RECREATION RESOURCE GUIDE

Updated June of 2011

Regional Center of Orange County
and
Comfort Connection Family Resource Center

1525 N. Tustin Ave.
Santa Ana, CA 92705
RCOC - 714-796-5100
CCFRC -714-558-5400

REGIONAL CENTER OF ORANGE COUNTY

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 June of 2011. 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) 821-7448 (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, theater 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, theater and Special Olympics training. Ages 5 and older.

Access To Sailing
Phone: (310) 874-8629
E-mail: letsgosailing23@yahoo.com
Website: www.accesstosailing.org
Address: Shoreline Village
Description: Provides recreational 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.

Autism on the Seas
Phone: (909) 838-1181
Contact: Jamie Grover
Website: www.AutismontheSeas.com
Address: Varies-refer to website
Description: It provides group Cruises accommodating guests of families and individuals faced with Autism and Asperger Syndrome.

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
*Phone: (*714) 441-0353
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
Email: Andrea@bigfungymnastics.com
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.

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

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: (812) 935-7245
Website: www.heartofsailing.org
Email: gsaidah@heartofsailing.org
Address: Dana Point Marina, P.O. Box 4073, Dana Point, CA 92629
Description: A nautical adventure for children with special needs. A unique integrative sensory experience incorporating physical and behavioral therapies. Ages 8-18 (exceptions made from 3 to 60 years old).

Helping Hooves
Phone: (310) 697-6850
Contact: Ann Simon
Email: Ann@HelpingHooves.org
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: nwllbaseball@cox.net
Website: www.nwllbaseball.com
Address: P. O. Box 50937, Irvine, CA 92619-0937

Karate For All
Phone: (714) 731-4668
Contact: karateforall@cox.net
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.

Ken Carr's Martial Arts Studio (KCMAS)
Contact: Sensei Vicki Ingle
Phone: (714) 660-6088
Website: www.kcmas.com
Address: 1146 Yorba Linda Blvd., Placentia, CA 92870
Description: KCMAS provides quality and low income martial art classes to people with intellectual disabilities and/or physical disabilities.

Kingpin Bowling League at Irvine Lanes
Phone: (949) 724-6637
Website: www.irvinedisabilityservices.org
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
CHAMPS Program for mentally challenged girls
Phone: (949) 495-3878
Contact: Dough Mansfiel and Kristi DeArman
Email: dougmansfield@cox.net and Kristie1@cox.net
Description: Softball Program for mentally challenged girls, ages 6-14.

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.

The Miracle League of Orange County
Contact: Steel Morris
Phone: (714) 713-2512
Website: www.miracleleague.net or www.ocmiracleleague.com
E-mail: info@miracleleague.net
Address: 6231 Apache Rd., Westminster, CA 92683
Description: Boys and girls with physical and mental disabilities are given the opportunity to play baseball.
Minimum age to play is 5 years old. Financial aid is provided if you are not able to pay for tuition. No one is turned away.

New Directions Holiday and Vacation Travel
Website: www.newdirectionstravel.com
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.

Wellness Center
Phone: (714) 919-0280
Email: drgedissman@leankids.net
Website: www.leankids.net
Address: 1515 S. Broadway, Santa Ana, CA 92707
Description: Fully staffed facility for ages 4-19. They offer 10-week, intensive programs that run throughout the year. Bilingual.

SVUSD "Shooting Stars" Basketball League
Contact: Laurie & Richard Jimenez
Phone: 949-768-0981, press 3
Email: rlrcni@gmail.com
Website: www.saddlebackrecreation.com.
Address: 24701 San Doval Lane, Mission Viejo, CA 92691
Description: This program is designed for special needs athletes or anyone who for whatever reason cannot participate in the regular league. Ages: 1st grade - High School & Transition Students.

Ride Your Horse! Therapeutic Riding Program
Phone (714) 292-3563
Contact: rideyourhorsetrp@yahoo.com
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
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.

(S.P.U.R.S) Special Program for Unique Riders
Contact: Barbara Austin
Phone: (714) 552-4119
Email: spurs@pacbell.net
Address: 1370 S. Sanderson, Anaheim, CA 92806
Description: SPURS provides safe and productive equine assisted activities for children and adults with intellectual disabilities and/or physical disabilities

Spirit League
Contact: contact@spiritleague.org
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
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 (866) 647-4325
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.

