

# Recreation Resource Guide

Updated April 2022



## 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.

- 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 specific details of these programs may change periodically. Please contact the program directly to find out the current costs involved. In addition, you may want to contact the city you live in to request a current listing of recreation activities.

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@rcoedd.com](mailto:ccfrc@rcoedd.com).



## **Comfort Connection Family Resource Center**

### **Recreation Resource Guide Table of Contents**

Recreation	Pages 1-7
Social Opportunities	Pages 8-10
The Arts	Pages 11-13
Camps	Pages 14-16
Outside of Orange County	Pages 16-17
Universally Accessible Parks	Pages 17-18
Airport Travel	Page 19-19
Other	Pages 19-21

*The following information was updated as of April of 2022 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](mailto:ccfrc@rcocdd.com).*

# Recreation Resource Guide

## Recreation Opportunities

### **ACEing Autism**

*Phone:* (310) 401-0544

*Other language spoken:* Spanish and Vietnamese, varies according to location.

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

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

*Address:* Mission Viejo, Newport Beach, Yorba Linda. Call for address.

*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

*COVID 19 Precautions:* Increased cleaning of facility

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

*Phone:* (800) 872-2976

*Other language spoken:* Spanish and Vietnamese depending on coach availability.

*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.

*COVID-19 Precautions:* Varies by region. Please go to the website and select “find your region,” enter your zip code and select VIP program.

### **Autism Spectrum Athletics (ASA)**

*Contact:* Manuel Zapata

*Phone:* (909) 973-3873

*Other Languages Spoken:* Spanish

*E-mail:* [autismspectrumathletics@yahoo.com](mailto:autismspectrumathletics@yahoo.com) or [asa4mannyz@yahoo.com](mailto:asa4mannyz@yahoo.com)

*Website:* <http://www.autismspectrumathletics.org/>

*Description:* Autism Spectrum Athletics (ASA) offer non-competitive seasonal sports leagues for children 4 to 18 years with ASD and other related disorders. Programs and teams are designed around age, ability and functioning level including basketball, bowling, baseball, T-ball, flag football and soccer.

### **Basketball - Hoopstars Basketball Fullerton / Anaheim**

*Phone:* (714) 257-4391

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

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

*Address:* Serving Fullerton and Anaheim

*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.

### **Best Day Foundation**

*Contact:* Chris Martin (Participant Coordinator)

*Phone:* (949) 923-0451

Email: [chris@bestdayfoundation.org](mailto:chris@bestdayfoundation.org)

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

Description: Best Day Foundation is a volunteer organization that helps children with special need, ages 4 to 24+, 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: [frazier.bigfungym@gmail.com](mailto:frazier.bigfungym@gmail.com)

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

Address: Rancho Santa Margarita, Fountain Valley and Chino

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

Phone: (657) 378-8606; cell (714)524-3354 home

Other languages spoken: Spanish

Email: [sandjules13@gmail.com](mailto:sandjules13@gmail.com) or [scastillo@calsouth.com](mailto:scastillo@calsouth.com)

Website: <https://calsouth.com./topsoccer/>

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@stradlinglaw.com](mailto:kcurran@stradlinglaw.com)

Spanish Contact: Yannett Andaya

Phone: (714) 204-6231

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

Website: <https://www.littleleague.org/play-little-league/challenger/>

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.

COVID 19 Precautions: Depends on area league

### **Cypress Youth Baseball**

Contact: Sherman Havelaar

Phone: (657) 214-0427

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

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.

### **DSAOC- Down Syndrome Association of Orange County**

Contact: Alicia Sanchez

Phone: (714) 540-5794

Email: [admin@dsaoc.org](mailto:admin@dsaoc.org)

*Other language spoken:* Spanish

*Website:* <https://www.dsaoc.org/events-calendar.html>

*Address:* 151 Kalmus Drive , Sutie M-5, Costa Mesa 92626

*Description:* For children and adults diagnosed with Down syndrome. In-person and online classes (dance, hula, yoga)

### **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. Monthly trips August through November.

### **Fountain Valley Bowling-Autism Bowling League**

*Contact:* Randi Woodbury

*Phone:* (714) 963-2897

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

*Website:* <https://fvbowl.com/>

*Address:* 17110 Brookhurst St, Fountain Valley 92708

*Description:* Bowling League for kids of all ages with autism; siblings welcome.

