

Recreation Resource Guide

Updated March 2024



Regional Center of Orange County



and



Comfort Connection Family Resource Center

RCOC
Comfort Connection

714.796.5100
714.558.5400



Socialization and recreation are important for everybody! Are you aware of the options that now exist?

When you think about the preferences and interests of your family member served by RCOC, do you think they would enjoy programs that are integrated with persons who are not served by RCOC? If so, there is now a separate listing of social and recreational programs that provide opportunities for your family member to receive services in settings that are integrated and support full access to the greater community. These programs are considered compliant with the Home and Community-Based Services (HCBS) federal requirements, and if your family member is interested in any of these programs, you can discuss possible funding options with your RCOC Service Coordinator.

A frequently updated list of programs that meet the HCBS requirements can be found by scanning the QR code below or clicking [here](#):



If your family member instead chooses to participate in programs that are specifically designed for individuals with intellectual and developmental disabilities and which may not include opportunities for integration, please review the programs on the following pages. Please note that some of these programs may be integrated with persons who do not receive regional center services, but have not yet been assessed regarding HCBS requirements. Also, the following programs are not currently funded by RCOC, but the information is being provided to you as community resources.



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The following information was updated as of March 2024 and is subject to change at any time. If there are any additions or changes, please contact Comfort Connection Family Resource Center at (714) 558-5400 or email ccfrc@rcocdd.com.

Recreation Resource Guide

Recreation Opportunities

ACEing Autism

Phone: (310) 401-0544

Other language spoken: Spanish and Vietnamese, varies according to location.

Email: info@aceingautism.org

Website: <https://aceingautism.org/>

Address: Mission Viejo, Newport Beach, Yorba Linda. Call for address.

Description: ACEing Autism was created to enhance the lives of children and families with autism through tennis.

Adaptive Sports - City of Irvine Disability Services

Phone: (949) 724-6637 or (949) 724-6610

Email: disabilityservices@cityofirvine.org

Website: <https://www.cityofirvine.org/disability-services/recreational-classes-activities>

Description: Adaptive Basketball, Soccer, Pickleball, Bowling and Swim.

Aliso Viejo Ice Palace

Phone: (949) 643-9648

Website: <https://avicepalace.com/>

Address: 9 Journey, Aliso Viejo 92656

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

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

Phone: (800) 872-2976

Other language spoken: Spanish and Vietnamese depending on coach availability.

Email: programs@ayso.org

Website: <https://ayso.org/ayso-vip-soccer-stories/>

Address: Call for your regional 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.

Autism Spectrum Athletics (ASA)

Contact: Manuel Zapata

Phone: (909) 973-3873

Other languages spoken: Spanish

E-mail: autismspectrumathletics@yahoo.com or asa4mannyz@yahoo.com

Website: <http://www.autismspectrumathletics.org/>

Description: Autism Spectrum Athletics (ASA) offer non-competitive seasonal sports leagues for children 4 to 18 years with ASD and other related disorders. Programs and teams are designed around age, ability and functioning level including basketball, bowling, baseball, T-ball, flag football and soccer.

Basketball - Hoopstars Basketball

Fullerton / Anaheim

Phone: (714) 257-4391

Email: hoopstars@fullertonfree.com

Website: <https://fullertonfree.com/ministries/specialneeds/>

Address: Serving Fullerton and surrounding areas.

Description: This special needs ministry league was created to provide a social environment for children (12+) and adults with special needs to participate on basketball teams, in a way that instills a sense of accomplishment, teamwork, and competition.

Bowling Leagues at Saddleback Lanes

Phone: (949) 586-5300

Other language spoken: Spanish

Email: info@saddlebacklanes.com

Website: <https://saddlebacklanes.com/>

Address: 25402 Marguerite Parkway, Mission Viejo 92692

Description: Adaptive weekly bowling leagues for all ages and abilities all year round; tournaments throughout Saddleback and Capistrano Unified School Districts.

Boxing - Calm Hands, Calm Body at HB Fight Club Inc.

Contact Person: Kasha Mercurio

Phone: (714) 487-2082

Email: kasha@hbfightclub.org

Website: <https://hbfightclub.org/> or <https://hbfightclub.org/calm-hands%2C-calm-body>

Address: 15531 Computer Lane, Huntington Beach 92646

Description: For ages 7 – 18 years. Program based on monthly membership with unlimited classes.

Challenger Division - Little League Baseball

Contact: Kelly Curran for a team near Orange, Santa Ana, Tustin and Villa Park

Phone: (714) 325-1527

Email: jenellesmommy@gmail.com

Spanish Contact: Yannett Andaya

Phone: (714) 204-6231

Email: nesallchallenger@gmail.com

Website: <https://www.littleleague.org/play-little-league/challenger/>

Address: Various team locations throughout Orange County.

Description: Girls and boys of all abilities play. Ages 4 – 26 years, or completion of high school. Senior division is age 14 - 26. Registration typically begins in November/December; play begins in late February through June.

Champion Baseball - Cypress

Contact: Sherman Havelaar

Phone: (714) 904-4742

Email: info.cypresspony@gmail.com or shehavelaar@yahoo.com

Other languages spoken: Spanish and Korean

Website: <https://www.cypresspony.com/>

Address: P.O Box 1435, Cypress 90630

Description: Cypress Champion Baseball is offered at no charge to special needs players ages 4 to adults, during the spring and a limited capacity fall league.

DSAOC- Down Syndrome Association of Orange County

Contact: Alicia Sanchez

Phone: (714) 540-5794

Email: admin@dsaoc.org

Other language spoken: Spanish

Website: <https://www.dsaoc.org/events-calendar.html>

Address: 151 Kalmus Drive Suite M-5, Costa Mesa 92626

Description: For children and adults diagnosed with Down syndrome. In-person and online classes (dance, hula, yoga).

Fish for Life

Contact: Jim Holden

Phone: (949) 285-8819

Email: jim@fishforlife.org

Website: <https://www.fishforlife.org/> and <https://www.fishforlife.org/western-region/>

Description: Fish for Life is an organization with a charter to enhance the lives of special needs individuals by inviting selected groups to enjoy a complimentary half day fishing trip on the sea. Monthly trips August through November.

Fountain Valley Bowling - Autism Bowling League

Contact: Randi Woodbury

Phone: (714) 209-3288

Email: randiwoodbury@gmail.com

Website: <https://fvbowl.com/>

Address: 17110 Brookhurst Street, Fountain Valley 92708

Description: Bowling League for kids of all ages with autism; siblings welcome.

Heart of Sailing

Phone: (949) 236-7245

Email: info@heartofsailing.org

Website: www.heartofsailing.org (under construction)

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

Description: A nautical adventure for children with special needs. Ages 8-18 (exceptions made for ages 3 to 60 years old).