Therapeutic Riding Center of Huntington Beach
Phone: (714) 848-0966
Website: www.trchb.org
Location: 18381 Goldenwest St., Huntington Beach, CA 92648
Description: Therapeutic Riding Center provides lesson for children and adults with disabilities.

Tustin Eastern Little League, Challenger Division
Contact: Kelly Curran
E-mail: 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: 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
Email: dee.henry@biola.edu
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.

Goodnight Moon Yoga
Phone: (714) 791-3347
Email:annmarie@goodnightmoonyoga.com
Website: www.goodnightmoonyoga.com
Description: Private yoga classes for kids and teens with special needs available at your home and/or park. All levels and abilities welcome.

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: Jenna Ricketts
Phone: (714) 777-3818
Email: ylbyouthdirector@gmail.com
Website: www.yorbalindabowl.net
Address: 18171 Imperial Hwy., Yorba Linda, CA 92886
Description: Bowling league for individuals with special needs.

Social Opportunities

4-H Youth Development Program
Phone: (714) 708-1612
Website: www.oc4h.org
Address: University of CA, Cooperative Extension O.C., 1045 Arlington Dr., Costa Mesa, CA 92626
Description: Outdoor activities, animal science, arts and crafts, cooking and woodworking activities are offered to children ages 5-19 of any disability. Call for a club near you.

Best Buddies
Contact: Jessica Foults
Phone: (310) 642-2620
Website: www.bestbuddiescalifornia.org
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: Referred to website for locations.
Description: Youth development professionals provide kids with health and life skills, as well as the arts, sports, fitness and recreation. The staff works closely with parents of children from kindergarten through high school.

Camp Fire USA
Phone: (714) 547-5200
Website: www.campfireusaoc.org
Address: 1505 E. Seventeenth St., Ste. 225, Santa Ana, CA 92705
Description: Inclusive co-ed activities for youth from kindergarten through high school.

Circle of Friends
Phone: (949) 707-2683
Website: www.ci.laguna-hills.ca.us
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) 834-8611
Website: www.fountainvalley.org
Address: 16400 Brookhurst, Fountain Valley, CA 92708 (Brookhurst and Heil)
Description: Dancing for adults with disabilities at the Fountain Valley Recreation Center presented by the City of Fountain Valley. Dance is every other month beginning in February of 2010 from 7 to 9 p.m. Tickets are $1.00 each which includes snacks and a door prize raffle.

Epilepsy Alliance of Orange County
Phone: (714) 557-0202
Address: 2973 Harbor Blvd. Ste. 335, Costa Mesa, CA 92626
Website: www.epilepsyalliance.org
Contact: info@epilepsyalliance.org
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: 2865 E. Coast Highway Ste. 340, Corona Del Mar, CA 92625
Description: The Friendship Circle extends a helping hand to families who have children with special needs and involves them in a full range of social experiences. 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: (949) 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.

Project Independence
Contact: Roya Sorooshian
Phone: (714) 549-3464 ext. 239
Email: info@proindependence.org
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: Out and about in public – depending on individual's idea of a good time!
Description: Recreational outings with the student where (while having fun) we can address such skills as: personal space, safety, time management, table manners, appropriate self management, social thinking, money skills, cell phone use, volume and personal presentation. Mostly for ages 13 and up, but open.

Tuesday Night Together at First Presbyterian Church of Orange
Phone: (714) 538-2341
Website: www.firstpresorange.org
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) 508-7654
Website: www.ymcaoc.org
Address: 2100 W. Alton Ave., Santa Ana, CA 92704
Description: Social recreation program for adults 18+ with intellectual disabilities. Bilingual (Spanish)

Young Life's High Rollers
Email: YLHighRollers@yahoo.com
Website: http://HighRollers.YoungLife.org
Mailing Address: 102 Avenida Lucia Apt. #A, San Clemente, CA 92676
Location: Laguna Hills Community Center: 25555 Alicia Parkway, Laguna Hills, CA 92653
Description: High Rollers is a program of Young Life, a non-profit Christian outreach group for people with all types of intellectual and physical abilities from junior high to college. Many different activities and bible studies are available. Join us for fun, friends, and fellowship.

The Arts

City of Irvine Disability Services
Phone: (949) 724-6637
Website: www.irvinedisabilityservices.org
Address: Call for location near you - *Description*: Arts and Crafts - Create fun art projects for ages 12 and older.

