

RECREATION OPPORTUNITIES

ABILITYFIRST (ANAHEIM)

(714) 821-7448 (Se habla español)

www.abilityfirst.org

2660 W. Broadway, Anaheim, CA 92804 REC

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

ABILITYFIRST (NEWPORT MESA CENTER)

(714) 546-6727

www.abilityfirst.org

1060 Paularino Ave., Costa Mesa, CA 92626

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

ALISO VIEJO ICE PALACE

(949) 643-9648

www.avicepalace.com

9 Journey, Aliso Viejo, CA 92656

Ice Skating, hockey and special events for all.

AMERICAN YOUTH SOCCER ORGANIZATION (A.Y.S.O.)

(800) 872-2976 (Se habla español)

vip@ayso.org

www.ayso.org/VIP

Location: Please contact A.Y.S.O for your local program.

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

BASKETBALL - SHOOTING STARS BASKETBALL LEAGUE FOR YOUTH WITH SPECIAL NEEDS (CITY OF HUNTINGTON BEACH)

www.hbsands.org

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

BASKETBALL - HOOPSTARS BASKETBALL

(714) 441-0353

hoopstarsbb@roadrunner.com

www.hoopstarsbb.com

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

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

info@bigfungymnastics.com

www.bigfungymnastics.com

Call for location near you

Gymnastics and occupational therapy services for children with special needs.

BOWLING LEAGUES AT SADDLEBACK LANES

(949) 586-5300

www.saddlebacklanes.net

25402 Marguerite Parkway, Mission Viejo, CA 92692

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

CAL SOUTH TOPSOCCER

(714) 524-3354 (Se habla español)

sandjules@cs.com

This program provides soccer opportunities for all ages.

CASA ALEGRIA

(714) 966-2115

casaalegriacm@yahoo.com

www.casaalegriacm.org

Local after school program (ages 5-22) that provides social recreational services to children and young adults with developmental disabilities within the Newport Mesa Unified School District.

CHALLENGER DIVISION OF LITTLE LEAGUE BASEBALL

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

Kcurran@sycr.com

www.littleleague.org/divisions/challenger.asp

Location: Various team locations throughout Orange County

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

DOWN FOR DANCE

(949) 478-3224

info@downfordance.org

www.downfordance.org

Locations: Huntington Beach, La Habra, Long Beach, & Santa Ana

Empowering individuals with Down syndrome to build a stronger sense of self through dance. Ages 7 to Adult.

HEART OF SAILING

(949) 236-7245

gsaidah@heartofsailing.org

www.heartofsailing.org

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

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

(310) 697-6850

Ann@HelpingHooves.org

www.HelpingHooves.org

6352 East Nohl Ranch Road, Anaheim, CA 92807

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

KARATE FOR ALL

(714) 731-4668

karateforall@cox.net

www.karateforall.org

Locations in Tustin and Mission Viejo

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

KINGPIN BOWLING LEAGUE AT IRVINE LANES (CITY OF IRVINE DISABILITY SERVICES)

(949) 724-6637

www.irvinedisabilityservices.org

3415 Michelson Drive, Irvine, CA 92612

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

KOALA SWIM SCHOOL

Kenneth Martinez, Swim Instructor

(714) 241-1131

sportsmedken@hotmail.com

www.koalaswimschool.com

Call for location.

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

LAGUNA NIGUEL GIRLS SOFTBALL

CHAMPS Program for intellectually challenged girls

(949) 495-3878

Lisamansfield@cox.net

Softball program for intellectually challenged girls of all ages.

MAKAPO AQUATICS PROJECT

(714) 868-6252

info@makapo.org

www.makapo.org

The Newport Aquatic Center, 1 Whitecliffs Dr., Newport Beach

The Makapo Aquatics Project offers outrigger paddling to the blind, visually impaired and those with associated disabilities of all ages. Our youth program, the Keiki Krew for ages 6-17, is open to family and friends providing an inclusive, safe and fun opportunity to be active outdoors and part of a team. These 4-week sessions run from April through August. Our adult NAC/Makapo Outrigger Team competes in SCORA races and is open to new members, no previous experience necessary. Give it a free try during one of our Ohana Days. Visit our website to learn more. Come out and play!