Karate For All

Phone: (714) 731-4668

Other language spoken: Spanish

Email: karateforall@cox.net

Website: <https://www.karateforall.org/>

Address: Locations in Tustin and Mission Viejo.

Description: This is a program developed specifically for children with special needs, ages 3+. 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.

Korean American Special Education Center (KASEC) - Basketball

Contact: Ashley Hong

Phone: (562) 926-2040

Other language spoken: Korean 한국어

Email: program@kasecca.org

Website: <https://kasecca.org/>

Address: 1661 N. Raymond Avenue Suite 109, Anaheim 92801

Description: Physical and social skills of students with developmental disabilities (middle school and up) are enhanced by participating in basketball with students partners without disabilities, under the guidance from an APE specialist and professional basketball coaches. Spring and Fall semesters only.

Laguna Niguel Girls Softball – CHAMPs Program for Girls

Contact: Mike

Email: softballkash@gmail.com, lagunaniquelfastpitch@gmail.com

Website: <https://www.lagunaniguelgirlssoftball.org/champs>

Description: Softball program for girls with intellectual challenges of all ages. The programs runs January to April for a fee of \$25.

Makapo Aquatics Project

Phone: (714) 868-6252

Email: info@makapo.org

Website: <https://www.makapo.org/>

Address: 1 Whitecliffs Drive, Newport Beach 92660

Description: The Makapo Aquatics Project provides inclusive outrigger paddling to people with disabilities of all ages. Competitive and recreational level programs are available and open to those with physical and intellectual disabilities, their family, and friends. All programs are based on creating mixed-ability experiences that provide both physical and social emotional benefits. Recreational programs are available in the Spring and Summer. The competitive team trains through October.

Miracle League of Orange County

Phone: (714) 713-2512

Other language spoken: Spanish

Email: info@ocmiracleleague.com

Website: <https://ocmiracleleague.com/>

Address: Pioneer Park, 2565 E. Underhill, Anaheim 92805

Mailing Address: 6321 Apache Road, Westminster 92683

Description: Baseball for children and adults with disabilities. A FUN league with no experience necessary – noncompetitive. Baseball played on a fully ADA adaptable synthetic turf field for participants in wheelchairs and/or who use walkers, and a softball field for older children and adults with less mobility issues. Minimum age to play is 3+ years. Tuition is \$60.00, financial aid provided.

Ocean Institute

Phone: (949) 496-2274

Email: guestservices@oceaninstitute.org

Website: <https://oceaninstitute.org/>

Address: 24200 Dana Point Harbor Drive, Dana Point 92624

Description: Open to school groups and the public of all ages. M – F school groups learn about the ocean, maritime history, and science in labs and on vessels. Weekends, and most school holidays, the public is welcome to explore interactive activities including shark/ray touch tanks, tours of the historic tall ship *Spirit of Dana Point*, and whale and marine life cruises.

Playmakers

Contact: Susan Graham

Phone: (562) 689-5939

Other language spoken: Spanish

Email: susan@letsbeplaymakers.org

Website: <https://www.letsbeplaymakers.org/>

Address: Huntington Beach, Seal Beach and Los Alamitos

Description: Adaptive sports for ages 5+, no aging out. Baseball in the Spring and basketball in the Fall. Dance and Boccia offered quarterly.

Pop Warner Challenger Cheer/Football

Email: hbchargerspresident@gmail.com

Websites: <https://hbchargers.godaddysites.com/>

Description: The flag football and cheer program is offered to children, ages 5 to 18, who have special needs, living in Huntington Beach and surrounding communities.

Poppy Life Care Foundation at HOAG (Yoga, Music Therapy, and other wellness programs)

Contact: (949) 764-6551

Email: support@poppylifecare.org

Website: <https://poppylifecare.com/hoag-programs/> or <https://poppylifecare.com/yoga/>

Address: Melinda Hoag Smith Center for Healthy Living 307 Placentia Avenue, Newport Beach

Description: Poppy Life Care Foundation partners with Hoag Hospital in Newport Beach to offer a wide range of in-person mindfulness and wellness therapies to serve the community's emotional needs and assist families living with Autism, ADHD, anxiety, and depression. Free group yoga sessions at the Melinda Hoag Smith Center for Healthy Living. To register for free virtual classes email or call (949) 393-2240.

Shea Therapeutic Riding Center

Contact: Trish Evans, PTA

Phone: (949) 240-8441

Email: tevans@sheacenter.org

Website: <https://sheacenter.org/programs/equine-assisted-programs/>

Address: 26284 Oso Road, San Juan Capistrano 92675

Description: Full-time program of adaptive and therapeutic horseback riding for ages 2+ with all disabilities. Summer horse camp is also offered.

Special Olympics Southern California

Contact: Steve Munoz

Phone: (714) 597- 6982

Other language spoken: Spanish

Email: smunoz@sosc.org

Website: <https://sosc.org/>

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.

Serving Advantage

Phone: (714) 923-9488

Email: [serving.advantage@gmail.com](mailto:-serving.advantage@gmail.com)

Website: <https://servingadvantage.org/>

Address: Tustin & Anaheim

Description: Serving Advantage is an adaptive tennis program for kids with cognitive or developmental challenges, 8-13 years old. The tennis clinic and summer camp are conducted in Tustin and Anaheim.

Soccer - GoalStars

Fullerton / Anaheim

Email: goalstars@fullertonfree.com

Website: <https://fullertonfree.com/ministries/specialneeds/>

Address: Serving Fullerton and surrounding areas.

Description: This special needs ministry league was created to provide a social environment for children (7+) and adults with special needs to participate on soccer teams, in the Fall, in a way that instills a sense of accomplishment, teamwork, and competition.

Spirit League

Phone: (714) 417-9553

Email: info@spiritleague.org

Website: <https://spiritleague.org/>

Address: South Orange County

Description: Team sports for youth and adults with developmental disabilities, ages 6 – 32 years. We teach the fundamentals of each sport while emphasizing the critical social skills necessary to work as a team. Our youth program includes basketball, baseball and soccer (10-week seasons) while our adult program includes basketball, bowling, baseball, flag football and volleyball. Athletes must be ambulatory. Scholarships available.

Surfers Healing

Contact: Israel or Danielle Paskowitz

Phone: (949) 290-9420 or (877) 966-SURF

Website: <https://www.surfershealing.org/>

Address: P.O. Box 1267, San Juan Capistrano 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. See website for camp schedule.

(Surfing) Epic Surf Skills

Contact: Jack Lazenby

Phone: (949) 212-2853

Email: epicsurfskills@gmail.com

Website: <https://epicsurfskills.com/>

Address: San Clemente

Description: For all levels and ages, surf lessons and coaching available 1:1 and in small groups. Photo clinics.