### **Heart of Sailing**

*Phone:* (949) 236-7245

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

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

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

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

### **Karate For All**

*Phone:* (714) 731-4668

*Other language spoken:* Spanish

*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 or (949) 724-6610

*Email:* [yourirvine@cityofirvine.org](mailto:yourirvine@cityofirvine.org)

*Website:* [www.yourirvine.org](http://www.yourirvine.org) or <https://www.cityofirvine.org/disability-services/recreational-classes-activities>

*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

### **Laguna Niguel Girls Softball – CHAMPS Program for Girls**

*Contact:* Mike

*Email:* [softballkash@gmail.com](mailto:softballkash@gmail.com), [lagunaniguelfastpitch@gmail.com](mailto:lagunaniguelfastpitch@gmail.com)

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

*Description:* Softball program for girls with intellectual challenges of all ages. The program runs January to April for a fee of \$25.

**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.

**Beach Cities Miracle League**

Contact: Susan Graham

Other language spoken: Spanish

Email: [Susan@BeachCitiesMiracleLeague.org](mailto:Susan@BeachCitiesMiracleLeague.org)

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

Address: Seving Huntington Beach, Seal Beach and Los Alimitos

Description: Baseball in the spring and basketball in the fall.

**Miracle League of Orange County**

Phone: (714) 713-2512

Other language spoken: Spanish

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

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

Address: Pioneer Park, 2565 E. Underhill, Anaheim

Mailing Address: 6321 Apache Road, Westminster 92683

Description: Boys and girls with physical and intellectual disabilities are given the opportunity to play baseball. The Miracle League of Orange County plays baseball on a specially built, fully ADA adaptable synthetic turf field, 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

Email: [guestservices@oceaninstitute.org](mailto:guestservices@oceaninstitute.org)

Website: [www.ocean-institute.org](http://www.ocean-institute.org)

Address: 24200 Dana Point Harbor Drive, Dana Point 92624

Description: Educational and recreational cruises offered to the public 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, and observe migrating whales on our Dana Point whale watch cruises.

**Pop Warner Challenger Cheer/Football**

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

Websites: <https://www.hbpopwarner.com/>

Description: The flag football and cheer program is offered to children, ages 5 to 18, who have special needs, living in Huntington Beach and surrounding communities.

**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.

### **Rockin' Out Workout**

*Contact:* Madison Smith

*Phone:* (706) 280-8274

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

*Description:* Fun, energetic and interactive recreational fitness class for kids & adults with special needs. Sessions take place 3x a week; via Zoom for \$75/week (scholarships are available). For more information email [maddiesclubonline@gmail.com](mailto:maddiesclubonline@gmail.com)

### **Shea Therapeutic Riding Center**

*Contact:* Trish Evans, PTA

*Phone:* (949) 240-8441

*Email:* [tevans@sheacenter.org](mailto:tevans@sheacenter.org)

*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 Olympics Southern California**

*Contact:* Lindsay Marksbury

*Phone:* (562) 502 - 1151 (Orange County Community Office)

*Other language spoken:* Spanish

*Email:* [lmarksbury@sosc.org](mailto:lmarksbury@sosc.org)

*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.

*COVID 19 Precautions:* For SOSC updates regarding coronavirus (COVID-19), including programming, visit <https://wearesosc.org/?s=coronavirus>

### **Serving Advantage**

*Phone:* (714) 923-9488

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

*Website:* <https://serving-advantage.com>

*Address:* Tustin & Anaheim

*Description:* Serving Advantage is an adaptive tennis program for kids with cognitive or developmental challenges, 8-13 years old. The tennis clinic and summer camp are conducted in Tustin and Anaheim.

