

# Recreation Resource Guide

Updated May 2019



## 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 and recreational programs 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 you are inquiring on behalf of someone who has special needs and you would like to ask a few questions about the program. We realize that not all of these questions may apply to your situation, but you may use them as a guideline to ask relevant questions for your family.

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 intellectual disabilities that you know of at this time?
- What is your adult 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 and social opportunities. For additional resource information, please contact Comfort Connection Family Resource Center at (714) 558-5400 or email [ccfrc@rcocdd.com](mailto:ccfrc@rcocdd.com).



**Comfort Connection  
Family Resource Center**

# Recreation Resource Guide

## Table of Contents

Recreation	Pages 1-6
Social Opportunities	Pages 7-9
The Arts	Pages 9-11
Camps	Pages 12-14
Outside of Orange County	Pages 14-15
Universally Accessible Parks	Pages 15-16
Airport Travel	Pages 16-17
Other	Pages 17-18

*The following information was updated as of May of 2019 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 [ccfre@rcocdd.com](mailto:ccfre@rcocdd.com).*

# Recreation Resource Guide

## Recreation Opportunities

### **ACEing Autism**

*Phone:* (310) 401-0544

*Email:* [info@aceingautism.org](mailto:info@aceingautism.org)

*Website:* [www.aceingautism.org](http://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](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

*Other language spoken:* Spanish

*Email:* [vip@ayso.org](mailto:vip@ayso.org)

*Website:* [www.ayso.org/VIP](http://www.ayso.org/VIP)

*Address:* call 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 - Hoopstars Basketball**

#### **Fullerton:**

*Contact:* Robin Preston

*Phone:* (714) 732-7555

*Email:* [hoopstarsbb@roadrunner.com](mailto: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.

#### **Anaheim:**

*Contact:* Shelby Young

*Phone:* (714) 222-9833

*Email:* [hoopstars.anaheim@gmail.com](mailto:hoopstars.anaheim@gmail.com)

### **Best Day Foundation**

*Contact:* Clayton Beaver

*Phone:* (949) 923-7414

*Email:* [clayton@bestdayfoundation.org](mailto:clayton@bestdayfoundation.org)

*Website:* [www.bestdayfoundation.org](http://www.bestdayfoundation.org)

*Description:* Best Day Foundation is a volunteer organization that helps children with special needs build confidence and self-esteem through safe, fun, adventure activities like surfing, bodyboarding, kayaking, snow sports, and more.

### **Big Fun Gymnastics**

*Phone:* (310) 837-7849

*Email:* [info@bigfungymnastics.com](mailto: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

*Other language spoken:* Spanish

*Email:* [info@saddlebacklanes.com](mailto:info@saddlebacklanes.com)

*Website:* [www.saddlebacklanes.com](http://www.saddlebacklanes.com)

*Address:* 25402 Marguerite Parkway, Mission Viejo, 92692

*Description:* Adaptive weekly bowling leagues for all ages and abilities all year round; tournaments throughout Saddleback and Capistrano Unified School Districts.

### **Cal South TOPSoccer**

*Contact:* Sandy Castillo, CalSouth TOPSoccer Chairperson

*Phone:* (714) 524-3354

*Other languages spoken:* Spanish and Vietnamese

*Email:* [sandjules13@gmail.com](mailto:sandjules13@gmail.com)

*Description:* This program provides soccer opportunities for all ages.

### **Challenger Division of Little League Baseball**

*Contact:* Denny and Kelly Curran for a team near Orange, Santa Ana, Tustin and Villa Park areas

*Phone:* (714) 744-6581

*Email:* [Kcurran@sycr.com](mailto:Kcurran@sycr.com)

*Spanish Contact:* Yannett Andaya

*Phone:* (714) 204-6231

*Email:* [nealichallenger@gmail.com](mailto:nealichallenger@gmail.com)

*Other language spoken:* Spanish

*Address:* Various team locations throughout Orange County

*Description:* Girls and boys of all abilities play. Ages 4 – 26, 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.

### **Cypress Youth Baseball**

*Contact:* Sherman Havelaar

*Phone:* (657) 214-0427

*Website:* [www.cypressyouthbaseball.org](http://www.cypressyouthbaseball.org)

*Address:* P.O Box 1435, Cypress, 90630

*Description:* Cypress Youth Baseball is offered at no charge to special needs players ages 4 to adults during Spring.

### **Fish for Life**

*Contact:* Jim Holden

*Phone:* (949) 285-8819

*Email:* [jim@fishforlife.org](mailto:jim@fishforlife.org)

*Website:* [www.fishforlife.org](http://www.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:* [info@heartofsailing.org](mailto:info@heartofsailing.org)

*Address:* Dana Point Marina, P.O. Box 4073, Dana Point, 92629

*Description:* A nautical adventure for children with special needs. Ages 8-18 (exceptions made for ages 3 to 60 years old).