Surfing – McKinnon Surf Lessons, Adaptive Surfing Program

Contact: Rocky McKinnon

Phone: (714) 337-6101

Email: rockymckinnon@mckinnonsurfboards.com

Website: <https://mckinnonsurfandsuplessions.com>

Address: Huntington Beach

Description: Adaptive surfing program for special needs clientele. Choose tandem with safety escort or chairboard with safety team.

The Rinks, Yorba Linda Ice

Phone: (714) 692-8776 ext. 10

Email: ylprogramoffice@therinks.com

Website: <https://yorbalingdaice.therinks.com/>

Address: 23641 La Palma, Yorba Linda 92887

Description: Ice skating, parties and special events.

Therapeutic Riding Center of Huntington Beach

Phone: (714) 848-0966

Email: info@trchb.org

Website: <https://www.trchb.org/>

Address: 18381 Goldenwest Street, Huntington Beach 92648

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

Top Flight Street Hockey

Contact: Nicklaus (Nick) Costakes

Phone: (949) 774-1642

Email: ncostakes@TheRinks.com

Website: <https://www.nhl.com/ducks/community/hockey-development/top-flight-street-hockey>

Address: 3150 Barranca Parkway, Irvine 92606

Description: The Top Flight Street Hockey League is a street hockey program designed for participants with special needs. Players will participate in weekly practices focusing on the fundamentals of hockey including shooting, passing, stick handling, and will also play in weekly games.

TOPSoccer - Cal South

Contact: Sandy Castillo

Phone: (714) 423-7210

Other languages spoken: Spanish

Email: sandjules13@gmail.com or scastillo@calsouth.com

Website: <https://calsouth.com/topsoccer/>

Description: This program provides soccer opportunities for all ages.

TOPSoccer - Orange Junior Soccer Club

Contact: Jim Watson

Phone: (714) 357-1145

Other languages spoken: Spanish

Email: jim.watson@ojsc.org

Website: <https://www.ojsc.org/> or <https://www.ojsc.org/Default.aspx?tabid=507041>

Description: For athletes of all ages and abilities. Players do not have to live in Orange. Game modified so everyone can enjoy and participate. One-on-one assistance is available. Play every Saturday afternoon September - November. No practices or weekday events.

United Studios of Self Defense – Martial Arts for All

Phone: (949) 588-8773

Email fhrussd@att.net or info@foothillkarate.com

Website <https://foothillkarate.com/>

Address: 26756 Portola Parkway #2-D, Foothill Ranch 92610

Description: Martial art classes for special needs; supports the development of motor skills, promotes social skills through team building activities and teaches life skills such as respect and responsibility. Instructors who are knowledgeable in ABA understand the importance of positive reinforcements to increase desired behaviors.

Us Too Gymnastics

Phone: (949) 716-1970

Other language spoken: Spanish

Email: ustoogymnastics@yahoo.com

Website: <https://www.ustoogymnastics.org/>

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

Description: Inclusive gymnastics school for children and teenagers (ages 4 - 16 years), with Autism and other disabilities. Physical activity and social interaction are combined and promoted.

Waterworks Aquatics

Phone: (949) 450-0777

Other language spoken: Spanish

Email: info@waterworksswim.com

Website: <https://www.waterworksswim.com/>

Address: 25 Waterworks Way, Irvine 92618

New locations in Huntington Beach, Yorba Linda and Anaheim Hills.

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

Williams Academy of Mixed Martial Arts

Contact: Corey Williams

Phone: (714) 661-4439

Email: theacademy.corey@gmail.com

Website: <https://www.williamsmma.com/>

Address: 8552 Warner Avenue, Fountain Valley 92708

Description: Williams Academy is dedicated to offering martial arts skills training to children ages 3 to adulthood with disabilities who need minimal assistance. Private lessons focus on the development of gross motor skills, motor planning, coordination, active listening skills, and self-defense techniques. Private lessons are tailored to the unique needs of each student's ability. Experienced instructors focus on safety as well as building the student's confidence, increasing self-esteem, and creating a personalized health and fitness program.

Yoga for Adults (EMBARC Coaching) with Julie

Contact: Julie Ford Reister

Email: juliereister@mac.com or info@embarkontheday.com

Website: <https://www.embarkontheday.com/>

Description: Adult group classes up to 45 minutes, include basic postures for a beginner or maintenance practice. The goal is a personal Yoga practice you can do on your own, as a tool for peace through focused breathing, strengthening, and flexibility. Mat yoga or chair modified is available. Socializing is encouraged before and after classes. Currently teaching through DSAOC on Wednesdays (on site) and on Zoom.

Social Opportunities

4-H Youth Development Program

Contact: Rita Jakel

Phone: (949) 653-1803

Email: oc4h@ucanr.edu

Website: <https://oc4h.org/>

Address: University of CA, Cooperative Extension O.C. 7601 Irvine Boulevard, Irvine 92618

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

Best Buddies International (BBI)

Contact: Erika Javier

Phone: (949) 569-8100 ext. 2

Email: ErikaJavier@bestbuddies.org

Website: <https://www.bestbuddies.org/>

Address: 15251 Barranca Parkway Suite B, Irvine 92618

Description: Best Buddies International serves to empower individuals 12+ with IDD, by helping form meaningful friendships with their peers, support competitive employment, promote self-advocacy and feel valued by society.

Boy Scouts of America – Orange County Council

Phone: (714) 546-4990 or (714) 546-8558

Other language spoken: Spanish and Vietnamese

Email: help@ocbsa.org

Website: <https://ocbsa.org/>

Address: 2 Irvine Park Road, Orange 92869

Description: Inclusive troops are available to boys ages 7-17. Check website and enter your zip code - programs vary by location.

Boys and Girls Club

Phone: (714) 543-5540 (Corporate Office)

Other language spoken: Spanish and Vietnamese depending on location

Website: <https://ocbsa.org/>

Address: Refer 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.

City of Irvine Disability Services – Recreation

Contact: Cory Pawar

Phone: (949) 724-6637

Other languages spoken: Members of the public can receive verbal translation services when they call Sweet Shade Ability Center.

Email: disabilityservices@cityofirvine.org

Website: <https://www.cityofirvine.org/disability-services/recreational-classes-activities> or www.yourirvine.org

Address: 15 Sweet Shade, Irvine 92606

Description: Programs are available for ages 6+ with registration on www.yourirvine.org. Programs focus on art, sports, science, social skills, and more. Irvine residency is not required for participation.