### **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:* Team sports for youth and adults ages 6 - 30 years. We teach the fundamentals of each sport while emphasizing the critical social skills necessary to work as a team. Our youth program includes basketball, baseball



and soccer while our adult program includes basketball, bowling and volleyball. Athletes must be ambulatory. FEE FREE in 2022.

### **Surfers Healing**

*Contact:* Israel or Danielle Paskowitz

*Phone:* (949) 290-9420 or (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. *Dana Point Location for 2022 dates is full.*

### **Surfing – McKinnon Surf Lessons, Adaptive Surfing Program**

*Contact:* Rocky McKinnon

*Phone:* (714) 337- 6101

*Email:* [rockymckinnon@mckinnonsurfboards.com](mailto:rockymckinnon@mckinnonsurfboards.com)

*Website:* <https://mckinnonsurfandsuplessions.com>

*Address:* Huntington Beach

*Description:* Adaptive surfing program for special needs clientele. Chose tandem with safety escort or chairboard with safety team.

### **Therapeutic Riding Center of Huntington Beach**

*Phone:* (714) 848-0966

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

*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 Ice Hockey**

*Contact:* Tanner Privia

*Phone:* (714) 901-2629

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

*Website:* <https://www.nhl.com/ducks/community/top-flight-street-hockey>

*Address:* To Be Determined

*Description:* The Top Flight Ice Hockey Program is an ice hockey program designed for participants with special needs. Players will participate in weekly practices focusing on the fundamentals of hockey including skating, shooting, passing, and stick handling.

### **Top Flight Street Hockey**

*Contact:* Tanner Privia

*Phone:* (714) 901-2629

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

*Website:* <https://www.nhl.com/ducks/community/top-flight-street-hockey>

*Address:* 3150 Barranca Parkway, Irvine 92606

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

### **Unified Basketball – Korean American Special Education Center**

*Contact:* Pearl

*Phone:* (562) 926-2040

*Other language spoken:* Korean 한국어

*Email:* [program@kasecca.org](mailto:program@kasecca.org)

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

*Address:* 1661 N. Raymond Ave. STE 109, Anaheim 92810 (TBD)

*Description:* Physical and social skills of students with developmental disabilities are enhanced by participating in basketball with students partners and the guidance from specialists and professional basketball coaches. Two groups available: skill learning / basketball team.

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

*Phone:* (949) 588-8773

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

*Website:* <http://foothillranch.usd.com/>

*Address:* 26756 Portola Pkwy. #2-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

*Other language spoken:* Spanish

*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:* Inclusive gymnastics school for children, teens and young adults with autism and other disabilities. Social interaction and physical activity are combined and promoted.

*COVID 19 Precautions:* All staff are required to wear masks. Students and their families are highly encouraged to wear masks. Masks not required for students with medical exemptions.

### **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) 661-4439

*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 (EMBARC Coaching) with Julie**

*Contact:* Julie

*Phone:* (949) 689-7718

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

*Description:* Group and Private classes, in-person or via Zoom. Group Classes (Chair or Mat) are up to 45 minutes and include basic postures, beginner or maintenance practice. Breathe, strengthen, improve range of motion, and make a friend. Socializing is encouraged before and after classes. Julie has taught Yoga through United Cerebral Palsy, Beacon Day School, and currently offers classes through DSAOC and Hope Center for the Arts.

*COVID 19 Precautions:* Zoom classes offered.

## Social Opportunities

### 4-H Youth Development Program

Contact: Rita Jakel

Phone: (949) 653-1803

Email: [oc4h@ucanr.edu](mailto:oc4h@ucanr.edu)

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 International (BBI)

Contact: Erika Javier

Phone: (949)569-8100 ext 2

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

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

Address: 15251 Barranca Parkway Suite B. Irvine 92618

Description: BBI serves to empower individuals 12+ with IDD, helping them form meaningful friendships with their peers, secure successful jobs, improve public speaking, self-advocacy and communication skills, and feel valued by society.

