Recreation Resource Guide
Updated May of 2014

Regional Center of Orange County
and
Comfort Connection Family Resource Center

RCOC  714-796-5100
CCFRC 714-558-5400
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 a provider in person, inquire over the phone, or by e-mail, it may be helpful to explain that the person you are inquiring on behalf of has special needs and you would like to ask a few questions about the program and/or services. We realize that not all of these questions may apply to your situation, but you may use them as a guideline to ask questions that apply to your child’s individual needs.

The specific details of these programs may change periodically, please contact the city you live in to request a current listing of recreation activities.

- 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.)

The agencies, individuals and programs listed in this guide are not endorsed by Regional Center of Orange County. This information is provided as a courtesy to assist you with locating recreational opportunities. For additional resource information, please contact Comfort Connection Family Resource Center at (714) 558-5400.
Recreation Resource Guide

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The following information was updated as of May of 2014 and is subject to change at any time. If there are any additions or changes, please contact Jacqui Knudsen at (714) 796-5299 or e-mail jknudsen@rcocdd.com.
Recreation Resource Guide

Recreation Opportunities

AbilityFirst (Anaheim)
Phone: (714) 821-7448 (Se habla español)
Website: www.abilityfirst.org
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.org
Address: 1060 Paularino Ave., Costa Mesa, CA  92626
Description: Provides a variety of recreational activities including field trips, bowling, swimming, theater and Special Olympics training. Ages 5 and older.

Aliso Viejo Ice Palace
Phone: (949) 643-9648
Website: www.avicepalace.com
Address: 9 Journey, Aliso Viejo, CA  92656
Description: Ice Skating, hockey and special events for all.

American Youth Soccer Organization (A.Y.S.O.)
Phone: (800) 872-2976 (Se habla español)
Email: vip@ayso.org
Website: www.ayso.org/VIP
Address: Everywhere, please contact A.Y.S.O for your local program.
Description: Very Important Player (VIP) program provides a quality soccer experience for children and adults whose physical or intellectual disabilities make it difficult to successfully participate on mainstream teams.

Basketball - Shooting Stars Basketball League for Youth with Special Needs (City of Huntington Beach)
Website: www.hbsands.org
Description: 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
Contact: Robin Preston
Phone: (714) 441-0353
Email: hoopstarsbb@roadrunner.com
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 swimming. All coaches are Big Fun certified. Swimming contact is Chris Durian at socaloutdoorfitness.com or (323) 793-3538.
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 ages and abilities during the months of June, July and August. Tournaments throughout Saddleback and Capistrano Unified School Districts.

Cal South TOPSoccer
Contact: Sandy Castillo, CalSouth TOPSoccer Chairperson
Phone: (714) 524-3354 (Se habla español)
Email: sandjules@cs.com
Description: This program provides soccer opportunities for all ages.

Challenger Division of Little League Baseball
Phone: Call (909) 887-6444 Western Region Headquarters for a Challenger Team near you
Contact: Denny and Kelly Curran for a team near Villa Park, Orange and Tustin areas
Email: Kcurran@sycr.com
Website: www.littleleague.org/divisions/challenger.asp
Address: Various team locations throughout Orange County
Description: 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.

Heart of Sailing
Phone: (949) 236-7245
Email: gsaidah@heartofsailing.org
Website: www.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
Contact: Ann Simon
Phone: (310) 697-6850
Email: Ann@HelpingHooves.org
Website: www.HelpingHooves.org
Address: 6352 East Nohl Ranch Road, Anaheim, CA 92807
Description: 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
Phone: (714) 731-4668
Email: karateforall@cox.net
Website: www.karateforall.org
Address: Locations in Tustin and Mission Viejo
Description: This is a program developed specifically for children with special needs, ages 4-adult. The basics of self-defense 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)
*Phone:* (949) 724-6637  
*Website:* [www.irvinedisabilityservices.org](http://www.irvinedisabilityservices.org)  
*Address:* 3415 Michelson Drive, Irvine, CA 92612  
*Description:* Adaptive bowling for all disabilities ages 16 and over from March to June and September to December.