Dance for Adults with Disabilities – City of Fountain Valley

Contact: Jenni Worsham, Community Services Manager

Phone: (714) 593-4446

Email: FVAdvisoryCommittee@FountainValley.org

Website: <https://www.fountainvalley.org/399/Advisory-Committee-for-Persons-with-Disa>

Address: 17967 Bushard Street, Fountain Valley 92708

Description: Dancing for adults 18+ with disabilities at The Center at Founders Village, presented by the City of Fountain Valley. Dances are the first Friday of every even numbered month from 7 to 9 p.m. Tickets are \$1.00 each and include DJ, refreshments and raffles. No RSVP required. You do not need to be a Fountain Valley resident to attend.

EMBARK Coaching for Adults

Contact: Julie Ford Reister

Email: embarkontheday.com or juliereister@mac.com

Website: <https://www.embarkontheday.com/>

Description: Group independence coaching and social recreational events and outings. Group workshops scheduled monthly include: Rights & Responsibilities, EMBARKing on Independence and Self Sufficiency, Cooking, Art for Kindness, Karaoke and more. Private Sessions and outings are more personalized.

The Friendship Circle

Phone: (949) 721-9800

Other language spoken: Spanish

Email: info@friendshipcircleoc.org

Website: <https://www.friendshipoc.org/>

Address: 2240 University Drive, Newport Beach 92660

Description: The Friendship Circle extends a helping hand to families who have children with special needs, involving them in a full range of social and recreational programs. Friendship Circle provides a wide variety of activities, in a non-judgmental environment, that are designed to enhance family dynamics and build friendships through fun-filled programs, support groups and social opportunities.

Girl Scouts of Orange County

Phone: (949) 461-8800

Other language spoken: Spanish

Website: <https://www.girlscoutsoc.org/>

Address: Troops offered in various locations.

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

TNT (Tuesday Night Together) at First Presbyterian Church of Orange

Contact: Liz Calvo

Phone: (714) 538-2341

Email: lizc2806@aol.com

Website: <https://firstpresorange.org/tnt/>

Address: 191 North Orange, Orange 92866

Description: Bible fellowship for adults who are developmentally challenged. Lunch available for a minimal fee.

Vocational Visions

Phone: (949) 837-7280

Other language spoken: Spanish

Email: info@vocationalvisions.org

Website: <https://www.vocationalvisions.org/>

Address: 23612 Alambre, Mission Viejo 92691

Description: The Clubhouse offers a social and recreational program for adults 18 and older on Fridays and Saturdays for members, with a nominal monthly fee. Daily activities available or just hang out and socialize. Clubhouse activities include: movies, dances, arts & crafts, sports and theme parties. Dinner is served for a minimal fee.

YMCA New Horizons

Phone: (714) 508-7635

Other language spoken: Spanish

Email: newhorizons@ymcaoc.org

Website: <https://ymcaoc.org/new-horizons/>

Address: 13821 Newport Avenue Suite 150, Tustin 92780

Description: Social recreation program for adults 18+ with intellectual disabilities.

Young Life Capernaum in Tustin

Contact: Alison Burges - Area Director

Phone: (714) 501-6543

Email: abyounglife@gmail.com

Website: <https://tustin.younglife.org/>

Location: Tustin and other parts of Orange County

Description: Young Life Capernaum is a non-profit Christian outreach group for people with all types of intellectual and physical disabilities, from junior high to young adults. Bi-monthly meetings include having a meal together, playing games, hearing a message from the Bible and discussion time. Join us for fun, friends, and fellowship.

The Arts

A Dance Class for Me! ©

Contact: Elizabeth Rose Chacon, Certified Autism Movement Therapy Provider

Phone: (818) 425-4129

Other languages spoken: Spanish, Vietnamese and Sign Language

Email: ewizabephamtp@gmail.com

Website: <https://www.ercamtprovider.com/>

Address: 425 Bolero Way, Newport Beach 92663

Description: A dance school open to all. The instructor of the school specializes in an inclusive environment for all students.

Cedar Tree Music and Performance

Contact: Cheryl Carter

Phone: (714) 683-2425

Other languages spoken: Spanish

Email: cherylc@cedartreemusicandperformance.org

Website: <https://cedartreemusicandperformance.org/>

Address: 2225 Santiago Street, Santa Ana 92706

Description: Individual and small group lessons for piano, guitar, violin, viola, ukelele, bass, double bass, cello, and trumpet. Students 7 – 18 years, or as young as 4 (depending on instrument). Music therapy for children who need help with self-expression and emotional regulation. Financial assistance for aspiring musicians. Spring Break and Summer Camp programs.

Create.A.Dot Studio

Contact: JiJi

Phone: (714) 485-3567

Other languages spoken: Korean

Email: info@createadotstudio.com

Website: <https://createadotstudio.com/>

Address: 1:1 in-person lessons at the comfort of the client's home, or agreed upon location.

Description: Personalized art lessons for all levels age 18+ years. Participants can explore various art forms and develop skills in drawing, painting, arts & crafts, mixed media, illustration, digital sketching, and professional development.

Down For Dance

Phone: (949) 478-3224

Email: info@downfordance.org or annie@downfordance.org

Website: <https://www.downfordance.org/>

Address: Various locations throughout Orange County & Long Beach

Description: A dance and arts program for all abilities, ages 7 through adult. Offering classes in-person and online via Zoom. Visit website for schedule and locations. Scholarships are available, email to request scholarship application.

Harmonia Ensemble Orchestra - Korean American Special Education Center (KASEC)

Contact: Ashley Hong

Phone: (562) 926-2040

Other language spoken: Korean 한국어

Email: program@kasecca.org

Website: <https://kasecca.org/>

Address: 1661 N Raymond Avenue Suite 109, Anaheim 92810

Description: Students with and without developmental disabilities (middle school and up) come together to create harmonious music, under the guidance of a professional conductor, while building friendship. Audition required. Spring and Fall semesters only.

Hope Center for the Arts

Phone: (714) 778-4440

Other language spoken: Spanish

Email: info@hope4arts.org

Website: <https://hope4arts.org/>

Address: 295 E. Yale Loop, Irvine 92604

Description: Multi-faceted visual and performing arts program designed to serve individuals discovering and displaying their talent, interest and motivation within the arts.

McKee Music Therapy Services

Contact: Christine Deelo, MT-BC

Phone: (714) 348-4248

E-mail: cm@mckeemusictherapy.com

Website: <http://www.mckeemusictherapy.com/>

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

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

No Limits Creative Arts

Contact: Carla Hutchison

Phone: (714) 408-5986

Email: info@nolimitscreativearts.org

Website: <https://nolimitscreativearts.org/>

Address: Yorba Linda, Los Alamitos, Cypress and Orange locations.