### **Karate For All**

*Phone:* (714) 731-4668

*Email:* [karateforall@cox.net](mailto: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 3-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.yourirvine.org](http://www.yourirvine.org)

*Address:* 1 Civic Center Plaza, Irvine, 92606

*Description:* Adaptive bowling for all disabilities ages 16 and over from March to June and September to December

### **Koala Swim School**

*Phone:* (714) 720-4825

*Contact:* Kenneth Martinez, Swim Instructor

*Email:* [sportsmedken@hotmail.com](mailto:sportsmedken@hotmail.com)

*Address:* Call for location.

*Description:* Koala Swim School offers lessons for individuals of all ages, from infants to adults.

### **Laguna Niguel Girls Softball**

#### **CHAMPS Program for intellectually challenged girls**

*Contact:* Tracy Gaitley

*Phone:* (703) 403-8330

*Email:* [tlgaitley@gmail.com](mailto:tlgaitley@gmail.com)

*Description:* Softball program for girls with intellectual challenges of all ages.

### **Makapo Aquatics Project**

*Phone:* (714) 868-6252

*Email:* [info@makapo.org](mailto:info@makapo.org)

*Website:* [www.makapo.org](http://www.makapo.org)

*Address:* 1 Whitecliffs Dr., Newport Beach, 92660

*Description:* The Makapo Aquatics Project provides inclusive outrigger paddling to disabled people of all ages. Competitive and recreational level programs are available to adults with vision impairments, their family, and friends. Youth programs serve a broader range of disabilities - cerebral palsy, blindness, cognitive delays, etc. Siblings and peers are welcome to join the program to give participants a unique opportunity to be on a team together.

### **Miracle League of Orange County**

*Contact:* Steel Morris

*Phone:* (714) 713-2512     *Spanish:* (714) 868-9679

*Other language spoken:* Spanish

*Website:* [www.ocmiracleleague.com](http://www.ocmiracleleague.com)

*Address:* Pioneer Park, 2565 E. Underhill, Anaheim

*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, which is safe for participants in wheelchairs and/or participants who use walkers. Minimum age to play is 3-4 years old. Financial aid is provided if you are not able to pay for tuition.

### **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.

### **Pop Warner Challenger Cheer/Football**

*Email:* [webmaster@hbpwf.org](mailto:webmaster@hbpwf.org)

*Websites:* [www.hbpwf.org](http://www.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**

*Contact:* Kristen Brook

Phone: (562) 677-4077

Email: [info@rideyourhorsecerritos.com](mailto:info@rideyourhorsecerritos.com)

Website: [www.rideyourhorsecerritos.com](http://www.rideyourhorsecerritos.com)

Address: B & B Stables, 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 to children and adults of all ages.

### **The Rinks, Yorba Linda Ice**

Phone: (714) 692-8776, ext 10

Email: [ylprogramoffice@therinks.com](mailto:ylprogramoffice@therinks.com)

Website: [www.yorbalindaicerink.com](http://www.yorbalindaicerink.com)

Address: 23641 La Palma, Yorba Linda, 92887

Description: Ice skating, parties and special events.

### **RIO/Sandpiper Swim School**

Contact: Sydney Velasquez

Phone: (714) 633-7400, ext 276

Other language spoken: Spanish

Address: 1800 E. La Veta, Orange, 92866

Website: [www.riorehab.org](http://www.riorehab.org)

Description: provides year-round adaptive swim lessons for individuals of all ages with special needs and disabilities. Pool is equipped with parallel bars and a mechanical lift to safely transition participants in and out of the water. Lessons are available by appointment only.

### **Rising Strides Therapeutic Riding and Healing**

Phone: 949-899-8869

Website: [www.risingstrides.com](http://www.risingstrides.com)

Address: Serrano Creek Ranch, 25200 Trabuco Rd. Lake Forest 92630

Description: Rising Strides provides a well-rounded approach to an outdoor activity that supports the growth of cognitive, social, emotional and physical health. Lessons provided to children ages 5 and older.

### **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.

### **“Shooting Stars” Basketball League – Saddleback Valley Community Services**

Contact: Laurie & Richard Jimenez

Email: [SVUSDShootingStars@gmail.com](mailto:SVUSDShootingStars@gmail.com)

Address: South County locations

Description: SVUSD Shooting Stars is a league for all levels of special needs players, 1st grade - Adult. Season: summer and winter.

### **Special Fishies**

Phone: (714) 352-9714

Other language spoken: Spanish

Email: [specialfishiesjp@gmail.com](mailto:specialfishiesjp@gmail.com)

Website: [www.specialfishies.org](http://www.specialfishies.org)

Address: 987 Avenida Vista Hermosa, San Clemente, 92673

Description: Special 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

*Other language spoken:* Spanish

*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](mailto: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. Scholarships available; visit website for details.

### **S.T.A.R. Program at Boys and Girls Club of Tustin**

*Phone:* (714) 838-5223

*Other language spoken:* Spanish

*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.

### **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 provides equine assisted therapy for children and adults with a wide range of disabilities.