**Koala Swim School**
*Contact:* Kenneth Martinez, Swim Instructor  
*Phone:* (714) 241-1131  
*Email:* sportsmedken@hotmail.com  
*Website:* [www.koalaswimschool.com](http://www.koalaswimschool.com)  
*Address:* Call for location.  
*Description:* Koala Swim School offers lessons for students of all ages, from infants to adults. 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*
*Contact:* Doug Mansfield  
*Phone:* (949) 495-3878  
*Email:* dougmansfield@cox.net  
*Description:* Softball program for intellectually challenged girls of all ages.

**The Miracle League of Orange County**
*Contact:* Steel Morris  
*Phone:* (714) 713-2512  
*E-mail:* info@miracleleague.net  
*Website:* [www.ocmiracleleague.com](http://www.ocmiracleleague.com)  
*Address:* 6231 Apache Rd., Westminster, CA 92683  
*Description:* 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**
*Phone:* (949) 496-2274  
*Website:* [www.ocean-institute.org](http://www.ocean-institute.org)  
*Address:* 24200 Dana Point Harbor Drive, Dana Point, CA 92624  
*Description:* 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**
*Phone:* (714) 538-7620  
*Website:* [www.orangekarate.com](http://www.orangekarate.com)  
*Address:* 1208 N. Tustin, Orange, CA 92867  
*Description:* This martial arts program is designed to meet the physical, cognitive, emotional, and social skills of developmentally challenged individuals. For ages 6 and older.
Pop Warner Challenger Cheer/Football
Contact: Autumn
Phone: (714) 721-7743
Websites: www.popwarneroec.com & www.hbpwf.org
Email: secretary@hbpwf.org
Description: The Challenger Sports Program was incorporated into Huntington Beach Pop Warner Football and Cheer in 2007. 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 between the ages of 5 and 21.

Ride Your Horse! Therapeutic Riding Program
Phone (714) 292-3563
Email: darlene@rideyourhorse.com
Website: www.rideyourhorse.com
Address: 10730 Artesia Blvd., Cerritos, CA 90703
Description: 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
Phone: (714) 532-3916 (Se habla español)
Website: www.rio-rehab.org
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: 550 N. Parkcenter Dr., Suite 102, Santa Ana, CA 92705
Description: The mission of Special Olympics Southern California is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities.

Spirit League
E-mail: 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: (877) 966-SURF  
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.

“Shooting Stars” Basketball League – Saddleback Valley Community Services  
Phone: 949-768-0981  
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.

The Rinks, Yorba Linda Ice  
Phone: (714) 692-8776  
Website: www.yorbalindaicerink.com  
Address: 23641 La Palma, Yorba Linda, CA 92887  
Description: Ice skating, parties and special events.

Therapeutic Riding Center of Huntington Beach  
Phone: (714) 848-0966  
Website: www.trchb.org  
Address: 18381 Goldenwest St., Huntington Beach, CA 92648  
Description: The Therapeutic Riding Center of Huntington Beach (TRCHB) provides equine assisted therapy for children and adults with a wide range of disabilities. Therapeutic riding is appropriate for most children and adults with autism, cerebral palsy, learning disabilities, ADHD, Muscular Dystrophy, Multiple Sclerosis, Paralysis, Amputations, Down Syndrome, PTSD, Stress disorders and more. "The spirit that overcomes disabilities"

UCP of Orange County  
Phone: (949) 333-6400  
Website: www.ucp-oc.org  
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.

Waterworks Aquatics  
Phone: (949) 450-0777  
Email: info@www.waterworksswim.com  
Website: www.waterworksswim.com  
Address: 25 Waterworks Way, Irvine, CA 92618  
Description: Ages3 months to adult. Educate and motivate people of all ages to be safer and learn proper swimming techniques.
Wellness Center
Phone: (714) 919-0280
Email: drgedissman@leankids.net
Website: www.leankids.net
Address: 1515 S. Broadway, Santa Ana, CA 92707
Description: A pediatrician directed health, nutrition and fitness program to manage weight, Well being, Nutrition & Fitness for ages 4-19. They offer 10-week intensive programs that run throughout the year. Bilingual.

