

Recreation Resource Guide

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Regional Center of Orange County
and
Comfort Connection Family Resource Center

RCOC 714-796-5100
Comfort Connection 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 a provider in person, inquire over the phone, or by email, 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 the person's individual needs.

The specific details of these programs may change periodically. In addition, you may want to 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, such as 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 or email ccfrc@rcocdd.com.

Recreation Resource Guide

Table of Contents

Recreation	Page 1-5
Social Opportunities	Page 5-7
The Arts	Page 7-9
Camps	Page 9-10
Outside of Orange County	Page 10-11
Universally Accessible Parks	Page 11-12
Other	Page 12

Recreation Resource Guide

Recreation Opportunities

Aliso Viejo Ice Palace

Phone: (949) 643-9648

Website: www.vicepalace.com

Address: 9 Journey, Aliso Viejo, 92656

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

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

Phone: (800) 872-2976 (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: info@bigfungymnastics.com

Website: www.bigfungymnastics.com

Address: Call for location near you

Description: Gymnastics and occupational therapy services for children with special needs.

Bowling Leagues at Saddleback Lanes

Phone: (949) 586-5300

Website: www.saddlebacklanes.net

Address: 25402 Marguerite Parkway, Mission Viejo 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

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 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).

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-defensive techniques are taught including kicking, punching, and blocking, thereby providing benefits in gross motor, sensory, cognitive and psychosocial functioning. All instructors are certified Occupational Therapists and have black belts in karate. Occupational Therapy principles are combined with martial arts skills.

Kingpin Bowling League at Irvine Lanes (City of Irvine Disability Services)

Phone: (949) 724-6637

Website: www.irvinedisabilityservices.org

Address: 3415 Michelson Drive, Irvine 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 intellectually challenged girls

Contact: Doug Mansfield

Phone: (949) 495-3878

Email: Lisamansfield@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

Website: www.ocmiracleleague.com

Address: Pioneer Park, 2625 E. Underhill, Anaheim – Games are played here

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. Minimum age to play is 5 years old. Financial aid is provided if you are not able to pay for tuition. This league is fee free .

Orange County Marine Institute

Phone: (949) 496-2274

Website: www.ocean-institute.org

Address: 24200 Dana Point Harbor Drive, Dana Point 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

Address: 1208 N. Tustin, Orange 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: Tom West

Phone: (949) 290-8222

Websites: www.hbpwf.org

Email: president@hbpwf.org

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

Ride Your Horse! Therapeutic Riding Program

Phone (714) 292-3563

Email: darlene@rideyourhorse.com

Website: www.rideyourhorse.com

Address: 10730 Artesia Blvd., Cerritos 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)

Address: 1800 E. La Veta, Orange, 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, private lessons, 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, 92675

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

Special Fishies

Phone: (714) 352-9714

Website: www.littlefishiesswimschool.com/

Description: Little Fishies Swim School's teaching method focuses on safety as well as building a child's confidence, increasing self-esteem, and creating a lifelong love of the water. Learning through play and tailoring each class to your child's needs and goals.

Special Olympics- Orange County Division

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

Website: www.sosc.org

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

Spirit League

Phone: (714) 417-9553

E-mail: info@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, 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, 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

Address: 24701 San Doval Lane, Mission Viejo, 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, 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, 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, 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, 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, 92618

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

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**

Website: www.oc4h.org

Address: University of CA, Cooperative Extension O.C., 1045 Arlington Dr., Costa Mesa, 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, 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) 788-9658

Website: www.campfireusaoc.org

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

Address: 25555 Alicia Pkwy, Laguna Hills, 92653

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

City of Irvine Disability Services Recreation

Contact: Tiffany Sanchez

Phone: (949) 724-6637

Website: www.cityofirvine.org/disability-services

Address: 20 Lake Road, Irvine, 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

Address: 201 N. Bradford, Placentia, 92870

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

Dance For Adults With Disabilities-City of Fountain Valley

Website: www.fountainvalley.org

Address: 16400 Brookhurst, Fountain Valley, 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.

The Friendship Circle

Phone: (949) 721-9800

Website: www.friendshipcircleoc.org

Address: 2240 University Drive, Newport Beach, CA 92660

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

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

Address: 2043 N. Broadway, Santa Ana, 92706

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

Project Independence

Contact: Kristen Cook

Phone: (714) 549-3464 ext. 227

Email: kcook@proindependence.org

Website: www.proindependence.org

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

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

Tuesday Night Together at First Presbyterian Church of Orange

Phone: (714) 538-2341

Website: www.firstpresorange.org

Address: 191 North Orange, Orange, 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, 92691

Description: Club house for adults 18 and older.