THE MIRACLE LEAGUE OF ORANGE COUNTY

(714) 713-2512

www.ocmiracleleague.com

6231 Apache Rd., Westminster, CA 92683

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

ORANGE COUNTY MARINE INSTITUTE

(949) 496-2274

www.ocean-institute.org

24200 Dana Point Harbor Drive, Dana Point, CA 92624

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

ORANGE KARATE CENTER

(714) 538-7620

www.orangekarate.com

1208 N. Tustin, Orange, CA 92867

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

POP WARNER CHALLENGER CHEER/FOOTBALL

(949) 290-8222

www.popwarneroec.com & www.hbpwf.org

president@hbpwf.org

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

RIDE YOUR HORSE! THERAPEUTIC RIDING PROGRAM

(714) 292-3563

darlene@rideyourhorse.com

www.rideyourhorse.com

10730 Artesia Blvd., Cerritos, CA 90703

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

RIO/SANDPIPER SWIM SCHOOL

(714) 532-3916 (Se habla español)

www.rio-rehab.org

1800 E. La Veta, Orange, CA 92866

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

(949) 240-8441

www.sheacenter.org

26284 Oso Road, San Juan Capistrano, CA 92675

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

SPECIAL OLYMPICS- ORANGE COUNTY DIVISION

(714) 564-8374 (Se habla español)

www.sosc.org

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

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

SPIRIT LEAGUE

contact@spiritleague.org

www.spiritleague.org

Location: South Orange County

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

(714) 838-5223

www.bgctustin.org

580 W. 6th Street, Tustin, CA 92780

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

SURFERS HEALING

(877) 966-SURF

www.surfershealing.org

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

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

“SHOOTING STARS” BASKETBALL LEAGUE – SADDLEBACK VALLEY COMMUNITY SERVICES

(949) 768-0981

www.saddlebackrecreation.com

24701 San Doval Lane, Mission Viejo, CA 92691

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

THE RINKS, YORBA LINDA ICE

(714) 692-8776

www.yorbalindaicerink.com

23641 La Palma, Yorba Linda, CA 92887

Ice skating, parties and special events.

THERAPEUTIC RIDING CENTER OF HUNTINGTON BEACH

(714) 848-0966

www.trchb.org

18381 Goldenwest St., Huntington Beach, CA 92648

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

(949) 333-6400

www.ucp-oc.org

980 Roosevelt, Suite 100, Irvine, CA 92620

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

US TOO CENTER

(949) 716-1970

ustoogymnastics@yahoo.com

www.ustoogymnastics.org

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

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

VICTORY SQUAD hosted by NME Martial Arts

(949) 350-1530 (call for details)

3419 East Coast Hwy, Corona Del Mar, CA (located inside Graviti Fitness)

Specialized group training designed for kids 6-14 years old on the Autism Spectrum. Every Friday at 5pm.

WATERWORKS AQUATICS

(949) 450-0777

info@www.waterworksswim.com

www.waterworksswim.com

25 Waterworks Way, Irvine, CA 92618

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

WELLNESS CENTER

(714) 919-0280

drgedissman@leankids.net

www.leankids.net

1515 S. Broadway, Santa Ana, CA 92707

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

YOGA WITH JULIE

(949) 689-7718

juliereister@mac.com

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

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

SOCIAL OPPORTUNITIES

4-H YOUTH DEVELOPMENT PROGRAM

(714) 708-1612

www.oc4h.org

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

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

(310) 642-2620

www.bestbuddiescalifornia.org

Check website or call for location near you

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

BOY SCOUTS OF AMERICA

(714) 546-4990

www.ocbsa.org

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

Inclusive troops are available to boys ages 7-17.

BOYS AND GIRLS CLUB

(714) 530-0430

www.bgca.org

Referred to website for locations.

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

(714) 788-9658

www.campfireusaoc.org

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

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

CIRCLE OF FRIENDS – CITY OF LAGUNA HILLS

(949) 707-2683

www.ci.laguna-hills.ca.us

25555 Alicia Pkwy, Laguna Hills, CA 92653

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

CITY OF IRVINE DISABILITY SERVICES RECREATION

(949) 724-6637

www.irvinedisabilityservices.org

20 Lake Road, Irvine, CA 92614

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

DANCE FOR ADULTS WITH DISABILITIES-CITY OF PLACENTIA

(714) 993-8232

www.placentia.org

201 N. Bradford, Placentia, CA 92870

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

DANCE FOR ADULTS WITH DISABILITIES-CITY OF FOUNTAIN VALLEY

(714) 593-4400

www.fountainvalley.org

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

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

FRIENDSHIP CIRCLE

(949) 721-9800

info@friendshipcircleoc.org

www.friendshipcircleoc.org

2400 University Dr., Newport Beach, CA 92660

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

(949) 461-8800

www.gscoc.com

Troops offered in various locations

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

INTEGRITY HOUSE

(714) 542-0855

www.allianceofabilities.org

2043 N. Broadway, Santa Ana, CA 92706

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

PROJECT INDEPENDENCE

(714) 549-3464 ext. 227

kcook@proindependence.org

www.proindependence.org

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

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

SOCIAL SKILLS AND FRIENDLY OUTINGS WITH JULIE

(949) 689-7718

juliereister@mac.com

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

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

(714) 538-2341

www.firstpresorange.org

191 North Orange, Orange, CA 92868

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

(949) 837-7280 ext. 252

www.vocationalvisions.org

26041 Pala, Mission Viejo, CA 92691

Club house for adults 18 and older.