### **Top Flight Hockey**

*Contact:* Tanner Privia

*Phone:* (714) 901-2629

*Email:* [tprivia@TheRinks.com](mailto:tprivia@TheRinks.com)

*Website:* <https://huntingtonbeachinline.therinks.com/top-flight/>

*Address:* 5555 W. McFadden Ave., Huntington Beach, 92649

*Description:* The Top Flight Street Hockey League is an eight-week hockey program designed for participants with special needs. During the eight-week program, players will participate in weekly practices focusing on the fundamentals of hockey including shooting, passing, stick handling, and will also play in weekly games.

### **UCP of Orange County**

*Phone:* (949) 333-6400

*Other language spoken:* Spanish

*Website:* [www.ucpoc.org](http://www.ucpoc.org)

*Address:* 980 Roosevelt, Suite 100, Irvine, 92620

*Description:* Recreation opportunities for all special needs. Classes include art, dance, martial arts and yoga.

### **United Studios of Self Defense – Martial Arts for All**

*Phone:* (949) 588-8773

*Email:* [fhruusd@att.net](mailto:fhruusd@att.net)

*Address:* 26756 Portola Pkwy. Ste. D, Foothill Ranch, 92610



*Description:* Martial art classes for special needs support the development of motor skills, promotes social skills through team building activities and teaches life skills such as respect and responsibility. Instructors who are knowledgeable in ABA understand the importance of positive reinforcements to increase desired behaviors.

### **Us Too Gymnastics**

*Phone:* (949) 716-1970

*Email:* [ustoogymnastics@yahoo.com](mailto: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

*Other language spoken:* Spanish

*Email:* [info@waterworksswim.com](mailto:info@waterworksswim.com)

*Website:* [www.waterworksswim.com](http://www.waterworksswim.com)

*Address:* 25 Waterworks Way, Irvine, 92618

New locations in Huntington Beach, Yorba Linda and Anaheim Hills

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

### **Williams Academy of Mixed Martial Arts**

*Contact:* Corey Williams

*Phone:* (714) 866-6929

*Email:* [theacademy.corey@gmail.com](mailto:theacademy.corey@gmail.com)

*Website:* [www.williamsmma.com](http://www.williamsmma.com)

*Address:* 8552 Warner Ave. Fountain Valley, 92708

*Description:* Williams Academy is dedicated to offering martial arts skills training to children ages 3 to adulthood with disabilities who need minimal assistance. Private lessons focus on the development of gross motor skills, motor planning, coordination, active listening skills, and self-defense techniques. Private lessons are tailored to the unique needs of each student's ability. Experienced instructors focus on safety as well as building the student's confidence, increasing self-esteem, and creating a personalized health and fitness program.

### **Yoga with Julie**

*Phone:* (949) 689-7718

*Email:* [juliereister@mac.com](mailto:juliereister@mac.com)

*Description:* Classes formerly held at DSAOC, United Cerebral Palsy and Hope University since 1995.

Tune in, chill out, shape up and experience a sense of calm and well being through Yoga. All ages and all abilities welcome. Private and group lessons available.

## Social Opportunities

### **4-H Youth Development Program**

*Phone:* (949) 653-1813

*Email:* [info@oc4h.org](mailto:info@oc4h.org)

*Website:* [www.oc4h.org](http://www.oc4h.org)

*Address:* University of CA, Cooperative Extension O.C., 7601 Irvine Blvd., Irvine, 92618

*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:* Tori Braden

*Phone:* (323) 291-0118

*Email:* [california@bestbuddies.org](mailto:california@bestbuddies.org)

*Website:* [www.bestbuddies.org](http://www.bestbuddies.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 or (714) 546-8558

*Other language spoken:* Spanish and Vietnamese

*Website:* [www.ocbsa.org](http://www.ocbsa.org)

*Address:* 1211 E. Dyer Rd., Santa Ana, CA 92705

*Description:* Inclusive troops are available to boys ages 7-17.

### **Boys and Girls Club**

*Phone:* (714) 530-0430

*Other language spoken:* Spanish and Vietnamese (depends on location)

*Website:* [www.bgca.org](http://www.bgca.org)

*Address:* Refer 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.

### **Circle of Friends – City of Laguna Hills**

*Phone:* (949) 707-2683

*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:* Cory Pawar

*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 Fountain Valley**

*Phone:* (714) 593-4446

*Other language spoken:* Spanish and Vietnamese

*Website:* [www.fountainvalley.org](http://www.fountainvalley.org)

*Address:* 17967 Bushard St., Fountain Valley, 92708

*Description:* Dancing for adults with disabilities at The Center at Founders Village, presented by the City of Fountain Valley. Dances are every other month from 7 to 9 p.m. Tickets are \$1.00 each and include snacks.

### **The Friendship Circle**

*Phone:* (949) 721-9800

*Email:* [info@friendshipcircleoc.org](mailto:info@friendshipcircleoc.org)

*Other language spoken:* Spanish

*Website:* [www.friendshipoc.org](http://www.friendshipoc.org)

*Address:* 2240 University Drive, Newport Beach, 92660

*Description:* The Friendship Circle extends a helping hand to families who have children with special needs, involving them in a full range of social and recreational programs. Friendship Circle provides a wide variety of activities, in a non-judgmental environment, that are designed to enhance family dynamics and build friendships through fun-filled programs, support groups and social opportunities.