Description: Dance, musical theater, yoga, voice and hip hop classes for ages 5+. Performance opportunities for students participating in our sessions. Summer classes and camps. The program is supported by Cal State Fullerton's Autism Center.

Opportunity Matters to Everyone (OME)

Phone: (714) 881-0427 Ext. 1725

Other language spoken: Spanish

Email: info@om2e.org

Website: <https://opportunitymatterstoeveryone.org/>

Address: 3186 Airway Avenue Bldg. A, Costa Mesa 92626

Description: OME is a non-profit organization devoted to providing activities and opportunities for children and young adults with developmental disabilities and their families. The curriculum includes independent living skills, vocational skills, motor skills and cognitive skills.

Orange Coast Musical Arts

Contact: Monica Yun

Phone: (714) 222-5079

Email: ocmaband@gmail.com

Website: <https://www.orangecoastmusicalarts.org/about>

Address: Throughout Orange County.

Description: Provides group music classes for band, strings, drums, keyboard, guitar, choir, marching band and drumline for homeschoolers, but open to all. From 5 to 19 years old, classes from September to May.

Orange County Arts and Disability

Contact: Marleena Barber, Director

Phone: (714) 966-4303

Email: s.mbarber@ocde.us

Website: <https://ocde.us/OCArtsandDisability/Pages/default.aspx>

Address: 200 Kalmus Drive, Costa Mesa 92626

Description: Orange County Arts and Disability and the OC Dept. of Education sponsor an annual arts and disability festival showcasing the talents of individuals of all ages with all disabilities through hands-on workshops, visual arts exhibits and performance opportunities. Visit them on Facebook @OrangeCountyArtsandDisability or Instagram @OCArtsandDisability.

Orange County Children's Therapeutic Arts Center

Phone: (714) 547-5468

Other language spoken: Spanish

Email: info@occtac.org

Website: <https://www.occtac.org/>

Address: 2215 N. Broadway, Santa Ana 92706

Description: Artistic training in the fields of music, visual arts, dance, musical theatre, media technology and other educational and therapeutic programs for at-risk youth and children with special needs and their families.

Seegerstrom Center for the Arts and Studio D: Arts School for All Abilities

Phone: (714) 427-2213

Other language spoken: Spanish

Email: StudioD@scfta.org

Website: <https://www.scfta.org/studioid>

Address: 600 Town Center Drive, Costa Mesa 92626

Description: Studio D: Arts School for All Abilities is an inclusive dance, music, and theater program for students ages 4+. Sensory friendly, Broadway, ballet, music, and children's programs are also available.

Straight Up Abilities

Contact: Robin Olive, Director

Phone: (213) 559-7178

Email: straightupabilities@gmail.com

Website: <https://www.straightupabilities.com/>

Address: Long Beach and Anaheim

Description: Professional dance, DJ and acting lessons for students of all abilities. In-person dance class in Anaheim, Sat. 1-2 p.m. and in Long Beach, Tue. 6-7 p.m. Virtual program Mon – Sat; students can be social, learn line dances, work out, act and sign to songs in a fun inclusive environment. Classes prepare students to perform on stage, with several performance opportunities throughout the year. Email for details.

Tustin Dance Center

Phone: (714) 544-3072

Email: tdcfrontdesk@gmail.com

Website: <https://www.tustindance.com/kindermusik.html>

Address: 14662 Franklin Avenue Suite C, Tustin 92780

Description: Kindermusik classes are for at-risk children, newborn to age 7. Kindermusik is a great way to build musical knowledge and social skills, as well as improving literacy, reasoning skills and creativity.

Camps

American Camp Association

Website: <https://find.acacamps.org/>

Description: The American Camp Association is a comprehensive 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.

Boundless Athletics, Inc.

Contact: Ashley Rojen

Phone: (425) 299-8345

Email: info@boundlessathletics.org

Website: <https://www.boundlessathletics.org/>

Description: Boundless Athletics, Inc. conducts a variety of integrative sports camps throughout the year, joining children with disabilities and typically developing children in a fun yet competitive environment, ages 7-17.

Camp James

Phone: (949) 729-1098

Other language spoken: Spanish

Email: directors@campjames.com

Website: <https://campjames.com/inclusion-special-needs/>

Address: 101 N. Bayside Drive, Newport Beach 92660

Description: Camp James is a traditional style day camp offered in a natural, outdoor environment. Activities include: archery, arts & crafts, boating, martial arts, swimming, and much more. Age range is 5-13 years of age.

Camp Nugget

Contact: Dr. Melissa Bittner or Dr. Amanda Young

Phone: (562) 985-7969

Email: campnugget@csulb.edu

Website: <https://www.csulb.edu/college-of-health-human-services/camp-nugget>

Address: California State University, Long Beach

Department of Kinesiology and Physical Education (Room 60 & 62)
1250 Bellflower Blvd., Long Beach 90840

Description: Camp Nugget is a summer day camp program for children with and without disabilities. Activities include: motor skills, aquatics with swim instructor, health-related physical fitness, dance, games and adapted sports. Age range is 5-17 years of age. Some full and partial scholarships are available based on need. 2024 camp dates June 17 – July 12.

Camp Paivika, with AbilityFirst

Phone: 909-338-1102 ext. 5003

Contact: Margaret Saunders

Other language spoken: Spanish available with scheduled call

Email: msaunders@abilityfirst.org or camppaivika@abilityfirst.org

Website: <https://www.abilityfirst.org/camp-paivika/>

Address location: 600 Playground Drive, Cedarpines Park 92325

Description: A residential camp since 1947, for children, teens and adults with mild to severe physical and developmental disabilities. Camp Paivika offers swimming, adaptive sports, campfires and cookouts, arts and crafts, and other enjoyable, enriching activities. Campers learn and develop new interests and confidence through guided play, social skills building and exploration. Financial assistance is available.

Camp Scherman

Phone: (949) 461-8800

Other language spoken: Spanish

Email: ejohnson@girlscoutsoc.org

Website: <https://www.girlscoutsoc.org/>

Address: Located in the San Jacinto Mountains.

Description: Whether your daughter is a Girl Scout or not, she can enjoy this residential 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 entering 1st – 12th grades. Financial assistance available.

Easter Seals - Southern California Region

Contact: Amanda Showalter – Camp Manager

Phone: (951) 264-4855

Other language spoken: Spanish

Email: Amanda.Showalter@essc.org

Website: <https://www.easterseals.com/southernca/programs-and-services/camping-recreation/>

Address: 1063 McGaw Avenue #100, Irvine 92614

Description: A week long residential camp serving children and adults (14 years old and up) with developmental disabilities in Big Bear. Space is very limited. Financial assistance available.