### Boy Scouts of America – Orange County Council

Phone: (714) 546-4990 or (714) 546-8558

Other language spoken: Spanish and Vietnamese

Email: [help@ocbsa.org](mailto:help@ocbsa.org)

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

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

Description: Inclusive troops are available to boys ages 7-17. Check website and enter your zip code - programs vary by location.

### Boys and Girls Club

Phone: (714) 543-5540 (Corporate Office)

Other language spoken: Spanish and Vietnamese depending 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.

### Camp ReCreation

Phone: (714) 347-9627

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

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

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

Description: Offering day events for families with special needs individuals (e.g., Halloween Trunk-or-Treat and Lunch with Santa)

### Circle of Friends – City of Laguna Hills

Phone: (949) 707-2683

Website: <https://www.lagunahillsca.gov/337/Circle-of-Friends>

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

*Other languages spoken:* Members of the public can receive verbal translation services when they call Sweet Shade Ability Center.

*Email:* [disabilityservices@cityofirvine.org](mailto:disabilityservices@cityofirvine.org)

*Website:* <https://www.cityofirvine.org/disability-services/recreational-classes-activities> or [www.yourirvine.org](http://www.yourirvine.org)

*Address:* 15 Sweet Shade, Irvine 92606

*Description:* Programs are available for ages 6+ with registration on [www.yourirvine.org](http://www.yourirvine.org). Irvine residency is not required for participation. Programs focus on art, sports, science, social skills, and more.

### **Dance for Adults with Disabilities – City of Fountain Valley**

*Contact:* Jenni Worsham, Community Services Manager

*Phone:* (714) 593-4446

*Other language spoken:* Spanish

*Email:* [FVAdvisoryCommittee@FountainValley.org](mailto:FVAdvisoryCommittee@FountainValley.org)

*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. In-person dances start April 8<sup>th</sup>, 2022.

### **The Friendship Circle**

*Phone:* (949) 721-9800

*Other language spoken:* Spanish

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

*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 & Harbor 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.

### **Maddie's Club**

*Contact:* Madison Smith

*Phone:* (706) 280-8274

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

*Description:* Club focuses on Friends (relationship building, communication, & social interactions), Showstopper (acting, singing, dancing, performances, etc.) and Game-Time. Maddie's Club is for all ages and takes place every

Sunday at 3 pm PST, via Zoom. The price is \$25 per meet (scholarships are available). For more information send an email to [maddiesclubonline@gmail.com](mailto:maddiesclubonline@gmail.com).

### **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 for clients served by Project Independence.

### **Saturday Together at First Presbyterian Church of Orange**

*Contact:* Liz Calvo

*Phone:* (714) 538-2341

*Email:* [lizc2806@aol.com](mailto:lizc2806@aol.com)

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

*Address:* 191 North Orange, Orange 92868

*Description:* Bible fellowship for adults who are developmentally challenged. Meetings are the first Saturday of the month, from 11 am – 1 pm, lunch and drinks are available for a minimal fee.

### **Vocational Visions**

*Phone:* (949) 837-7280

*Other language spoken:* Spanish

*Email:* [info@vocationalvisions.org](mailto:info@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) or <https://ymcaoc.org/new-horizons/>

*Address:* 13821 Newport Ave, Suite 150, Tustin 92780

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

*COVID 19 Precautions:* New Horizons still mandates that everyone, regardless of vaccination status, wear a mask in the YMCA office and in YMCA Vehicles. YMCA reminds all to please stay home if you have a sore a throat, fever, cough or any other COVID-19 symptom. Safety protocols for participant drop offs is in effect.

### **Young Life Tustin**

*Contact:* Alison Burges (Area Director)

*Phone:* (714) 501- 6543

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

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

*Location:* Tustin and other parts of 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 aged students. Many different activities and Bible studies are available. Join us for fun, friends, and fellowship.

## The Arts

### **CF Dance Academy**

Contact: Jessica Anderson

Phone: (714) 870-5742

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

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

Address: Williams Building – 114 E. Commonwealth Ave. and 116 E. Commonwealth Ave., Fullerton 92832

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.