YMCA NEW HORIZONS

(714) 508-7654

www.ymcaoc.org

13821 Newport Ave, Suite 100, Tustin, CA 92780

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

YOUNG LIFE'S HIGH ROLLERS

<http://HighRollers.YoungLife.org>

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

Throughout Orange County

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

THE ARTS

HEARTS AT HARMONY

heartsatharmony@gmail.com

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

MUSIC FOR SPECIAL STUDENTS

(714) 222-5079

hallmanrfun@verizon.net

12671 Buaro St., Garden Grove, CA 92840

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.

(714) 348-4248

Cm@mckeemusictherapy.com

www.ocmusictherapy.com

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

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

NO LIMITS

(714) 348-4248

Carlahutchison@mccoyrigby.com Website: www.ocmusictherapy.com

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

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

ORANGE COUNTY PERFORMING ARTS CENTER

(714) 556-2121

www.ocpac.org

600 Town Center Drive, Costa Mesa, CA 92626

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

ORANGE COUNTY THERAPEUTIC ART CENTER

(714) 547-5468 (Se habla Español)

www.occtac.org

2215 N. Broadway, Santa Ana, CA 92706

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

PERFORMING AND VISUAL ARTS WORKSHOPS

(562) 982-0247

www.artsandservices.org

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

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

PIANO LESSONS

(714) 300-9446

the08spectrum@yahoo.com

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

PIANO AND VOICE LESSONS

(714) 376-6666

bethuumusic@gmail.com

2845 Mesa Verde East, Costa Mesa, CA 92626

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

VERY SPECIAL ARTS OF ORANGE COUNTY

(714) 966-4303

pberenbeim@ocde.us

www.ocde.us/VSA/Pages

200 Kalmus Dr., Costa Mesa, CA 92626

Orange County Department of Education sponsors an annual event showcasing the talents of individuals of all ages with all disabilities through hands

CAMPS

AMERICAN CAMP ASSOCIATION

find.acacamps.org

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

CAMP NUGGET

(562) 985-7969

Campnugget@ymail.com

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

California State University, Long Beach, CA

Department of Kinesiology and Physical Education

1250 Bellflower Ave, Long Beach, CA 90840

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

(909) 338-1102 (ext. 101)

www.abilityfirst.org

Crestline, CA

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

(949) 461-8800

www.gscoc.org

Near Lake Hemet, CA

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

EASTER SEALS- SOUTHERN CALIFORNIA REGION

(800) 221-6827

www.easter-seals.org

Check website for location near you

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

INSIDE THE OUTDOORS

(714) 708-3885

www.insidetheoutdoors.org

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

SPECIAL CAMP FOR SPECIAL KIDS

(949) 661-0108

www.specialcamp.org

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

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

OUTSIDE OF ORANGE COUNTY

ADAPTIVE SWIM CLASS-CITY OF LA MIRADA

(562) 902-3191

www.cityoflamirada.org

13806 La Mirada Blvd., La Mirada, CA 90638

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

AUTISM ON THE SEAS

www.AutismontheSeas.com

Varies-refer to website

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

CASA COLINA CENTERS FOR REHABILITATION OUTDOOR ADVENTURES

(909) 596-7733, ext. 2200

www.casacolina.org

255 East Bonita Ave., Pomona, CA 91767

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

CHALLENGE AIR FOR KIDS AND FRIENDS

(877) 359-5437

www.challengeair.com

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

EPILEPSY FOUNDATION GREATER LOS ANGELES

(800) 564-0445

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

www.epilepsyfoundationla.org

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

NEW DIRECTIONS HOLIDAY AND VACATION TRAVEL

(888) 967-2841

www.newdirectionstravel.org

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

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

SAN DIEGO DEPARTMENT OF THERAPEUTIC RECREATION SERVICES

(619) 525-8247

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

3325 Zoo Drive, San Diego, CA 92101

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

(909) 584-0269

www.usarc.org

43101 Goldmine Drive, Big Bear Lake, CA 92315

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

WHEELCHAIR TENNIS

(562) 944-0351, ext. 5931

www.biola.edu/tennis

Biola University, La Mirada, CA 90639

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

OTHER

ANGELS PLAYGROUND

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

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

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

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

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

National Parks: Get a free, lifetime ACCESS Pass by applying online.

www.store.usgs.gov/pass/access.html for additional information

PRETEND CITY CHILDREN'S MUSEUM

(949) 428-3900

29 Hubble, Irvine, CA 92618

www.pretendcity.org

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

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

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

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

****This list was adapted from NMUSD. If you have any updates, please send them to recreation@newportbeachca.gov***