Inside The Outdoors

Phone: (714) 708-3885

Email: insidetheoutdoors@ocde.us

Website: <https://ocde.us/ito/Pages/SummerCamp.aspx>

Description: A unique hands-on environmental education program administered by the Orange County Department of Education. Lessons are taken from the classroom to create fun and unforgettable experiences about science and nature. For campers ages 6-17. Family programs are offered throughout the year. Summer day camps offered in June, July and August. Camp locations: Rancho Soñado, Shipley Nature Center and Irvine Regional Park. Students with special needs are welcome with their aides (aides or one-on-one care is not provided by program).

Not Your Average Basketball Camp (NYABC)

Contact: Danny Rios

Email: notyouraveragebasketballcamp@gmail.com

Website: <https://www.notyouraveragebasketballcamp.com/>

Address: To Be Determined

Description: NYABC provides children and families a fun and safe space to grow socially and emotionally through the game of basketball. The clinics typically run for four consecutive weekends, and they guarantee a 1:1 coach to player ratio, ages 7 and up.

Serving Advantage (Summer/Winter Camps)

Phone: (714) 923-9488

Email: [serving.advantage@gmail.com](mailto:-serving.advantage@gmail.com)

Website: <https://servingadvantage.org/>

Camp Address: Anaheim Tennis Center / Bill Barber Park – Irvine / Veterans Sports Park – Tustin.

Description: An adaptive tennis program for kids (8-17 years old) of all needs and abilities. Students will learn the basic fundamentals of tennis, engage in physical exercise and practice social skills. This includes hand-eye coordination skills, groundstrokes, volleys, games and more. Financial assistance available.

Special Camp for Special Kids

Contact: Lindsay Eres

Phone: (949) 661-0108 ext.1226

Email: lindsay.eres@specialcamp.org

Website: <https://www.specialcamp.org/>

Address: 31641 La Novia Avenue, San Juan Capistrano 92675

Description: Summer day camp with community excursions for youth with disabilities, ages 6 to 21. Camper to counselor ratio is 1:1. Financial assistance is available.

The Painted Turtle

Phone: (310) 451-1353

Other language spoken: Spanish

Email: admissions@thepaintedturtle.org

Website: <https://www.thepaintedturtle.org/>

Camp Address: 17000 Elizabeth Lake Road, Lake Hughes 93532

Description: An innovative residential camp for children with serious medical conditions and their families, held in the Lake Hughes area. Refer to schedule to determine when specific medical conditions are invited to attend. Campers and their families attend for free.

YMCA Camp E.L.K.

Website: <https://ymcaoc.org/camp-elk/>

Description: Join YMCA in the Angeles National Forest for a week of adventure, fun outdoor activities, campfires, friendship, memories and more. For ages 8 – 17 years, entering 3rd – 12 grade. Cost includes 6 days/5 nights, 3 meals/day, Transportation, Camp T-shirt, Photo Yearbook, and all activities.

YMCA Day Camp

Website: <https://ymcaoc.org/summer-day-camp/>

Description: YMCA offers full or part-time, 5 day-a-week day camp for all kids grades K - 8th; providing inclusion support for children with special needs. Indoor and outdoor activities; Sports; STEAM Activities. Financial assistance available. Sign up and/or receive more information via website.

Outside of Orange County

Adaptive Swim Class - City of La Mirada

Phone: (562) 902-3191

Other languages spoken: Spanish and Vietnamese

Website: <https://www.splashlamirada.com/>

Address: 13806 La Mirada Boulevard, La Mirada 90638

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

Autism on the Seas

Phone: (800) 516-5247

Website: <https://autismontheseas.com/>

Address: Varies - refer to website.

Description: Professional volunteer, staff assisted Cruises, accommodating guests of families and individuals with Autism, Asperger's syndrome, Down syndrome and other related disabilities.

Casa Colina Centers for Rehabilitation Outdoor Adventures

Contact: Michelle Del Real

Other language spoken: Spanish

Phone: (909) 596-7733 ext. 4161

Email: Mdelreal@casacolina.org

Website: <https://www.casacola.org/ODA>

Address: 255 East Bonita Avenue, Pomona 91767

Description: Wheelchair sports and outdoor recreational activities and adventures for individuals with physical disabilities. Age depends on specific trip and ability level. Activities include wheelchair sports, hand cycling, fishing, kayaking, snow skiing, outrigger canoe, sailing, rock climbing and local excursions such as: Palm Springs Aerial Tram, Aquarium of the Pacific and amateur sporting events.

Challenge Air For Kids and Friends

Contact: Juliet Siddons, Program Director

Phone: (214) 351-3353

Website: <https://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 Los Angeles

Phone: (800) 564-0445

Other languages spoken: Spanish

Email: Help@EpilepsyLosAngeles.org

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

Website: <https://epilepsylosangeles.org/>

Description: Teen Retreat: one week in the San Bernardino Mountains for teens with epilepsy between 12 and 19 years of age. Winter Retreat for Adults: recreational weekend for adults with epilepsy.

New Directions Holiday and Vacation Travel

Phone: (888) 967-2841

Website: <https://www.newdirectionstravel.org/>

Address: 5276 Hollister Avenue Suite 207, Santa Barbara 93111

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

San Diego Department of Therapeutic Recreation Services City of San Diego, Therapeutic Recreation Services

Phone: (619) 525-8247

Other languages spoken: Spanish

Website: www.sandiego.gov/therapeuticrecreationservices

Address: 3901 Landis Street, San Diego 92105

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

Email: mail@usarc.org

Website: <https://www.usarc.org/>

Address: 43101 Goldmine Drive, Big Bear Lake 92315

Description: Individuals with intellectual and physical disabilities can enjoy snow skiing, water skiing, kayaking, sailing, fishing, off-road access for wheelchairs and camping; ages 5+.

Universally Accessible Parks

All-Inclusive Huntington Beach Playground

Phone: (714) 536-5486

Website: <https://funorangecountyparks.com/huntington-beach-playground-near-pier.html>

Address: 913 Pacific Coast Highway, Huntington Beach 92648 (north of Huntington Beach Pier)

Description: The park is designed for 2-5 year-olds. It's a beautiful play space with a pirate ship, where children of all abilities can play together. Built with flat, rubber surfacing for access by wheelchairs and other mobility aids. The park is home to a glider, 4 swings (2 bench, 1 baby, and 1 accessible) and an interactive music and gear panel, to name a few. There is a small picnic area with 3 tables on the beach side of the playground. There are also benches lining the inside wall of the park. The playground is completely fenced for safety purposes.

Box Canyon Park: Accessible Playground for All Pirates and Knights

Phone: (714) 961-7160

Website: <https://funorangecountyparks.com/box-canyon-park-yorba-linda.html>

Address: 23400 Foxtail Drive, Yorba Linda 92887

Description: The ship is designed for 2-5 year-olds, and the castle for 6-12 year-olds – but there are ramps on both that make it easily accessible for everyone. Many interactive panels are built into the play structures, including music chimes, drums, and gears to spin.