### **Down For Dance**

Phone: (949) 478-3224

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

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

Address: Locations vary. We offer both in-person and online class options.

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

COVID 19 Precautions: Online class options.

### **Friday Night Fund 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.

### **Harmonia Ensemble Orchestra - Korean American Special Education Center**

Contact: Rachel

Phone: (562) 926-2040

Other language spoken: Korean 한국어

Email: [program@kasecca.org](mailto:program@kasecca.org)

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

Address: 1661 N Raymond Ave. Ste. 109, Anaheim 92810

Description: Students with and without developmental disabilities come together to create harmonious music while building friendship. Audition required.

### **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: 295 E. Yale Loop, Irvine 92604

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/leaps](http://www.odysseydanceacademy.com/leaps)

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 aged 5-11 years are welcome to join this class on Sunday from 1:30-2:00 pm, and students ages 12+ welcome to join this class on Sundays from 2:15-3:15pm at Odyssey Dance Academy.

### **McKee Music Therapy Services**

*Contact:* Christine Deelo, MT-BC

*Phone:* (714) 348-4248

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

*Website:* [www.mckeemusictherapy.com](http://www.mckeemusictherapy.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:* Yorba Linda, Los Alamitos, Orange and Placentia locations

*Description:* Dance, musical theater, yoga, art and tumbling classes for ages 5 and up. Performance opportunities for students participating in our sessions. Summer Camp planned for 2022 . Our program is supported by Cal State Fullerton's Autism Center.

### **Orange Coast Musical Arts**

*Contact:* Donn Hallman

*Phone:* (714) 222-5079

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

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

*Address:* Throughout Orange County

*Description:* Provides classes in choir, beginning band, and beginning violin for special needs individuals, ages 5 through 18, following a school calendar with classes Fall through Spring.

### **Orange County Children's Therapeutic Arts Center**

*Phone:* (714) 547-5468

*Other language spoken:* Spanish

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

*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, media technology and other educational and therapeutic programs for at-risk youth and children with special needs and their families.

*COVID 19 Precautions:* OCCTAC currently requires all visitors to wear masks at the facility to protect our vulnerable population. This may be amended as case rates in the area decline.

### **Segerstrom Center for the Arts and Studio D: Arts School for All Abilities**

*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:* Studio D: Arts School for All Abilities is an inclusive dance, music, and theater program for students ages 4-adult. Sensory friendly, Broadway, ballet, music, and children's programs are also available.



*COVID 19 Precautions:* Studio D classes require proof of vaccination from students ages 12+ and masks are strongly encouraged to be worn by all students. When attending a show at the Center, all audience members who are ages 15+ are required to show proof of vaccination or a negative Covid-19 test and all are strongly encouraged to wear a face mask for the duration of every show.

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

*Phone:* (205) 420-1292

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

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

*Address:* Community Youth Center, 3000 Fifth Ave, Corona Del Mar 92625 and Murdy Community Center, 7000 Norma Drive, Huntington Beach

*Description:* Registration through Newport Navigator (Recreation and Senior Services Dept.) and HB Sands ([www.hbsands.org](http://www.hbsands.org)). Ballroom classes designed for individuals 16+ with special needs and developmental disabilities.

### **Straight Up Abilities**

*Contact:* Director, Robin Olive

*Phone:* 213-559-7178

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

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

*Address:* Call for locations.

*Description:* Professional performance arts training for students of all abilities. Students taught different styles including; ballet, tap, jazz, salsa, and hip hop. Also offering classes in Acting, Musical Theater, Sign Language to Song, etc. Classes give students the tools to be able to perform on stage. In-person classes in Long Beach and various LA locations. Virtual school offered daily, Monday through Friday, from 10 am – 4 pm.

*COVID 19 Precautions:* In-person and online classes.

