

RECREATION RESOURCE GUIDE

Updated January of 2010



Regional Center of Orange County
and
Comfort Connection Family Resource Center
801 Civic Center Drive West, Suite 100
Santa Ana, CA 92701
RCOC (714) 796-5100
CCFRC (714) 558-5400



Comfort Connection Family Resource Center

Dear Parent or Caregiver,

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

Whether you approach someone in person 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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This information was updated as of January of 2010. If there are any changes, please contact Jacqui Kerze at (714) 796-5299 or e-mail jkerze@rcocdd.com.

Recreation Resource Guide

Recreation Opportunities

AbilityFirst

Phone: (714) 821-6510 (Se habla español)

Website: www.abilityfirst.com

Address: 2660 W. Broadway, Anaheim, CA 92804

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

AbilityFirst (Newport Mesa Center)

Phone: (714) 546-6727

Website: www.abilityfirst.com

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

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

Access To Sailing

Phone: (310) 310-874-8629

E-mail: info@accesstosailing.org

Website: www.accesstosailing.org

Address: 423 E. Shoreline Village Dr., Long Beach, CA 90802

Description: Provides therapeutic rehabilitation to children and adults with disabilities through interactive sailing outings.

Aliso Viejo Ice Palace

Phone: (949) 643-9648

Website: www.avicepalace.com

Address: 9 Journey, Aliso Viejo, CA 92656

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

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

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

Website: www.soccer.org

Address: Varies-refer to website

Description: Very Important Player (V.I.P.) program provides quality soccer experiences for children and adults whose physical or mental limitations make it difficult to participate with mainstream teams.

Baseball-Challenger Division of Little League Baseball

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

Website: 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.

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

Contact: Robin Preston

Email: hoopstarsbb@adelphia.net

Website: www.hoopstarsbb.com

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

Big Fun Gymnastics

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

Website: 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 indoor soccer, martial arts, roller blading, swimming and biking.

Bowling Leagues at Saddleback Lanes

Phone: (949) 586-5300

Website: www.saddlebacklanes.net

Address: 25402 Marguerite Parkway, Mission Viejo, CA 92692

Description: Adaptive weekly bowling leagues for all abilities ages 6-21 during the months of June, July and August. Tournaments throughout Saddleback and Capistrano Unified School Districts.

California Gymnastics

Contact: Jennifer Lang

Phone: (714) 633-6084

Address: 444 W. Katella, Orange, CA 92867

Description: Recreational gymnastics for children 3 to 12 years old in a fun, encouraging environment.

Casa Colina Centers for Rehabilitation Outdoor Adventures

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

Website: www.casacolina.org

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

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

Football-Challenger (Pop Warner) Football and Cheer

Phone: (714) 964-7812

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

Email: president@hbpwf.org or paulloflin@earthlink.net

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).

Garden Grove Sports and Recreation Center

Phone: (714) 889-5782

Website: 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.

Heart of Sailing

Phone: (866) 368-5350

Website: www.heartofsailing.org

Email: info@heartofsailing.org

Address: Dana Point Yacht Club, 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 Henry

Email: Ann@HelpingHooves.org

Website: 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

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: Pat Guinet, NWLL President

Website: www.nwllbaseball.com

Karate For All

Phone: (949) 293-4430 (Se habla español)

Website: 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.

Kingpin Bowling League at Irvine Lanes

Phone: (949) 724-6637

Website: www.irvinedisabilityservices.org

Address: 3415 Michelson Drive, Irvine, CA 92612

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

Laguna Niguel Girls Softball

Phone: (949) 689-4930

Website: 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.

Manely Friends

Phone: (714) 777-9095

Website: pettime@pcmagic.net

Address: 18461 Shady Knoll, Yorba Linda, CA 92886

Description: Recreational activities combined with therapeutic horseback riding for children with special needs.

Miracle League of Orange County

Contact: Steel Morris

Phone: (714) 713-2512

Website: www.miracleleague.net or ocmiracleleague.com

E-mail: info@miracleleague.net

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

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

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

Description: Educational and recreational cruises offered to the public.

Power Play MD OC/Pediatric Weight Management

Phone: 1-877-lean kids (532-6543)

Website: www.leankids.net

Address: Batavia Woods Medical Center 805 W. La Veta Ave., Suite 207, Orange, CA 92868

Description: Fully staffed facility for ages 4-19. They offer 8-week, intensive programs that run through the year. Bilingual.