Cherry Park Lake Forest

Phone: (949) 461-3400

Website: <https://funorangecountyparks.com/cherry-park-lake-forest.html>

Address: 22651 Cherry Avenue, Lake Forest 92630

Description: Ramps for people of all ages and capabilities. Play structure for 5-12 year olds has a long ramp system that connects to several play opportunities. Separate play structure for 2-5 year-olds is also wheelchair accessible. A merry-go-round, musical panels and speak/listen microphone/speakers are connected around the preschool structure. The playground has a large picnic shelter. No swings or restrooms.

Citrus Park

Phone: (714) 765-5155

Website: <https://www.instagram.com/p/CtSaMFprS3s/>

Address: 104 S. Atchison Street, Anaheim 92805

Description: Completely upgraded playground, located next to the Anaheim Accessibility Center, offers amenities where kids of all ages and abilities can play. The playground includes new features such as braille, sign language and sensory panels, colorful music boards and an ADA swing. The park has wood chip surfacing. Street parking and picnic tables but no public restrooms.

Columbus Tustin Park Tustin

Phone: (714) 573-3326

Website: <https://funorangecountyparks.com/columbus-tustin-park.html>

Address: 14712 Prospect Avenue, Tustin 92780

Description: A boat-themed play structure with accessible ramps and an accessible swing. Located right beneath the flight path of John Wayne Airport. Benches available. High foot traffic.

Courtney's SandCastle: Universal Playground & Sensory Garden

Phone: (949) 429-8797

Website: www.courtneysandcastle.com

Address: 987 Avenida Vista Hermosa, San Clemente 92673

Description: Courtney's SandCastle is part of the Vista Hermosa Aquatics Center and Sports Park. It's a beautiful play space with a pirate ship and a castle, where children of all abilities can play together; it also features a sensory garden including water features. The playground is completely fenced for safety purposes.

Garden Grove Park

Phone: (949) 429-8797

Website: <https://funorangecountyparks.com/universally-accessible-playgrounds-in-orange-county.html>

Address: 9301 Westminster Avenue, Garden Grove 92844

Description: All-inclusive, aviation-themed playground designed for children ages 5-12 of all abilities. The playground includes a rocking play feature called the Cruiser, and a merry-go-round, which are ADA accessible; play chimes that contain etched symbols and words to assist those with limited or no verbal skills; and sensory walls. An ADA accessible walkway leads to three picnic shelters.

Heritage Park Irvine: Water Play Fountains

Phone: (949) 724-6824

Website: <http://funorangecountyparks.com/heritage-park-irvine.html>

Address: 14301 Yale Avenue, Irvine 92604

Description: Easy to see the kids from most points in the park. There's also an accessible "boat" and a ramp that fits a wheelchair.

Pavion Park

Website: <http://funorangecountyparks.com/pavion-park-mission-viejo.html>

Address: 24051 Pavion, Mission Viejo 92692

Description: Universally accessible and includes natural history with interpretive signs about animals that are (or were once) native to the area. Colorful adirondack chairs grouped for socializing.

Pittsford Park: Trike Course on the Accessible Red Playground

Website: <http://funorangecountyparks.com/pittsford-park-lake-forest.html>

Address: 21701 Pittsford Drive, Lake Forest 92630

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. Includes a rubberized surface, double-wide ramps, play equipment with music and water features, as well as a fence to keep children secure. Even the upper levels are accessible to wheelchairs. A car/roadway theme provides little people with stop and yield signs and a trike course.

TeWinkle Park: Angel's Playground

Website: <http://funorangecountyparks.com/tewinkle-park-costa-mesa-angels-playground.html>

Address: 885 Junipero Road, Costa Mesa 92626

Description: Completely "barrier-free," universally accessible and ADA compliant. Kids of all ages and abilities are drawn to the moving sled/car/boat, where they can travel anywhere their imagination takes them. 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.

Guide to Accessible and Inclusive Playgrounds and Playsets. Information for parents and local community planners about how to create fully accessible local playgrounds and backyard playsets. Find it at <https://www.rickhansen.com/sites/default/files/2020-03/sch-35913-guide-creating-accessible-play-spacesen2020web.pdf>

Airport Travel

In addition to the resources listed below, RCOC's website features links to helpful articles and resources for air travel. From the home page, go to Resources & Support Groups – Transportation/Travel (<https://www.rcocdd.com/family-support/resources-and-support/travel/>).

TSA Resources: Going through airport security can be especially challenging for those traveling with family members who have special needs. To help make the process easier, the Transportation Security Administration (TSA) can provide a Passenger Support Specialist. Families concerned about the check point process or who need special accommodation can ask a TSA officer or supervisor for help from a Passenger Support Specialist. Parents may also call the TSA Cares hotline at 1-855-787-2227 ahead of time to ensure a Passenger Support Specialist can be onsite when needed. You may also request assistance through the TSA screening checkpoint by completing the form on the link <https://www.tsa.gov/contact-center/form/cares>.

The agency's website (<https://www.tsa.gov/travel/passenger-support>) also features short videos on screening procedures for travelers with Autism or Intellectual Disabilities and those who use mobility devices such as wheelchairs. Families can also download and complete TSA's Disability Notification Card which includes contact information for TSA Cares.

John Wayne Airport: RCOC has partnered with John Wayne Airport on the Helping Hands program to provide sensitivity training aimed at supporting the airport's efforts to ensure a safe and comfortable experience for all travelers. John Wayne Airport understands traveling through an airport can be a challenging experience for individuals with hidden disabilities like Autism. To ease some of the stress associated with airport travel, our Helping Hands team is here to help. To submit a request, please complete an [online Helping Hands form](https://www.cognitofrms.com/JohnWayneAirport1/AssistanceRequest) (<https://www.cognitofrms.com/JohnWayneAirport1/AssistanceRequest>) or call (949) 852-4000. Helping Hands assistance is provided at no charge and is available daily from 6:00 a.m. – 11:00 p.m. Please submit your request at least 72 hours in advance of your travel.



The Helping Hands team can:

- Receive specialized assistance by Customer Relations staff who can guide you through the arrival, check-in, security and boarding processes.
- Receive an optional yellow bracelet which allows airport workers to subtly identify guests in need of an extra level of customer service and support.
- Provide information and support with the TSA Cares program.

RCOC Emergency Identification Card: Anytime you're in the community, it's a good idea to carry your emergency identification card from Regional Center of Orange County which has information about people that first responders and other security-related professionals can call. If you have lost your emergency identification card, be sure to ask your RCOC Service Coordinator for a new one.