### **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:* Marleena Barber

*Phone:* (714) 966-4303

*Email:* [s.mbarber@ocde.us](mailto:s.mbarber@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:* VSA OC and the OC Dept. of Education sponsor an annual arts and disability festival showcasing the talents of individuals of all ages with all disabilities through hands-on workshops, visual arts exhibits and performance opportunities. Visit them on FB at <https://www.facebook.com/VSAOrangeCounty/>.

## **Camps**

### **American Camp Association**

*Website:* <https://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.

**Boundless Athletics, Inc.**

Contact: Ashley Rojen

Phone: (425) 299-8345

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

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

Description: Boundless Athletics, Inc. conducts a variety of integrative sports camps throughout the year, joining children with disabilities and typically developing children in a fun yet competitive environment, ages 7-17.

**Camp James**

Phone: (949) 729-1098

Other language spoken: Spanish

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@csulb.edu](mailto:campnugget@csulb.edu)

Website: [www.csulb.edu/college-of-health-human-services/camp-nugget](http://www.csulb.edu/college-of-health-human-services/camp-nugget)

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. Some full and partial scholarships are available based on need.

**Camp Paivika, with AbilityFirst**

Phone: 909-338-1102

Other language spoken: Spanish

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

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

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.

COVID 19 Precautions: Campers must be fully vaccinated in order to attend overnight programs. There will be no exceptions to this policy. Campers must present a negative Covid-19 test taken within 24-72 hours prior to their arrival at camp. Please contact Camp Paivika for further details. All of the above policies are subject to change.

**Camp Reimagine**

Contact: Sophia Martinez, Chief of Children's Services

Phone: (714) 680-6060

E-mail: [smartinez@reimagineoc.org](mailto:smartinez@reimagineoc.org)

Website: <https://reimagineoc.org/>

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

Description: Inclusive summer camp for children with disabilities age 5-15 years. Half-days of fun-filled activities including: music and movement, science and nature, art therapy, cooking and storytelling.

COVID 19 Precautions: No camp, instead hosting a series of summer series of events.

**Camp Scherman**

Phone: (949) 461-8800

Other language spoken: Spanish

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

Contact: Amanda Showalter – Camp Manager

Phone: (951) 264-4855

Other language spoken: Spanish

Email: [Amanda.Showalter@essc.org](mailto:Amanda.Showalter@essc.org)

Website: [www.easterseals.com/southernca/our-programs/camping-recreation/](http://www.easterseals.com/southernca/our-programs/camping-recreation/)

Address: 1063 McGaw Ave. #100, Irvine 92614

Description: A week long residential camp serving children and adults (14 years old and up) with developmental disabilities in Big Bear. Space is very limited. Financial assistance available.

COVID Precautions: Vaccinated and boosted and a negative test prior to camp

### **Inside The Outdoors**

Phone: (714) 708-3885

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

Website: <http://ocde.us/ito/pages/summercamp.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. Camp locations: Rancho Soñado, Shipley Nature Center and Irvine Regional Park.

COVID 19 Precautions: Camp TBD

### **Not Your Average Basketball Camp (NYABC)**

Contact: Ryan Lee

Email: [ryan@notyouraveragebasketballcamp.com](mailto:ryan@notyouraveragebasketballcamp.com)

Website: [notyouraveragebasketballcamp.com](http://notyouraveragebasketballcamp.com)

Address: TBD

Description: NYABC provides children and families a fun and safe space to grow socially and emotionally through the game of basketball. The clinics typically run for four consecutive weekends, and they guaranteed a 1:1 coach to player ratio, ages 5 and up.

### **Opportunity Matters to Everyone (OME)**

Phone: (714) 881-0427 Ext. 1725

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 92626

Description: OME 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.

### **The Painted Turtle**

Phone: (310) 451-1353

Other language spoken: Spanish

Email: [admissions@thepaintedturtle.org](mailto:admissions@thepaintedturtle.org)

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

Campsite: 17000 Elizabeth Lake Rd. Lake Hughes 93532

*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:* 199 Technology Dr. #100, Irvine 92618

*Description:* RAD Camp provides overnight summer camps for people with disabilities. Activities include arts and crafts, drama, music, dance, sports, science and more. No camper is ever turned away due to inability to pay.