Rancho Santa Margarita Soccer Club- TOP Soccer

Phone: (949) 858-3241

Website: www.rsmssc.com

Address: Rancho Santa Margarita, CA

Description: A national soccer program for children ages 4-14 without significant physical disability as games are played on regular soccer fields.

Ride Your Horse! Therapeutic Riding Program

Phone: (714) 292-3563

Website: 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/menu

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

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

Shea Therapeutic Riding Center

Phone: (949) 240-8441

Website: www.sheacenter.org

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

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

Special Olympics- Orange County Division

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

Website: www.sosc.org

Address: 2080 N. Tustin Ave., Santa Ana, CA 92705

Description: Year-round sports training and athletic competition for people ages 8-80. Programs are available to people with intellectual disabilities and/or physical disabilities.

Spirit League

Contact: contact@spiritleague.org

Website: www.spiritleague.org

Address: South Orange County

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

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

Phone: (714) 838-5223 (Se habla español ext. 101)

Website: www.bgctustin.org

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

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

Surfers Healing

Contact: Israel or Danielle Paskowitz

Phone: (866) 647-HEAL

Website: www.surfershealing.org

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

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

Swimming by Joelle

Contact: Joelle (949) 650-8760

Website: 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.

Tustin Eastern Little League, Challenger Division

Contact: Kelly Curran

E-mail: [Kcurran@sycr.com](mailto:kcurran@sycr.com)

Website: www.tellbaseball.org

UCP of Orange County

Phone: (949) 333-6400

Website: www.ucp-oc.org

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

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

Us Too Center

Phone: (949) 716-1970

Email: www.ustoogymnastics@yahoo.com

Website: www.ustoogymnastics.org

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

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

US Youth Soccer/TOP Soccer

Phone: (714) 524-3354 Sandy Castillo, CalSouth TOPSoccer Chairperson

(Se habla español)

contact: sandjules@cs.com

Description: Soccer for all ages.

Waterworks Aquatics

Phone: (949) 450-0777

Email: info@www.waterworksswim.com

Website: www.waterworksswim.com

Address: 25 Waterworks Way, Irvine, CA 92618

Wheelchair Tennis

Contact: Dee Henry, Coach

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

Website: www.biola.edu/tennis

Address: Biola University, La Mirada, CA 90639

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

Yoga with Julie

Phone: (949) 689-7718

Email: 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: Jennifer Katura

Email: ylbyouthdirector@gmail.com

Phone: (714) 777-3818

Website: Yorbalindabowl.com

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

Address: 1045 Arlington Dr., Costa Mesa, CA 92626

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

Best Buddies

Phone: 1-800-89BUDDY 1-800-892-8339

Website: www.bestbuddies.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

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

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

Boys and Girls Club

Phone: (714) 530-0430

Website: www.bgca.org

Address: 9860 Larson St., Garden Grove, CA 92844

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

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

Description: Inclusive co-ed activities for youth from kindergarten through high school. A specialized training program for teens is also available (Special Sitters).

Circle of Friends

Phone: (949) 707-2692

Website: 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

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

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 2nd Friday of every month (subject to change) from 7 to 9:30 p.m.

Dance For Adults With Disabilities-City of Fountain Valley

Phone: (714) 964-6435

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: 1500 Adams Ave., Suite 314, Costa Mesa, CA 92626

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

The Friendship Circle

Phone: (949) 721-9800

Email: info@friendshipcircleoc.org

Website: www.friendshipcircleoc.org

Address: 3412 Via Oporto, Newport Beach, CA 92663

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. This program peers teenage volunteers with children who have special needs. The program also includes Friends at Home, Sunday Circle, Fairs and Festivals.

Girl Scouts

Phone: (714) 461-8800

Website: www.gscoc.com

Address: Troops offered in various locations

Description: Inclusive troops throughout Orange County are offered to girls ages 5-17. High school helpers are girls who have taken awareness aid training and can help Girl Scouts with special needs.

Integrity House

Phone: (714) 542-0855

Website: 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.

Life Steps Foundation

Phone: 1-800-369-8931

Website: www.lifestepsfoundation.org

Address: 21231 Hawthorne Blvd., Torrance, CA 90503

Description: A social club which provides opportunities for members to make friends. All disabilities and ages welcome.

Project Independence

Contact: Roya Sorooshian

Phone: (714) 549-3464 ext. 239

Website: www.proindependence.org

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

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

Social Skills and Friendly Outings with Julie

Phone: (949) 689-7718

Email: juliereister@mac.com

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

Description: Social skills, awareness, manners and self management will be taught during fun events either with a small group on a per-event basis or regularly scheduled meetings. Can also meet with students individually. Ages 13 and older.

