Recreation Resource Guide
Updated January of 2017

Regional Center of Orange County
and
Comfort Connection Family Resource Center

RCOC  714-796-5100
Comfort Connection 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 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.
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The following information was updated as of December of 2016 and is subject to change at any time. If there are any additions or changes, please contact Comfort Connection Family Resource Center at (714) 558-5400 or email cefrc@rcocdd.com.
Recreation Resource Guide

Recreation Opportunities

**Aliso Viejo Ice Palace**
*Phone:* (949) 643-9648  
*Website:* [www.avicepalace.com](http://www.avicepalace.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 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.irvedisabilityservices.org](http://www.irvedisabilityservices.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.childrenscerebralpalsymovement.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](http://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](http://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@ymail.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](http://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](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.

### The Friendship Circle  
*Phone:* (949) 721-9800  
*Website:* [www.friendshipcircleoc.org](http://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](http://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](http://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](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.

### Universally Accessible Parks

**Box Canyon Park: Accessible Playground for All Pirates and Knights**  
**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](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
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
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 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

**Goodwill Fitness Center**
*Phone:* (888) 623-4823  
*Address:* 1601 East St. Andrew Place, Santa Ana, CA 92705  
*Website:* [www.ocgoodwill-fitnesscenter.org](http://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](http://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**