### **Girl Scouts**

*Phone:* (949) 461-8800

*Other language spoken:* Spanish

*Website:* [www.girlscoutsoc.org](http://www.girlscoutsoc.org)

*Address:* Troops offered in various locations

*Description:* Inclusive troops throughout Orange County are offered to girls ages 5-17.

### **Integrity House & Harbour House**

*Phone:* (714) 542-0855

*Other language spoken:* Spanish

*Email:* [info@allianceofabilities.org](mailto:info@allianceofabilities.org)

*Website:* [www.allianceofabilities.org](http://www.allianceofabilities.org)

*Address:* 2043 N. Broadway, Santa Ana, 92706 and 27611 La Paz Rd., Ste C, Laguna Niguel, 92677

*Description:* Clubhouses are committed to helping with the social, independent living and housing needs of adults with intellectual disabilities.

### **Project Independence**

*Contact:* Todd Eckert

*Phone:* (714) 549-3464 ext. 273

*Other language spoken:* Spanish

*Email:* [Todd@proindependence.org](mailto:Todd@proindependence.org)

*Website:* [www.proindependence.org](http://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**

*Contact:* Liz Calvo at [lizc2806@aol.com](mailto:lizc2806@aol.com)

*Phone:* (714) 538-2341

*Website:* [www.firstpresorange.org/tnt/](http://www.firstpresorange.org/tnt/)

*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:* Melody Downey

*Phone:* (949) 837-7280 / (949) 294-9102 (cell)

*Other language spoken:* Spanish

*Email:* [mdowney@vocationalvisions.org](mailto:mdowney@vocationalvisions.org)

*Website:* [www.vocationalvisions.org](http://www.vocationalvisions.org)

*Address:* 23612 Alambre, Mission Viejo, 92691

*Description:* The Clubhouse offers a social and recreational program for adults 18 and older on Fridays and Saturdays. Members are free to participate in any of the daily activities or just hang out and socialize. A sample of some Clubhouse activities include: movies, dances, arts & crafts, sports and theme parties. Dinner is served for a minimal fee.

### **YMCA New Horizons**

*Phone:* (714) 508-7635

*Other language spoken:* Spanish

*Email:* [newhorizons@ymcaoc.org](mailto:newhorizons@ymcaoc.org)

*Website:* [www.ymcaoc.org](http://www.ymcaoc.org)

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

*Description:* Social recreation program for adults 18+ with intellectual disabilities.

### **Young Life Tustin**

*Phone:* (714) 501- 6543

*Website:* [www.younglife.org](http://www.younglife.org)

*Location:* Throughout Orange County

*Description:* Young Life is 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

*Other languages spoken:* Spanish, Vietnamese and Sign Language

*Email:* [ewizabephamp@gmail.com](mailto:ewizabephamp@gmail.com)

*Website:* [www.ercamtprovider.com](http://www.ercamtprovider.com)

*Address:* P.O. Box 4681, Huntington Beach, 92605

*Description:* Dance classes for children with special needs

### **CF Dance Academy**

*Contact:* Jessica Anderson

*Phone:* (714) 870-5742

*Email:* [info@cfdance.net](mailto:info@cfdance.net)

*Website:* [www.cfdance.net](http://www.cfdance.net)

*Description:* CF Dance Academy currently offers Everybody Dance Now for children of all ages. The majority of dance programs are performance-based, rather than competition-based and designed for dancers with special needs. Those needing 1:1 will be facilitated with a peer buddy. Tuition assistance may be available through Fullerton Cares Autism Coalition.

### **Children's Cerebral Palsy Movement**

*Contact:* Debbie Fragner

*Phone:* (714) 746-4085

*Email:* [debbie@ccpmovement.org](mailto:debbie@ccpmovement.org)

*Website:* [www.childrenscerebralpalsymovement.org/](http://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.

### **Down For Dance**

*Phone:* (949) 478-3224

*Email:* [info@downfordance.org](mailto:info@downfordance.org)

*Website:* [www.downfordance.org](http://www.downfordance.org)

*Address:* Locations vary

*Description:* A dance program for individuals with Down syndrome, ages 7 and older; scholarships available.

### **Friday Night Fun Time Dance**

*Phone:* (714) 960-8870

*Email:* [jvalinsky@surfcity-hb.org](mailto:jvalinsky@surfcity-hb.org)

*Website:* [www.huntingtonbeachca.gov](http://www.huntingtonbeachca.gov)

*Address:* Edison Community Center, 21377 Magnolia Street, Huntington Beach, 92646

*Description:* A monthly themed event for adults with special needs (3<sup>rd</sup> Friday of the month). A \$2 donation is suggested. Refreshments will be served.