Tuesday Night Together at First Presbyterian Church of Orange

Phone: (714) 238-9215

Website: www.firstpresorange.org

Address: 191 North Orange, Orange, CA 92868

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

Vocational Visions

Contact: Debbie Watkins

Phone: (949) 837-7280 ext. 252

Website: www.vocationalvisions.org

Address: 26041 Pala, Mission Viejo, CA 92691

Description: Club house for adults 18 and older.

YMCA New Horizons

Phone: (714) 838-0181

Website: www.ymcaoc.org

Address: 1633 E. 4th St, Suite 184, Santa Ana, CA 92701

Description: Social recreation program for people ages 6-60 with intellectual disabilities. Bilingual (Spanish)

Young Life's High Rollers

Email: YLHighRollers@yahoo.com

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

Mailing Address: 3912 Calle Ariana, San Clemente, CA 92672

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

Address: Call for location near you

Description: Arts and Crafts - Create fun art projects for ages 12 and older.

Community Theatre at Cypress Civics Theatre

Phone: (714) 229-6673 (Se habla español)

Address: 5700 Orange Ave., Cypress, CA 90630

Description: Theatre opportunities inclusive of all people, ages 6 and older.

Creative Identity

Phone: (714) 527-2508

Website: www.creativeidentityanaheim.org

Address: 2580 W. Orange, Anaheim, CA 92804

Description: A non-profit day program for adults, 18 and over, specializing in expressive arts, music therapy and ceramics, including life skills.

Dance Emotion

Phone: (949) 552-9353

E-mail: archer@danceemotionusa.com

Website: www.danceemotionusa.com

Address: 14988 Sand Canyon Ave., Suite 3, Irvine, CA 92618

Description: A positive, safe and creative place for children of all ages and all abilities to learn about life through dance.

Mobile Music Therapy Services of O.C.

Phone: (714) 534-2855

E-mail: annmiraadler@sbcglobal.net

Address: 13171 Commonwealth, Garden Grove, CA 92840

Music For Special Students

Phone: (714) 222-5079

Email: hallmanrfun@verizon.net

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

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

Music Therapy Services of O.C.

Phone: (714) 348-4248

Website: www.ocmusictherapy.com

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

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

Orange County Performing Arts Center

Phone: (714) 556-2121

Website: www.ocpac.org

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

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

Orange County Therapeutic Art Center

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

Website: www.occtac.org

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

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

Performing and Visual Arts Workshops

Phone: (562) 982-0247

Website: www.artsandservices.org

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

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

Taylor Music Therapy

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

Phone: (949) 735-5983

Website: www.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: (949) 459-2345

Email: pberenbeim@ocd.us

Website: 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

There are many camps available and we recommend you visit www.acacamps.org

Camp Lee Mar

Phone: (570) 685-7188

Website: www.leemar.com

Location: Lackawaxen, Pennsylvania

Description: Summer camp for kids 5-21 with mild to moderate developmental disabilities. Activities include: swimming, sports, drama, hikes, arts and crafts, campfires, dancing, music and more. Special programs and teaching methods are incorporated into the Camp Lee Mar experience that emphasizes academics, speech and language therapy and vocational preparation.

Camp Nugget

Phone: (562) 985-7969

Website: 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

Address: Crestline, CA

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

Camp Scherman

Phone: (949) 461-8800

Website: www.gscoc.org

Address: Near Lake Hemet, CA

Description: Whether your daughter is a Girl Scout or not, she can enjoy this resident camp and experience horseback riding, horse care, archery, camp songs, and much more. Awareness Aides are available but girls must be able to take care of own toileting, bathing and feeding. For girls in grades 1-12.

Camp TLC

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

Email: fsnca@sbcglobal.net

Website: www.familysupportnetwork.ca.com

Description: Camp TLC is for the entire family. To be eligible for camp your child with special needs must be under 6 years of age. 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

Address: check website for location near you

Description: Day and residential camp sessions, as well as weekend and after-school programs, are available to people of all ages and abilities.

Inside The Outdoors

Phone: (714) 708-3885

Website: www.insidetheoutdoors.org

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

ReCreation Weekend Getaway & ACE

Phone: (714) 347-9627

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

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

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.

Epilepsy Foundation Greater Los Angeles

Phone: (800) 564-0445

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

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

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

Description: Provide 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

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

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

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/

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

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 (Carl Thornton 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.