Yoga with Julie
Phone: (949) 689-7718
Email: juliereister@mac.com
Classes formerly held at DSAOC, United Cerebral Palsy. Also at Hope University since 1995.
Description: 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
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: one-to-one friendships, integrated employment, and various recreational 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 – City of Laguna Hills  
*Phone:* (949) 707-2683  
*Website:* [www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us)  
*Address:* 25555 Alicia Pkwy, Laguna Hills, CA  92653  
*Description:* Monthly dances and social activities for young adults ages 13 and older, of all abilities.

City of Irvine Disability Services Recreation  
*Contact:* Tiffany Breshears  
*Phone:* (949) 724-6637  
*Website:* [www.irvinedisabilityservices.org](http://www.irvinedisabilityservices.org)  
*Address:* 20 Lake Road, Irvine, CA  92614  
*Description:* Various themed dances every other month for ages 16 and older. Movies, yoga and bowling are just some of the activities offered by the city.

Dance For Adults With Disabilities-City of Placentia  
*Phone:* (714) 993-8232  
*Website:* [www.placentia.org](http://www.placentia.org)  
*Address:* 201 N. Bradford, Placentia, CA  92870  
*Description:* Dance for adults with special needs, ages 18 and older. Supervision, food and drinks are provided at all dances 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  
*Phone:* (714) 593-4400  
*Website:* [www.fountainvalley.org](http://www.fountainvalley.org)  
*Address:* 16400 Brookhurst, Fountain Valley, CA  92708 (Brookhurst and Heil)  
*Description:* Dancing for adults with disabilities at the Fountain Valley Recreation Center presented by the City of Fountain Valley. Dance is every other month beginning in February of 2010 from 7 to 9 p.m. Tickets are $1.00 each and include snacks and a door prize raffle.

Epilepsy Foundation  
*Phone:* (310) 670-2870 (services handled by LA Chapter)  
*Address:* 2973 Harbor Blvd. Ste. 335, Costa Mesa, CA  92626  
*Email:* info@epilepsyfoundation.org  
*Website:* [www.endepilepsy.org](http://www.endepilepsy.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](http://www.friendshipcircleoc.org)  
*Address:* 2865 E. Coast Highway Ste. 340, Corona Del Mar, CA 92625  
*Description:* The Friendship Circle extends a helping hand to families who have children with special needs and involves them in a full range of social experiences.

Girl Scouts  
*Phone:* (949) 461-8800  
*Website:* [www.gscoc.com](http://www.gscoc.com)  
*Address:* Troops offered in various locations  
*Description:* Inclusive troops throughout Orange County are offered to girls ages 5-17.

Integrity House  
*Phone:* (714) 542-0855  
*Website:* [www.allianceofabilities.org](http://www.allianceofabilities.org)  
*Address:* 2043 N. Broadway, Santa Ana, CA  92706  
*Description:* A clubhouse committed to helping with the social, independent living and housing needs of adults with intellectual disabilities.
**Project Independence**  
*Contact:* Kristen Coolz  
*Phone:* (714) 549-3464 ext. 227  
*Email:* kcook@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**  
*Contact:* Julie Reister  
*Phone:* (949) 689-7718  
*Email:* juliareister@mac.com  
*Address:* Out and about in public – depending on individual’s idea of fun!  
*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:* Throughout Orange County  
*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**  
**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  
Description: Call for additional details.

Music For Special Students
Contact: Don Hallman  
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.
Contact: Christine Deelo  
Phone: (714) 348-4248  
E-mail: Cm@mckeemusictherapy.com  
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.

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  
*Email:* taylormusichtherapy@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@ocde.us  
*Website:* [www.ocde.us/VSA/Pages](http://www.ocde.us/VSA/Pages)  
*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.

## Camps

American Camp Association  
*Website:* find.acacamps.org  
*Description:* 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  
*Phone:* (562) 985-7969  
*Email:* Campnugget@ymail.com  
*Website:* [www.csulb.edu/colleges/chhs/departments/kin/community/campnugget](http://www.csulb.edu/colleges/chhs/departments/kin/community/campnugget)  
*Address:* California State University, Long Beach, CA  
Department of Kinesiology and Physical Education  
1250 Bellflower Ave, Long Beach, CA  90840  
*Description:* Camp Nugget is a summer day camp program for children with special needs. Activities include: swimming, sports, games, fitness and relaxation. Age range is 5-12 years of age.