### **Hope Center for the Arts**

*Phone:* (714)778-4440

*Other language spoken:* Spanish

*Email:* [info@hope4arts.org](mailto:info@hope4arts.org)

*Website:* [www.hope4arts.org](http://www.hope4arts.org)

*Address:* 121 S. Citron Street, Anaheim, 92805

*Description:* Multi-faceted visual and performing arts program designed to serve individuals discovering and displaying their talent, interest and motivation within the arts

### **Limitless Leaps**

*Contact:* Kelsey Fung

*Phone:* (310) 291-5916

*Email:* [info.limitlessleaps@gmail.com](mailto:info.limitlessleaps@gmail.com)

*Website:* [www.odysseydanceacademy.com](http://www.odysseydanceacademy.com)

*Address:* 2026 Quail Street, Newport Beach, 92660

*Description:* Offering donation-based dance classes to the special needs community. Students will learn a multitude of dance styles including jazz, tap, ballet and ballroom. Students ages 5 -11 years are welcome to join this class from 1:30-2:00 pm, and students ages 12+ welcome to join this class on Sundays from 2:15-3:15 pm at Odyssey Dance Academy.

### **McKee Music Therapy Services**

*Contact:* Christine Deelo, MT-BC

*Phone:* (714) 348-4248

*E-mail:* [cm@mckeeusictherapy.com](mailto:cm@mckeeusictherapy.com)

*Website:* [www.mckeeusictherapy.com](http://www.mckeeusictherapy.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 Creative Arts**

*Contact:* Carla Hutchison

*Phone:* (714) 381-5854

*Email:* [carla@nolimitscreativearts.com](mailto:carla@nolimitscreativearts.com)

*Website:* [www.nolimitscreativearts.com](http://www.nolimitscreativearts.com)

*Address:* 22601 La Palma Ave., Suite 105, Yorba Linda, 92887 and 5370 Katella Ave. Los Alamitos, 90720

*Description:* Dance, musical theater and tumbling classes for ages 5-18. Every class and dancer will get the opportunity to perform after every 8-week session. Our program is supported by Cal State Fullerton's Autism Center.

### **Orange County Performing Arts Center**

*Phone:* (714) 556-2121 Ext. 4337

*Other language spoken:* Spanish

*Email:* [community@scfta.org](mailto:community@scfta.org)

*Website:* [www.scfta.org](http://www.scfta.org)

*Address:* 600 Town Center Drive, Costa Mesa, 92696

*Description:* School of dance and music for children with disabilities. Broadway shows, ballet, symphonies, opera, choral performances, jazz, cabaret and children's programs.

### **Orange County Therapeutic Arts Center**

*Phone:* (714) 547-5468

*Other language spoken:* Spanish

*Website:* [www.occtac.org](http://www.occtac.org)

*Address:* 2215 N. Broadway, Santa Ana, 92706

*Description:* 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.

### **Piano and Voice Lessons**

*Contact:* Beth Syverson

*Phone:* (714) 376-6666

*Email:* [beth@bethsyverson.com](mailto:beth@bethsyverson.com)

*Website:* [www.bethsyverson.com](http://www.bethsyverson.com)

*Address:* 2845 Mesa Verde East, Costa Mesa, 92626

*Description:* Beth has 15+ 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. She also teaches at Coastline Community College.

### **Special Needs Ballroom Dance (via Definitely Dance)**

*Phone:* (205) 420-1292

*Email:* [info@definitelydance.org](mailto:info@definitelydance.org)

*Website:* [www.newportbeach.gov](http://www.newportbeach.gov) OR [www.definitelydance.org](http://www.definitelydance.org)

*Address:* Community Youth Center 3000 Fifth Ave, Corona del Mar, 92625

*Description:* Registration through (Recreation and Senior Services Dept.) Newport Navigator. Ballroom classes designed for individuals 16+ with special needs and developmental disabilities.

### **Straight Up Abilities**

*Contact:* Robin Olive

*Phone:* (310) 774-6523

*Email:* [straightupabilities@gmail.com](mailto:straightupabilities@gmail.com)

*Website:* [www.straightupabilities.com](http://www.straightupabilities.com)

*Address:* Call for locations

*Description:* Straight Up Abilities provides low-cost dance training to children and adults with intellectual or physical disabilities.

### **Tustin Dance Center**

*Phone:* (714) 544-3072

*Other language spoken:* Tagalog/Part-time Spanish staff available

*Email:* [tdcfrontdesk@gmail.com](mailto:tdcfrontdesk@gmail.com)

*Website:* [www.tustindance.com](http://www.tustindance.com)

*Address:* 14662 Franklin Ave., Suite C, Tustin, 92780

*Description:* Kindermusik classes are 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 (Very Special Arts) Orange County**

*Contact:* Phyllis Berenbeim

*Phone:* (714) 966-4303

*Email:* [pberenbeim@ocde.us](mailto:pberenbeim@ocde.us)

*Website:* [www.ocde.us/VSA/Pages/default.aspx](http://www.ocde.us/VSA/Pages/default.aspx)

*Address:* 200 Kalmus Dr., Costa Mesa, 92626

*Description:* Orange County Department of Education sponsors an annual event showcasing the talents of individuals of all ages with all disabilities through hands-on workshops and visual arts exhibits

## Camps

### **American Camp Association**

Website: [www.find.acacamps.org](http://www.find.acacamps.org)

Description: The American Camp Association is a comprehensive 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.

