http://www.anaheim.net">www.anaheim.net</a>	200 S Anaheim Blvd Anaheim, CA 92805	714-765-5191
Brea <a href="http://www.ci.brea.ca.us">www.ci.brea.ca.us</a>	695 E. Madison Way Brea, CA 92821	714-990-7100
Buena Park <a href="http://www.buenapark.com">www.buenapark.com</a>	8150 Knott Ave. Buena Park, CA 90620	714-236-3860
Costa Mesa <a href="http://www.ci.costa-mesa.ca.us">www.ci.costa-mesa.ca.us</a>	77 Fair Dr. Costa Mesa, CA 92626	714-754-5300
Cypress <a href="http://www.ci.cypress.ca.us">www.ci.cypress.ca.us</a>	5700 Orange Ave. Cypress, CA 90630	714-229-6780
Dana Point <a href="http://www.danapoint.org">www.danapoint.org</a>	34052 Del Obispo St. Dana Point, CA 92629	949-248-3530
Fountain Valley <a href="http://www.fountainvalley.org">www.fountainvalley.org</a>	1796 Bushard St. Fountain Valley, CA 92708	714-839-8611
Fullerton <a href="http://www.ci.fullerton.ca.us">www.ci.fullerton.ca.us</a>	303 W Commonwealth Ave. Fullerton, CA 92832	714-738-6575
Garden Grove <a href="http://www.ci.garden-grove.ca.us">www.ci.garden-grove.ca.us</a>	11222 Acacia Pkwy. Garden Grove, CA 92840	714-741-5200
Huntington Beach <a href="http://www.huntingtonbeachca.gov">www.huntingtonbeachca.gov</a>	2000 Main St. Huntington Beach, CA 92648	714-536-5486
Irvine <a href="http://www.ci.irvine.ca.us">www.ci.irvine.ca.us</a>	P. O. Box 19575 Irvine, CA 92623	949-7246610 Disability Services: 949-724-6633
La Habra <a href="http://www.ci.la-habra.ca.us">www.ci.la-habra.ca.us</a>	101 W La Habra Blvd. La Habra, CA 90633	562-905-9708

<i>City</i>	<i>Address</i>	<i>Phone Number</i>
La Palma <a href="http://www.cityoflapalma.org">www.cityoflapalma.org</a>	7821 Walker St. La Palma, CA 90623	714-690-3350
Laguna Beach <a href="http://www.lagunabeachcity.net">www.lagunabeachcity.net</a>	515 Forest Ave. Laguna Beach, CA 92651	949-497-0716, ext. 6
Laguna Hills <a href="http://www.ci.laguna-hills.ca.us">www.ci.laguna-hills.ca.us</a>	25555 Alicia Pkwy Laguna Hills, CA 92653	949-707-2680
Laguna Niguel <a href="http://www.ci.laguna-niguel.ca.us">www.ci.laguna-niguel.ca.us</a>	29751 Crown Valley Pkwy Laguna Niguel, CA 92677	949-425-5100
Lake Forest <a href="http://www.ci.lake-forest.ca.us">www.ci.lake-forest.ca.us</a>	25550 Commercentre Dr. Lake Forest, CA 92630	949-461-3450
Los Alamitos <a href="http://www.ci.los-alamitos.ca.us">www.ci.los-alamitos.ca.us</a>	10911 Oak St. Los Alamitos, CA 90720	562-430-1073
Mission Viejo <a href="http://www.cityofmissionviejo.org">www.cityofmissionviejo.org</a>	200 Civic Center Mission Viejo, CA 92691	949-470-3062
Newport Beach <a href="http://www.newportbeachca.gov">www.newportbeachca.gov</a>	3300 Newport Blvd, # 8 Newport Beach, CA 92663	949-644-3151
Orange <a href="http://www.cityoforange.org">www.cityoforange.org</a>	230 E Chapman Ave Orange, CA 92866	714-744-7274
Placentia <a href="http://www.placentia.org">www.placentia.org</a>	401 E Chapman Ave. Placentia, CA 92870	714-993-8232
Rancho Santa Margarita <a href="http://www.cityofrsm.org">www.cityofrsm.org</a>	22112 El Paseo Rancho Santa Margarita, CA 92688	949-635-1800
San Clemente <a href="http://www.san-clemente.org">www.san-clemente.org</a>	100 N Calle Seville San Clemente, CA 92672	949-361-8264
San Juan Capistrano <a href="http://www.sanjuancapistrano.org">www.sanjuancapistrano.org</a>	25925 Camino del Avion San Juan Capistrano, CA 92675	949-493-5911
Santa Ana <a href="http://www.ci.santa-ana.ca.us">www.ci.santa-ana.ca.us</a>	1825 W. Civic Center Dr. Santa Ana, CA 92703	714-571-4200

<i>City</i>	<i>Address</i>	<i>Phone Number</i>
Seal Beach <a href="http://www.ci.seal-beach.ca.us">www.ci.seal-beach.ca.us</a>	211 8th St. Seal Beach, CA 90740	562-431-2527
Stanton <a href="http://www.ci.stanton.ca.us">www.ci.stanton.ca.us</a>	7800 Katella Ave. Stanton, CA 90680	714-379-9222, ex. 270
Tustin <a href="http://www.tustinca.org">www.tustinca.org</a>	300 Centennial Way Tustin, CA 92780	714-573-3326
Villa Park <a href="http://www.villapark.org">www.villapark.org</a> Contact the City of Orange	230 E. Chapman Ave. Orange, CA 92866	714-744-7274
Westminster <a href="http://www.ci.westminster.ca.us">www.ci.westminster.ca.us</a>	8200 Westminster Blvd. Westminster, CA 92683	714-895-2860
Yorba Linda <a href="http://www.ci.yorba-linda.ca.us">www.ci.yorba-linda.ca.us</a>	4845 Casa Loma Ave Yorba Linda, CA 92885	714-961-7160

*This information was updated as of April of 2012. If there are any changes, please contact Jacqui Kerze at (714) 796-5299 or e-mail [jkerze@rcocdd.com](mailto:jkerze@rcocdd.com)*