Camp Paivika, with AbilityFirst  
*Phone:* (909) 338-1102 (ext. 101)  
*Website:* [www.abilityfirst.org](http://www.abilityfirst.org)  
*Address:* Crestline, CA  
*Description:* Residential camp of 7-8 days for people ages 7-70 of all abilities. Located in Crestline, this camp offers arts and crafts, swimming, horseback riding, and other camp activities.

Camp Scherman  
*Phone:* (949) 461-8800  
*Website:* [www.gscoc.org](http://www.gscoc.org)  
*Address:* Near Lake Hemet, CA  
*Description:* Whether your daughter is a Girl Scout or not, she can enjoy this resident camp and experience horseback riding, horse care, archery, camp songs, and much more. Awareness Aides are available but girls must be able to take care of own toileting, bathing and feeding. For girls in second grade through 18 years old.

Easter Seals- Southern California Region  
*Phone:* (800) 221-6827  
*Website:* [www.easter-seals.org](http://www.easter-seals.org)  
*Address:* check website for location near you  
*Description:* Day and residential camp sessions are available to people of all ages and abilities.
Inside The Outdoors
Phone: (714) 708-3885
Website: www.insidetheoutdoors.org
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 is 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 of special needs. 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.

Autism on the Seas
Website: www.AutismontheSeas.com
Address: Varies-refer to website
Description: Provides group cruises accommodating guests of families and individuals with Autism, Asperger’s syndrome.

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.

Challenge Air For Kids and Friends
Phone: (877) 359-5437
Website: www.challengeair.com
Description: Challenge Air builds self-esteem and confidence in children and youth with special needs, through the experience of flight.

Epilepsy Foundation Greater Los Angeles
Phone: (800) 564-0445
Address: 5777 W. Century Blvd., Suite 820, Los Angeles, CA 90045
Website: www.epilepsyfoundationla.org
Description: Teen Retreat: One week in the San Bernardino Mountains for teens with epilepsy between 12 and 19 years old. Winter Retreat for Adults: Recreational weekend for adults with epilepsy.
New Directions Holiday and Vacation Travel  
*Phone:* (888) 967-2841  
*Website:* [www.newdirectionstravel.org](http://www.newdirectionstravel.org)  
*Address:* 5276 Hollister Ave., Suite 207, Santa Barbara, CA 93111  
*Description:* 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  
*Phone:* (619) 525-8247  
*Address:* 3325 Zoo Drive, San Diego, CA 92101  
*Description:* Recreational activities throughout San Diego for all ages and abilities include water, snow, wheelchair, handcycle sports, community excursions, crafts, dances, bowling, and many other activities scheduled throughout the year.

U.S. Adaptive Recreation Center  
*Phone:* (909) 584-0269  
*Website:* [www.usarc.org](http://www.usarc.org)  
*Address:* 43101 Goldmine Drive, Big Bear Lake, CA 92315  
*Description:* Individuals with cognitive and physical disabilities can enjoy snow skiing, water skiing, kayaking, sailing, fishing, off-road access for wheelchairs and camping. Ages 5 and older.

Wheelchair Tennis  
*Contact:* Dee Henry, Coach  
*Phone:* (562) 944-0351, ext. 5931  
*Email:* [dee.henry@biola.edu](mailto:dee.henry@biola.edu)  
*Website:* [www.biola.edu/tennis](http://www.biola.edu/tennis)  
*Address:* Biola University, La Mirada, CA 90639  
*Description:* Dee Henry, Biola tennis coach, has had experience working with a number of people who use wheelchairs, helping them to experience the game of tennis. A wheelchair tennis program exists at Biola and Ms. Henry is available for individual lessons. Appropriate for individuals ages 10 and older.

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 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. Go to [www.store.usgs.gov/pass/access.html](http://www.store.usgs.gov/pass/access.html) for additional information.
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 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 information was updated as of May of 2014. If there are any additions or changes, please contact Jacqui Knudsen at (714) 796-5299 or e-mail jknudsen@rcocdd.com.

Notes