YMCA New Horizons

Phone: (714) 508-7654

Website: www.ymcaoc.org

Address: 13821 Newport Ave, Suite 100, Tustin, 92780

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

Young Life's High Rollers

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

Mailing Address: 102 Avenida Lucia Apt. #A, San Clemente, 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

CF Dance Academy

Contact: Jessica Anderson

Phone: (714) 870-5742

Website: www.cfdance.net

Description: CF Dance Academy currently offers beginning to advanced classes for dancers as young as 2 years old through teen and adult age groups. The majority of dance programs are performance-based, rather than competition-based and designed for dancers with special needs.

Children's Cerebral Palsy Movement

Contact: Debbie Fragner

Phone: (714) 746-4085

Email: www.childrencerebralpalsymovement.org/

Description: An innovative therapeutic dance intervention in the guise of a group ballet class for children ages 7-11 with cerebral palsy or similar conditions.

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.

Music For Special Students

Contact: Don Hallman

Phone: (714) 222-5079

Email: hallmanrfun@verizon.net

Address: 12671 Buaro St., Garden Grove, 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 McKee, MT-BC

Phone: (714) 348-4248

E-mail: Cm@ocmusictherapy.com

Website: www.ocmusictherapy.com

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

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

No Limits

Contact: Carla Hutchison

Phone: (714) 779-3545

Email: Carla.Hutchison@McCoyRigby.com

Address: 22601 La Palma Ave., Suite 105, Yorba Linda

Description: Every dancer will be paired with a buddy. Flexible, encouraging and individualized instruction so each participant experiences support. Class will work on a short routine weekly for a small performance at the end of the session.

Orange County Performing Arts Center

Phone: (714) 556-2121

Website: www.scsta.org

Address: 600 Town Center Drive, Costa Mesa, 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, 92706

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

Performing and Visual Arts Workshops

Phone: (562) 982-0247

Website: www.artsandservices.org

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

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

Piano and Voice Lessons

Contact: Beth Syverson

Phone: (714) 376-6666

Email: beth@bethsyverson.com

Website: www.bethsyverson.com

Address: 2845 Mesa Verde East, Costa Mesa, 92626

Description: Beth has 10+ years of experience teaching music lessons to students with special needs. She teaches Braille Music Code to visually impaired pianists, and can teach children or adults with any physical or intellectual disability. Also teaches at Coastline Community College.

Tustin Dance Center

Phone: (714) 544-3072

Website: tustindance.com

Address: 14662 Franklin Ave., Suite C, Tustin, 92870

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

VSA Orange County

Phone: (714) 966-4303

Email: pberenbeim@ocde.us

Website: www.ocde.us/VSA

Address: 200 Kalmus Dr., Costa Mesa, 92626

Description: **Very Special Arts** - 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: www.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@gmail.com

Address: California State University, Long Beach,
Department of Kinesiology and Physical Education
1250 Bellflower Ave, Long Beach, 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 5001)

Email: kkunsek@abilityfirst.org

Website: www.abilityfirst.org

Address: Cedarpines, CA 92322

Description: Residential camps for children and adults with disabilities to experience spiritual, emotional, mental and physical growth. For more than 30 years, these camps have been helping campers the opportunity to create friendships and memories to last a lifetime.

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 second grade through 18 years old.

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.

The Friendship Circle

Phone: (949) 721-9800

Website: www.friendshipcircleoc.org

Address: 2240 University Drive, Newport Beach, CA 92660

Description: The Friendship Circle offers a variety of activities to children with special needs including Summer and Winter Day Camps.

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.

Opportunity Matters

Website: www.OM2E.org

Address: 191 N. Orange St., Orange, 92866

Description: Opportunity Matters is a non-profit organization devoted to providing activities and opportunities for children with developmental disabilities and their families. The curriculum includes independent living skills, vocational skills, motor skills and cognitive skills. Camp is for ages 4-18 and is held from 9 a.m. to 3 p.m. throughout the summer months.