Fitness

Adapted Fitness for All Abilities (ADAPTFIT)

Phone: (562) 794-9330

Email: info@adaptfitlife.com

Website: www.adaptfitlife.com

Address: 3894 Cerritos Avenue, Los Alamitos 90720

Description: ADAPTFIT offers leading-edge physical fitness programs for kids, teens, and adults with social, cognitive, or physical challenges so they can get active and have fun. Their expertly trained staff members ADAPT whole body physical fitness regimens to specific needs, through a variety of classes focused on improving balance, strength, endurance, coordination, flexibility, and mindfulness.

Adapted Kinesiology (AKIN) at OCC

Contact: Heather Pecora

Phone: (949) 432-5807

Email: Hpecora@occ.cccd.edu

Website: <https://orangeoastcollege.edu/services-support/dsps/adapted-kinesiology.html>

Address: 2701 Fairview Road, Costa Mesa 92626

Description: Physical education classes designed for students with disabilities who can benefit from individualized exercise programs. A variety of courses are offered, with additional courses such as Adapted Bowling and Aquatics during the Spring or Summer semesters.

BC Adaptive Fitness

Contact: Brad Clark

Phone: (714) 683-0112

Email: brad@bcadaptivefitness.com

Other Languages: Spanish

Website: <https://www.bcadaptivefitness.com/>

Address: Various location through Orange County.

Description: Fitness for people with all abilities ages 16+, through on line and in-person training.

Confidence Camp

Contact: Tiffany Bell

Phone: (714) 956-7162

Email: iambellfit@gmail.com

Website: <https://iambellfit.wixsite.com/iambellfit>

Address: Orange County

Description: This Ability camp is offered during the Spring/Summer with 16 sessions over 8 weeks, or a 90 minute workshop composed of an expedited version of the camp. Camp focuses on promoting: self-advocacy, discipline, health and wellness, practical self-defense, confidence and integrity. Confidence Coaching is also available 1:1.

Silver Sneakers

Phone: (877) 871-7020 (TTY 711)

Address: Check website for location near you.

Website: <https://tools.silversneakers.com/>

Description: Adults 65+ with select Medicare plans are eligible for a free gym memberships and online fitness classes.

Other

Autxcapes (Autism Friendly Vacation Home)

Email: autxcapes@gmail.com

Other languages spoken: Spanish

Website: www.autxcapes.com

Address: Yucca Vally near Joshua Tree National Park

Description: Vacation home uniquely designed for families with a child or children on the Autism Spectrum.

Beach Wheelchairs

Beach Wheelchairs are equipped with large, wide wheels which can roll across the sand without sinking. They usually require users to be accompanied by someone pushing them, although several California locations offer motorized chairs which may be self-propelled.

All of the beaches listed below own their own wheelchairs and lend them free of charge. Users may be asked to leave a form of personal identification while borrowing the chair. Chairs are most commonly

available from a lifeguard or the entrance kiosk at a beach, although a few are handled by concessionaires whose names appear on the list. Some may be reserved ahead of time, while others are available on a first-come, first-served basis. It is recommended to call ahead for availability. To check out other beaches and get more information, go to the website <https://www.coastal.ca.gov/access/beach-wheelchairs.html>.

San Clemente State Beach, San Clemente, request chair at the entrance kiosk (949) 492-5172 or (949) 492-3156	Crystal Cove State Park, Newport Coast (949) 494-3539
San Clemente City Beach, San Clemente (949) 361-8219	Doheny State Beach, Dana Point (949) 496-6172 or (949) 496-6171
Bayside Beach/Newport Harbor, (949) 723-1002	Newport Beach, (949) 644-3047 (lifeguard headquarters) or (949) 644-3177 (lifeguard dispatch)
Salt Creek Beach Park, South Laguna (949) 276-5050 or (949) 923-2280	Huntington State Beach, Huntington Beach at the Magnolia St. kiosk (714) 536-1454
Aliso Beach, South Laguna (949) 276-5050 or (949) 923-2280	Huntington City Beach, Huntington Beach at Dwight's Beach Concession, 201 Pacific Coast Hwy (714) 536-8083
Main Beach, Laguna Beach, at lifeguard station (949) 494-6572	Bolsa Chica State Beach, Huntington Beach (714) 846-3460 or (714) 377-5691
Corona del Mar State Beach, Corona del Mar (949) 644-3047 (lifeguard headquarters) or (949) 644-3177 (lifeguard dispatch)	Seal Beach, at lifeguard headquarters (562) 430-2613

Blue Mobi-Mat

Huntington Beach has rolled out a Mobi-Mat to improve accessibility for visitors with disabilities, parents with strollers, and others with limited mobility. Located next to the parking lot at 6th Street and PCH, the mat serves as a stable walkway that safely leads guests across the sand and to the water's edge (during high tide).

California State Library Park Pass: You can now check out a FREE vehicle day-use pass at your local public library. State Parks are providing free vehicle day-use entry to over 200 participating state park units operated by State Parks to **library-card holders**. The California State Library Parks Pass is valid for entry of one passenger vehicle with capacity of nine people or less or one highway licensed motorcycle. California public library-card holders can check out the State Library Parks Pass via their local public library. If you don't have a library card, visit your local library to get one. The library card and park pass are free! **Check with your library for guidelines and policies.** Find your local public library at <https://library.ca.gov/branches/>. *

CA State Park Pass: Any individual served by RCOG 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 individual with disabilities 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.*

*Park Passes: The pass will not be honored at state park units operated by federal or local government and private agencies or concessionaires. Also, the pass is not valid for per-person entry or tour fees (such as museums), boat use, camping, group use or sites, special events, additional/extra vehicle fees, sanitation disposal use or for supplemental fees. To see a list of ineligible parks [click here](#), and read full terms and conditions [here](#).

Fishing License: Any individual served by RCOC 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 at:
<https://store.usgs.gov/access-pass>

Pretend City Children’s Museum

Phone: (949) 428-3900

Other language spoken: Spanish & Vietnamese

Address: 29 Hubble, Irvine 92618

Website: www.pretendcity.org

Description: This interconnected city allows children to “pretend” to be the adult. Pretend City brings life to every profession, and daily occurrences in a real city.

Recreation Access Motivating People (R.A.M.P.)

Phone: (562) 592-1091

Email: info@rampitup.org

Website: www.rampitup.org

Mailing address: PO Box 1248, Sunset Beach 90742

Description: RAMP is a nonprofit corporation dedicated to providing adaptive recreation opportunities, resources and instruction to physically and intellectually challenged people of all ages. Meet up at Bolsa Chica State Beach the second Saturday of each month (typically 10 a.m. – 1 p.m.) for hand cycling.