Recreation Resource Guide
Updated June 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.
The following information was updated as of June of 2017 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 ccfrc@rcocdd.com.

Recreation Resource Guide

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Recreation Resource Guide

Recreation Opportunities

ACEing Autism
Phone: (310) 401-0544
Email: info@aceingautism.org
Website: www.aceingautism.org
Address: Call for location near you
Description: ACEing Autism was created to enhance the lives of children and families with autism through tennis.

Aliso Viejo Ice Palace
Phone: (949) 643-9648
Website: 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
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.

Fish for Life
Contact: Jim Holden
Phone: (949) 285-8819
Email: jim@fishforlife.org
Website: fishforlife.org
Description: Fish for Life is an organization with a charter to enhance the lives of special needs individuals by inviting selected group to enjoy a complimentary half day fishing trip on the sea.

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.

Makapo Aquatics Project
Contact: RJ De Rama
Phone: (949) 466-6800
Email: info@makapo.org
Website: www.makapo.org
Address: 1 Whitecliffs Dr., Newport Beach, CA
Description: Makapo Aquatic Project is a blind and visually impaired canoe club in Orange County that provides classes for teaching about joys of paddling.
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](http://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](http://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](http://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](http://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](http://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](http://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](http://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
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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](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, 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

A Dance Class For Me  
Contact: Elizabeth Rose Chacon  
Phone: (818) 425-4129  
Email: ewizabephamtp@gmail.com  
Website: www.ercamtprovider.com  
Address: P.O. Box 4681, Huntington Beach, CA 92605  
Description: Dance classes for children with Special Needs.

CF Dance Academy  
Contact: Jessica Anderson  
Phone: (714) 870-5742  
Website: www.cfdance.net  
Address: 109 S. Harbor Blvd., Fullerton, CA 92832
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.

Dare to Dance  
Phone: (205) 420-1292  
Email: daretodancehb@gmail.com  
Website: www.daretodancehb.org  
Address: Murdy Community Center, 7000 Norma Dr., Huntington Beach, CA 92647  
Description: Ballroom classes designed for individuals 16+ with special needs and developmental disabilities.

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.

Hope Center for the Arts  
Phone: (714)778-4440  
Email: info@hope4arts.org  
Website: www.hope4arts.org  
Address: 121 S. Citron Street, Anaheim, CA 92805  
Description: Multi-faceted visual and performing arts program designed to serve individuals discovering and displaying their talent, interest and motivation within the arts.

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

The ARC of San Diego
Phone: (619) 685-1175
Email: info@arc-sd.com
Website: www.arc-sd.com
Address: 3030 Market Street, San Diego, CA 92102
Description: The Arc of San Diego's traditional resident summer camp for children, teens, and adults with intellectual and developmental disabilities offers a relaxing week at a local residential camp. Days are filled with swimming, hiking, sports, field trips, sing-a-longs, talent shows, dances, arts & crafts, and carnivals.
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.

Camps James
Phone: (949) 729-1098
Email: directors@campjames.com
Website: www.campjames.com
Address: 101 N. Bayside Drive, Newport Beach, CA 92660
Description: Camp James is a traditional style day camp offered in a natural, outdoor environment. Activities offer includes archery, arts & crafts, boating, martial arts, swimming, and much more.

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
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 to Everyone
Phone: (949) 922-5193
Email: Info@OM2E.org
Website: www.OM2E.org
Address: 191 N. Orange St., Orange, CA 92866
Description: OME's Camp is an all-day summer day camp program for children with developmental disabilities. OME's camp will embed acquisition skill sets into the curriculum for independent living skills, vocational skills, art skills, motor skills, and cognitive skills. Age range is 4-18 years old.

The Painted Turtle
Phone: (310) 451-1353
Website: www.thepaintedturtle.org
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.

RAD Camp
Phone: (949) 387-5219
Email: camp@radcamp.org
Website: www.radcamp.org
Address: 2 Irvine Park Road, Orange, CA 92869
Description: RAD Camps provide a summer camp for adults 18 years of age and older, and RAD Jr. for children 4 to 17 years of age. Activities include arts and crafts, drama, music, dance, and swimming.

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.

Stepping Forward Summer C.A.M.P
Phone: (949) 333-1209
Website: http://www.steppingforwardcounselingcenter.com/summer.html
Address: 15375 Barranca Pkwy., Irvine, CA 92618
Description: A therapeutic sport and social skills day camp, provided many activities such as: Therapeutic Horseback Riding, Swimming, Yoga, Drama, Academic Programs, Arts & Crafts, Video Game Competition Camp Out, Color War, Field Trips, Kayaking / Sailing, Rock Climbing, Helicopter Rides, and so much more.

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.epilepsyfoundationglagla.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, 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
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
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

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.

Recreation Access Motivating People
Phone: (562) 592-1091
Email: info@rampitup.org
Website: www.rampitup.org
Address: PO Box 1248, Sunset Beach, CA 90742

Description: RAMP is a nonprofit corporation dedicated to providing adaptive recreation opportunities, resources and instruction to physically and cognitively challenged people of all ages.