The Painted Turtle

Website: www.thepaintedturtle.org

Phone: (310) 451-1353

Address: 1300 4th Street, Ste. 300, Santa Monica, CA 90401 (Administrative Office)

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

ReCreation Weekend Getaway & ACE

Phone: (714) 347-9627

Email: Camp@ccoc.org

Website: www.ReCreationCampOC.com

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

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.epilepsyfoundationgla.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

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

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

Address: 3325 Zoo Drive, San Diego, CA 92101

Description: Recreational activities throughout San Diego for all ages and abilities include water, snow, wheelchair, handcycling 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

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.

Universally Accessible Parks

Box Canyon Park: Accessible Playground for All Pirates and Knights

Website: <http://funorangecountyparks.com/2010/06/box-canyon-park-yorba-linda.html>

Address: 23400 Foxtail Drive, Yorba Linda, 92887

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

Courtney's SandCastle: Universal Playground & Sensory Garden

Phone: (949) 321-8264

Website: <http://courtneyssandcastle.com>

Address: 987 Avenida Vista Hermosa, San Clemente, 92673

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

Heritage Park: Irvine with Water Play Fountains

Phone: (949) 321-8264

Website: <http://funorangecountyparks.com/2010/10/heritage-park-irvine.html>

Address: 14301 Yale Avenue, Irvine, 92604

Description: Easy to see the kids from most points in the park. There's also an accessible "boat" and a ramp that fits a wheelchair. The best way to make it rock is for an adult to stand in the middle and almost do lunges back-and-forth.

Pavion Park

Website: <http://funorangecountyparks.com/2010/08/pavion-park-mission-viejo.html>

Address: 24051 Pavion, Mission Viejo,

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

Pittsford Park: Trike Course on the Accessible Red Playground

Website: <http://funorangecountyparks.com/2008/11/pittsford-park-lake-forest.html>

Address: 21701 Pittsford Dr., Lake Forest, CA 92630

Description: This playground allows children with mobility challenges and/or developmental delays to play freely. It also provides better access for parents and seniors with disabilities. Also includes a rubberized surface, double-wide ramps, play equipment with music and water features, as well as a fence to keep children secure. It's brilliant red with even the upper levels accessible to wheelchairs. A cars/roadway theme provides little people with stop and yield signs and a trike course.

TeWinkle Park: Angel's Playground

Website: <http://funorangecountyparks.com/2008/11/tewinkle-park-costa-mesa-angels-playground.html>

Address: 885 Junípero Dr., Costa Mesa, 92626

Description: Completely "barrier-free," universally accessible and ADA compliant. Kids of all ages and abilities are drawn to the moving sled/car/boat, where they can travel to anywhere their imagination takes them. This playground allows children with disabilities to play side by side with their peers, creating a truly integrated play environment where compassion and acceptance can flourish.

Other**Beach Wheelchairs**

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

All of the beaches listed below own their own wheelchairs and lend them free of charge. Users may be asked to leave a form of personal identification while borrowing the chair. Chairs are most commonly available from a lifeguard or the entrance kiosk at a beach, although a few are handled by concessionaires whose names appear on the list. Some may be reserved ahead of time, while others are available on a first-come, first-served basis. Call ahead for availability.

San Clemente State Beach, San Clemente, (949) 492-5172

San Clemente City Beach, (949) 361-8219

Doheny State Beach, Dana Point, (949) 496-6172

Salt Creek Beach Park, South Laguna, (949) 276-5050

Aliso Beach, South Laguna, (949) 276-5050

Main Beach, Laguna Beach, (949) 494-6572

Crystal Cove State Park, Newport Coast, (949) 494-3539

Corona del Mar State Beach, Corona del Mar, (949) 644-3047

Balboa Beach, Newport Beach, (949) 644-3047
Newport Beach, (949) 644-3047
Huntington State Beach, Huntington Beach, (714) 374-0602
Huntington City Beach at Dwight's Beach Concession, 201 Pacific Coast Highway, (714) 536-8083
Bolsa Chica State Beach, (714) 846-3460 or (714) 377-5691
Seal Beach, (562) 430-2613

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

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

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

Goodwill Fitness Center

Phone: (888) 623-4823

Address: 1601 East St. Andrew Place, Santa Ana, CA 92705

Website: www.ocgoodwill-fitnesscenter.org

Description: Orange County's only fitness center designed specifically for people living with physical disabilities or chronic illness. In this state-of-the-art, 12,000 square –foot facility, you have access to exercise equipment and knowledgeable staff to work with you in creating a personalized stay-fit program.

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.

Notes