### **The ARC of San Diego**

Phone: (619) 685-1175

Other language spoken: Spanish

Email: [info@arc-sd.com](mailto:info@arc-sd.com)

Website: [www.arc-sd.com](http://www.arc-sd.com)

Address: 3030 Market Street, San Diego, 92102

Description: The ARC of San Diego's traditional residential summer Camp-A-Lot/Camp-A-Little is for children, teens, and adults with intellectual and developmental disabilities offering 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.

### **Camp James**

Phone: (949) 729-1098

Email: [directors@campjames.com](mailto:directors@campjames.com)

Website: [www.campjames.com](http://www.campjames.com)

Address: 101 N. Bayside Drive, Newport Beach, 92660

Description: Camp James is a traditional style day camp offered in a natural, outdoor environment. Activities include: archery, arts & crafts, boating, martial arts, swimming, and much more. Age range is 4-13 years of age.

### **Camp Nugget**

Phone: (562) 985-7969

Email: [campnugget@ymail.com](mailto:campnugget@ymail.com)

Website: [www.csulb.edu/campnugget](http://www.csulb.edu/campnugget)

Address: California State University, Long Beach,  
Department of Kinesiology and Physical Education  
1250 Bellflower Blvd., Long Beach, 90840

Description: Camp Nugget is a summer day camp program for children with special needs. Activities include: aquatics with swim instructor, physical fitness, dance, games and adapted sports. Age range is 5-12 years of age.

### **Camp Paivika, with AbilityFirst**

Phone: (909) 338-1102 ext. 5003

Other language spoken: Spanish

Email: [camppaivika@abilityfirst.org](mailto:camppaivika@abilityfirst.org)

Website: [www.abilityfirst.org/camp-paivika/](http://www.abilityfirst.org/camp-paivika/)

Address: 600 Playground Dr., Cedarpines Park, 92322

Description: A residential camp since 1947, for children, teens and adults with mild to severe physical and developmental disabilities. Camp Paivika offers summer horseback riding, swimming, adaptive sports, campfires and cookouts, arts and crafts, and other enjoyable, enrich activities. Campers learn and develop new interests and confidence through guided play, social skills building and exploration. Financial assistance is available.

### **Camp ReCreation**

Phone: (714) 347-9627

Email: [camp@ccoc.org](mailto:camp@ccoc.org)

Website: [www.camprecreationccoc.com/apply/](http://www.camprecreationccoc.com/apply/)

Address: Vanguard University, 55 Fair Drive, Costa Mesa, 92626

Description: A residential camp for adults 18 years and older; JR. camp for children ages 4-17 with developmental disabilities to enjoy arts and crafts, sports, games, music, dance and swimming. All while experiencing spiritual, emotional, mental and physical growth. Donations accepted.

**Camp Scherman**

Phone: (949) 461-8800

Other language spoken: Spanish

Website: [www.girlscouts.org](http://www.girlscouts.org)

Address: Located in the San Jacinto Mountains

Description: Whether your daughter is a Girl Scout or not, she can enjoy this residential 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 entering 1st – 12<sup>th</sup> grades. Financial assistance available.

**Easter Seals- Southern California Region**

Phone: (714) 834-1111

Other language spoken: Spanish

Email: [camp@essc.org](mailto:camp@essc.org)

Website: [www.easterseals.com/southernca/](http://www.easterseals.com/southernca/)

Address: 401 S. Ivy St. Escondido 92025

Description: A week long residential camp serving children and adults (15 years old and up) with developmental disabilities in the San Bernardino Mountains. Space is very limited. Financial assistance available.

**Inside The Outdoors**

Phone: (714) 708-3885

Email: [insidetheoutdoors@ocde.us](mailto:insidetheoutdoors@ocde.us)

Website: <http://ito.ocde.us/programs/communityprograms/pages/summer-camp/summer-camp.aspx>

Description: A unique hands-on environmental education program administered by the Orange County Department of Education. Lessons are taken from the classroom to create fun and unforgettable experiences about science and nature. For campers ages 6-18. Family programs are offered throughout the year. Summer day camps offered in June, July and August.

**Opportunity Matters to Everyone**

Phone: (949) 922-5193

Other language spoken: Spanish

Email: [info@om2e.org](mailto:info@om2e.org)

Website: [www.opportunitymatterstoeveryone.org/](http://www.opportunitymatterstoeveryone.org/)

Address: 3186 Airway Ave., Bldg. A, Costa Mesa, 92686

Description: Opportunity Matters is a non-profit organization devoted to providing activities and opportunities for children and young adults with developmental disabilities and their families. The curriculum includes independent living skills, vocational skills, motor skills and cognitive skills. Summer day camp is for ages 4-24 and is held from 9 a.m. to 3 p.m.