This information was updated as of January of 2010. If there are any changes, please contact Jacqui Kerze at (714) 796-5299 or e-mail jkerze@rcocdd.com.

City Park and Recreation Contact Information
As of January 2010

<i>City</i>	<i>Address</i>	<i>Phone Number</i>
Aliso Viejo www.cityofalisoviejo.com	12 Journey Suite 100 Aliso Viejo, CA 92656	949-425-2500
Anaheim www.anaheim.net	200 S Anaheim Blvd Anaheim, CA 92805	714-765-5191
Brea www.ci.brea.ca.us	695 E. Madison Way Brea, CA 92821	714-990-7100
Buena Park www.buenapark.com	8150 Knott Ave. Buena Park, CA 90620	714-236-3860
Costa Mesa www.ci.costa-mesa.ca.us	77 Fair Dr. Costa Mesa, CA 92626	714-754-5300
Cypress www.ci.cypress.ca.us	5700 Orange Ave. Cypress, CA 90630	714-229-6780
Dana Point www.danapoint.org	34052 Del Obispo St. Dana Point, CA 92629	949-248-3530
Fountain Valley www.fountainvalley.org	1796 Bushard St. Fountain Valley, CA 92708	714-839-8611
Fullerton www.ci.fullerton.ca.us	303 W Commonwealth Ave. Fullerton, CA 92832	714-738-6575
Garden Grove www.ci.garden-grove.ca.us	11222 Acacia Pkwy Garden Grove, CA 92840	714-741-5200
Huntington Beach www.huntingtonbeachca.gov	2000 Main St. Huntington Beach, CA 92648	714-536-5486
Irvine www.ci.irvine.ca.us	1 Civic Center Plaza Irvine, CA 92606	949-7246610 Disability Services: 949-724-6633
La Habra www.ci.la-habra.ca.us	101 W La Habra Blvd. La Habra, CA 90633	562-905-9708
La Palma www.cityoflapalma.org	7821 Walker St. La Palma, CA 90623	714-690-3350

<i>City</i>	<i>Address</i>	<i>Phone Number</i>
Laguna Beach www.lagunabeachcity.net	515 Forest Ave. Laguna Beach, CA 92651	949-497-0716, ext. 6
Laguna Hills www.ci.laguna-hills.ca.us	25555 Alicia Pkwy Laguna Hills, CA 92653	949-707-2680
Laguna Niguel www.ci.laguna-niguel.ca.us	29751 Crown Valley Pkwy Laguna Niguel, CA 92677	949-425-5100
Lake Forest www.ci.lake-forest.ca.us	25550 Commercentre Dr. Lake Forest, CA 92630	949-461-3450
Los Alamitos www.ci.los-alamitos.ca.us	10911 Oak St. Los Alamitos, CA 90720	562-430-1073
Mission Viejo www.cityofmissionviejo.org	200 Civic Center Mission Viejo, CA 92691	949-470-3062
Newport Beach www.newportbeachca.gov	3300 Newport Blvd, # 8 Newport Beach, CA 92663	949-644-3151
Orange www.cityoforange.org	230 E Chapman Ave Orange, CA 92866	714-744-7274
Placentia www.placentia.org	401 E Chapman Ave. Placentia, CA 92870	714-993-8232
Rancho Santa Margarita www.cityofrsm.org	22112 El Paseo Rancho Santa Margarita, CA 92688	949-635-1800
San Clemente www.san-clemente.org	100 N Calle Seville San Clemente, CA 92672	949-361-8264
San Juan Capistrano www.sanjuancapistrano.org	25925 Camino del Avion San Juan Capistrano, CA 92675	949-493-5911
Santa Ana www.ci.santa-ana.ca.us	1825 W. Civic Center Dr Santa Ana, CA 92703	714-571-4200
Seal Beach www.ci.seal-beach.ca.us	211 8th St. Seal Beach, CA 90740	562-431-2527

<i>City</i>	<i>Address</i>	<i>Phone Number</i>
Stanton www.ci.stanton.ca.us	7800 Katella Ave. Stanton, CA 90680	714-379-9222, ex. 270
Tustin www.tustinca.org	300 Centennial Way Tustin, CA 92780	714-573-3326
Villa Park www.villapark.org Contact the City of Orange	230 E. Chapman Ave. Orange, CA 92866	714-744-7274
Westminster www.ci.westminster.ca.us	8200 Westminster Blvd. Westminster, CA 92683	714-895-2860
Yorba Linda www.ci.yorba-linda.ca.us	4845 Casa Loma Ave Yorba Linda, CA 92885	714-961-7160