*COVID Precautions:* [www.RADCamp.org/policies](http://www.RADCamp.org/policies)

### **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.com](http://www.splashlamirada.com)

*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:* Karen Nava

*Other language spoken:* Spanish

*Phone:* (909) 596-7733, ext. 4165

*Email:* [adventures@casacolina.org](mailto:adventures@casacolina.org)

*Website:* <https://www.casacolina.org/programs-services/community-services/outdoor-adventures/>

*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 Los Angeles**

Contact: Patricia Leyva

Phone: (800) 564-0445

Other languages: Spanish

Email: [pleyva@epilepsylosangeles.org](mailto:pleyva@epilepsylosangeles.org)

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

Website: [www.epilepsylosangeles.org](http://www.epilepsylosangeles.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.

COVID 19 Precautions: None at this time. Updates pending change in CDC guidelines.

### **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) 961-7160

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) 429-8797

*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.

Guide to Accessible and Inclusive Playgrounds and Playsets. Information for parents and local community planners about how to create fully accessible local playgrounds and backyard playsets. Find it at <https://www.rickhansen.com/sites/default/files/2020-03/sch-35913-guide-creating-accessible-play-spacesen2020web.pdf>

## **Airport Travel**

In addition to the resources listed below, RCOG’s website features links to helpful articles and resources for air travel. From the home page, go to Family Support – Community Resources - 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. You may also request assistance through the TSA screening checkpoint by completing the form on the link <https://www.tsa.gov/contact-center/form/cares>.

The agency's website (<https://www.tsa.gov/travel/passenger-support>) 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 Hands 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 <https://www.ocair.com/travelers/services/helping-hands/>

**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@adaptfitlife.com](mailto:info@adaptfitlife.com)

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

*Address:* 3894 Cerritos Ave., Los Alamitos 90720

*Description:* ADAPTFIT offers leading-edge physical fitness programs for kids, teens, and adults with social, cognitive, or physical challenges so they can get active and have fun. Their expertly trained staff members ADAPT whole body physical fitness regimens to specific needs, through a variety of classes focused on improving balance, strength, endurance, coordination, flexibility, and mindfulness.

### **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

### **Blue Mobi-Mat**

Huntington Beach has rolled out a Mobi-Mat to improve accessibility for visitors with disabilities, parents with strollers, and others with limited mobility. Located next to the parking lot at 6th Street and PCH, the mat serves as a stable walkway that safely leads guests across the sand and to the water's edge (during high tide).

**California State Library Park Pass:** You can now check out a FREE vehicle day-use pass at your local public library. State Parks are providing free vehicle day-use entry to over 200 participating state park units operated by State Parks to **library-card holders**. The California State Library Parks Pass is valid for entry of one passenger vehicle with capacity of nine people or less or one highway licensed motorcycle. California public library-card holders can check out the State Library Parks Pass via their local public library. If you don't have a library card, visit your local library to get one. The library card and park pass are free! **Check with your library for guidelines and policies.** Find your local public library at <https://library.ca.gov/branches/>. \*

**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. \*

\* Park Passes: The pass will not be honored at state park units operated by federal or local government and private agencies or concessionaires. Also, the pass is not valid for per-person entry or tour fees (such as museums), boat use, camping, group use or sites, special events, additional/extra vehicle fees, sanitation disposal use or for supplemental fees. To see a list of ineligible parks [click here](#), and read full terms and conditions [here](#).

**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.

**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 adult. Pretend City brings life to every profession, and daily occurrences in a real city.

*COVID 19 Precautions:* Open limited hours, please check website hours.

**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. Monthly events resume September of 2021. Meet up at Bolsa Chica State Beach the second Saturday of each month for hand cycling.

**Silver Sneakers**

*Phone:* (949) 428-3900

*Address:* check website for location near you

*Website:* <https://tools.silversneakers.com/>

*Description:* Adults 65+ with select Medicare plans are eligible for a free gym memberships and online fitness classes.