**The Painted Turtle**

Phone: (310) 451-1353

Other language spoken: Spanish

Website: [www.thepaintedturtle.org](http://www.thepaintedturtle.org)

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

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

**RAD Camp**

Phone: (949) 387-5219

Email: [camp@radcamp.org](mailto:camp@radcamp.org)

Website: [www.radcamp.org/](http://www.radcamp.org/)

Address: 2 Irvine Park Rd. Orange 92869

Description: RAD Camp provide residential summer camp for adults 22 years of age and older; RAD Jr./RAD Mini for children 4 to 21 years of age with developmental and physical disabilities. Activities include: arts and crafts, drama, music, dance, sports, swimming and more. No camper is turned away due to inability to pay.



### **Special Camp for Special Kids**

*Contact:* Lindsay Eres

*Phone:* (949) 661-0108 ext.1226

*Email:* [lindsay.eres@specialcamp.org](mailto:lindsay.eres@specialcamp.org)

*Website:* [www.specialcamp.org](http://www.specialcamp.org)

*Address:* 31641 La Novia Ave., San Juan Capistrano, 92675

*Description:* Summer day camp with community excursions for youth with disabilities, ages 6 to 21. Camper to counselor ratio is 1:1. Financial assistance is available.

## **Outside of Orange County**

### **Adaptive Swim Class - City of La Mirada**

*Phone:* (562) 902-3191

*Other languages spoken:* Spanish and Vietnamese

*Website:* [www.splashlamirada.org](http://www.splashlamirada.org)

*Address:* 13806 La Mirada Blvd., La Mirada, 90638

*Description:* Individuals with intellectual and physical disabilities have the opportunity to learn and improve swimming skills, maintain and increase physical fitness, and achieve success.

### **Autism on the Seas**

*Phone:* (800) 516-5247

*Website:* [www.autismontheseas.com](http://www.autismontheseas.com)

*Address:* Varies-refer to website

*Description:* Group cruises accommodating guests of families and individuals with autism, Asperger's syndrome, Down syndrome and other related disabilities

### **Casa Colina Centers for Rehabilitation Outdoor Adventures**

*Contact:* Priti Vaidya

*Phone:* (909) 596-7733, ext. 2200

*Website:* [www.casacolina.org](http://www.casacolina.org)

*Address:* 255 East Bonita Ave., Pomona, 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**

*Contact:* Bailey Wilson, Program Director

*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

*Other languages:* Spanish

*Address:* 5777 W. Century Blvd., Suite 820, Los Angeles, 90045

*Website:* [www.endepilepsy.org](http://www.endepilepsy.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, 93111

*Description:* High quality local, national and international travel vacations and holiday programs for people with mild to moderate developmental disabilities. Adults only.

### **San Diego Department of Therapeutic Recreation Services**

*Phone:* (619) 525-8247

*Other language spoken:* Spanish and Vietnamese

*Website:* [www.sandiego.gov/park-and-recreation/activities/trs](http://www.sandiego.gov/park-and-recreation/activities/trs)

*Address:* 3325 Zoo Drive, San Diego, 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

*Email:* [mail@usarc.org](mailto:mail@usarc.org)

*Website:* [www.usarc.org](http://www.usarc.org)

*Address:* 43101 Goldmine Drive, Big Bear Lake, 92315

*Description:* Individuals with intellectual 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**

### **All-Inclusive Huntington Beach Playground**

*Phone:* (714) 536-5486

*Website:* <https://funorangecountyparks.com/huntington-beach-playground-near-pier.html>

*Address:* 9<sup>th</sup> Street and PCH, North of Huntington Beach Pier

*Description:* The park is designed for 2-5 year olds. It's a beautiful play space with a pirate ship, where children of all abilities can play together. There is a small picnic area with 3 tables on the beach side of the playground. There are also benches lining the inside wall of the park. The playground is completely fenced for safety purposes.

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

*Phone:* (714) 761-7160

*Website:* <https://funorangecountyparks.com/box-canyon-park-yorba-linda.html>

*Address:* 23400 Foxtail Drive, Yorba Linda, 92887

*Description:* The ship is designed for 2-5 year olds, and the castle 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) 940-9246

*Website:* [www.courtneyssandcastle.com](http://www.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: Water Play Fountains**

*Phone:* (949) 724-6824

*Website:* <http://funorangecountyparks.com/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.

### **Pavion Park**

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

Address: 24051 Pavion, Mission Viejo, 92692

Description: Universally accessible, and includes 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/pittsford-park-lake-forest.html>

Address: 21701 Pittsford Dr., Lake Forest, 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. Includes a rubberized surface, double-wide ramps, play equipment with music and water features, as well as a fence to keep children secure. Even the upper levels are accessible to wheelchairs. A car/roadway theme provides little people with stop and yield signs and a trike course.

### **TeWinkle Park: Angel's Playground**

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

Address: 885 Junípero Road, 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 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.

## **Airport Travel**

In addition to the resources listed below, RCOC’s website features links to helpful articles and resources for air travel. From the home page, go to Family Support – Resources for Children – Travel.