Hearts at Harmony
Contact: Ben Glasser and Nadav Hollander
Email: heartsatharmony@gmail.com
Description: Free music lessons for individuals with Special Needs ages 5-18. Lessons can take place at the student's home or at a specific location of the parents' choice

Mobile Music Therapy Services of O.C.
Phone: (714) 534-2855
E-mail: arnmiraadler@sbcglobal.net
Website: www.mobilemusictherapy.com
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 in includes drama and Visual Arts classes on Saturdays.

Piano Lessons
Contact: Nathaniel Carter
Phone: (714) 300-9446
Email: the08spectrum@yahoo.com
Description: Piano lessons for individuals with Special Needs. Music theory and musicianship are part of the lessons.

Taylor Music Therapy
Contact: Lisa K. Taylor, MT-BC-NMT
Phone: (949) 735-5983
Website: www.taylormusictherapy.com
Email: taylormusictherapy@yahoo.com
Address: P.O. Box 3821, Laguna Hills, CA 92654
Description: Serving children and young adults with disabilities in their homes, schools and in collaboration with Speech, Occupational, Behavioral and Physical Therapists.

Very Special Arts of Orange County
Phone: (714) 966-4303
Email: pberenbeim@ocd.us
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

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 4 years or under. The child must be experiencing a significant long-term medical condition or is receiving special education services from a school district or Regional Center of Orange County.

YMCA Camp Horizons
Phone: (714) 508-7654
Email: newhorizons@ymcaoc.net
Website: www.ymcaoc.org
Address: 2100 W. Alton Ave., Santa Ana, CA 92704
Description: Unique Summer Day Camp for youth (6-17) and adults (18+) with disabilities.

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, 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
Website: www.recreationcampoc.com
Address: 20470 Via La Mancha, Yorba Linda, CA 92886
Description: Camp ReCreation is held at the Marywood Pastoral Center owned and operated by the Catholic Diocese of Orange County (2811 East Villa Real, Orange, CA 92867). Residential camp staffed by volunteers with a 1:1 ratio.

Special Camp for Special Kids
Phone: (949) 661-0108
Website: www.specialcamp.org
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
De*scription*: Individuals with cognitive and physical disabilities have the opportunity to learn and improve swimming skills, maintain and increase physical fitness, and achieve success.

Challenge Air For Kids and Adults
Phone: (877) 359-5437
Website: www.challengeair.com
De*scription*: Challenge Air for Kids and Adults provides an once-in-a-lifetime opportunity to special needs children and youth through its unique aviation programs

Epilepsy Foundation Greater Los Angeles
Phone: (800) 564-0445
Address: 5777 W. Century Blvd., Suite 820, Los Angeles, CA 90045
Website: www.epilepsyfoundationgla.org
De*scription*: 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
De*scription*: 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
*De*scription*:* 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 Junípero 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.

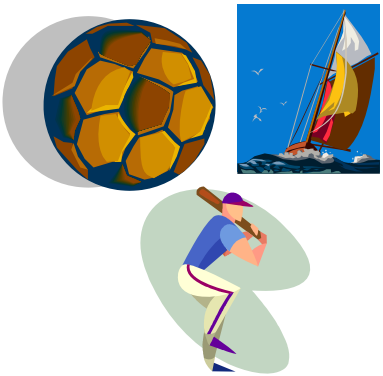
Universally Accessible Playground
Phone: (949) 461-3450 (City of Lake Forest)
Address: 21701 Pittsford Dr., Lake Forest, CA 92630 (Pittsford Park)
Description: This playground allows children with mobility issues and/or developmental delays to play freely. It also provides better access for disabled 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 (Thornton Park - Barrier Free Park)
Description: This full-sized basketball court provides physically challenged kids the chance to engage in a range of recreational activities. The park provides a facility where children, regardless of their physical condition can play together.

City Park and Recreation Contact Information
As of June 2011

City	*Address*	*Phone Number*
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

City	*Address*	*Phone Number*
Huntington Beach www.huntingtonbeachca.gov	2000 Main St. Huntington Beach, CA 92648	714-536-5486
Irvine www.ci.irvine.ca.us	P. O. Box 19575 Irvine, CA 92623	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
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

City	*Address*	*Phone Number*
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
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

This information was updated as of June of 2011. If there are any changes, please contact Jacqui Kerze at (714) 796-5299 or e-mail jkerze@rcocdd.com.