**TSA Resources:** Going through airport security can be especially challenging for those traveling with family members who have special needs. To help make the process easier, the Transportation Security Administration (TSA) can provide a Passenger Support Specialist. Families concerned about the check point process or who need special accommodation can ask a TSA officer or supervisor for help from a Passenger Support Specialist. Parents may also call the TSA Cares hotline at 1-855-787-2227 ahead of time to ensure a Passenger Support Specialist can be onsite when needed. The agency’s website ([www.tsa.gov/special-procedures](http://www.tsa.gov/special-procedures)) also features short videos on screening procedures for travelers with autism or intellectual disabilities and those who use mobility devices such as wheelchairs. Families can also download and complete TSA’s Disability Notification Card which includes contact information for TSA Cares.

**John Wayne Airport:** RCOC has partnered with John Wayne Airport on the Helping Hands program to provide sensitivity training aimed at supporting the Airport’s efforts to ensure a safe and comfortable experience for all travelers. To receive personalized travel assistance from the Airport’s Helping Hands team, stop by the information booth in Terminal B, Arrival (lower) Level, near baggage claim or dial “0” from any of the courtesy phones located throughout the Terminal. To pre-arrange for Helping Hands special assistance, call (949)252-5200 or email [info@ocair.com](mailto:info@ocair.com). Advanced notice is preferred.



The Helping Hand team can:

- Facilitate calls to the Transportation Security Administration (TSA) and arrange for TSA Cares assistance;
- Facilitate calls to individual airlines to arrange special assistance;
- Help guide travelers through the arrival, check-in, security and boarding processes;
- Provide optional yellow bracelets for travelers with special needs to alert Airport employees that a little more time and extra care may be needed.

Prior to your travel date, Helping Hands offers Airport tours to help travelers become familiar with the Terminal, check-in and the security process. Call or email the listings above to schedule your tour. Helping Hands is provided at no charge and is available daily from 6am – 11pm. For more information about Helping Hands, visit [www.ocair.com/communityrelations/helpinghands](http://www.ocair.com/communityrelations/helpinghands).

**RCOC Emergency Identification Card:** Anytime you're in the community, it's a good idea to carry your emergency identification card from Regional Center of Orange County which has information about people that first responders and other security-related professionals can call. If you have lost your emergency identification card, be sure to ask your RCOC Service Coordinator for a new one.

## Other

### Adapted Fitness for All Abilities (ADAPTFIT)

Phone: (562) 794-9330

Email: [info@adaptlife.com](mailto:info@adaptlife.com)

Website: [www.adaptfitlife.com](http://www.adaptfitlife.com)

Address: 3894 Cerritos Ave., Los Alamitos, 90720

Description: ADAPTFIT offers adapted physical fitness programs for kids, teens, and adults with social, cognitive, or physical challenges so they can get active and have fun. They offer a variety of classes to promote well-rounded, functional fitness. All of the programs are designed by adapted fitness experts and certified trainers experienced in working with all abilities.

### 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. It is recommended to call ahead for availability.

San Clemente State Beach, San Clemente, (949) 492-5172	Crystal Cove State Park, Newport Coast, (949) 494-3539
San Clemente City Beach, (949) 361-8219	Doheny State Beach, Dana Point, (949) 496-6172
Balboa Beach, Newport Beach, (949) 644-3047	Newport Beach, (949) 644-3047
Salt Creek Beach Park, South Laguna, (949) 276-5050	Huntington State Beach, Huntington Beach, (714) 374-0602
Aliso Beach, South Laguna, (949) 276-5050	Huntington City Beach at Dwight's Beach Concession, 201 Pacific Coast Highway, (714) 536-8083
Main Beach, Laguna Beach, (949) 494-6572	Bolsa Chica State Beach, (714) 846-3460, (714) 377-5691
Corona del Mar State Beach, Corona del Mar, (949) 644-3047	Seal Beach, (562) 430-2613

**CA State Park Pass:** Any individual served by 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 individual with disabilities 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:** Any individual served by RCOC can apply for a free fishing license. No age limit. Please contact your RCOC Service Coordinator for additional information and/or application.

**Goodwill Fitness Center**

*Phone:* (888) 623-4823

*Other language spoken:* Spanish

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

*Website:* <http://www.ocgoodwill.org/changing-lives/goodwill-fitness-center>

*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.

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

<https://store.usgs.gov/access-pass>

**Pretend City Children's Museum**

*Phone:* (949) 428-3900

*Other language spoken:* Spanish & Vietnamese

*Address:* 29 Hubble, Irvine, 92618

*Website:* [www.pretendcity.org](http://www.pretendcity.org)

*Description:* This interconnected city allows children to "pretend" to be the adults. Pretend City brings life to every professions, and daily occurrences in a real city.

**Recreation Access Motivating People (R.A.M.P.)**

*Phone:* (562) 592-1091

*Email:* [info@rampitup.org](mailto:info@rampitup.org)

*Website:* [www.rampitup.org](http://www.rampitup.org)

*Mailing address:* PO Box 1248, Sunset Beach, 90742

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