RECREATION OPPORTUNITIES

ABILITYFIRST (ANAHEIM)
(714) 821-7448 (Se habla español)
www.abilityfirst.org
2660 W. Broadway, Anaheim, CA 92804 REC
Provides a variety of recreational activities including field trips, bowling, swimming, theater and Special Olympics training. Ages 5 and older.

ABILITYFIRST (NEWPORT MESA CENTER)
(714) 546-6727
www.abilityfirst.org
1060 Paularino Ave., Costa Mesa, CA 92626
Provides a variety of recreational activities including field trips, bowling, swimming, theater and Special Olympics training. Ages 5 and older.

ALISO VIEJO ICE PALACE
(949) 643-9648
www.avicepalace.com
9 Journey, Aliso Viejo, CA 92656
Ice Skating, hockey and special events for all.

AMERICAN YOUTH SOCCER ORGANIZATION (A.Y.S.O.)
(800) 872-2976 (Se habla español)
vip@ayso.org
www.ayso.org/VIP
Location: Please contact A.Y.S.O for your local program. Very Important Player (VIP) program provides a quality soccer experience for children and adults whose physical or intellectual disabilities make it difficult to successfully participate on mainstream teams.

BASKETBALL - SHOOTING STARS BASKETBALL LEAGUE FOR YOUTH WITH SPECIAL NEEDS (CITY OF HUNTINGTON BEACH)
www.hbsands.org
For Boys and Girls ages 11-21. League includes 6 weeks of instructional play and supervised games, as well as team shirts and awards for all players.

BASKETBALL - HOOPSTARS BASKETBALL
(714) 441-0353
hoopstarsbb@roadrunner.com
www.hoopstarsbb.com
This league was created to provide a social environment for children and adults with special needs to participate on basketball teams in a way that instills a sense of accomplishment, teamwork, and competition.
BIG FUN GYMNASTICS  
(310) 837-7849 or toll free (877) 244-3868  
info@bigfungymnastics.com  
www.bigfungymnastics.com  
Call for location near you  
*Gymnastics and occupational therapy services for children with special needs.*

BOWLING LEAGUES AT SADDLEBACK LANES  
(949) 586-5300  
www.saddlebacklanes.net  
25402 Marguerite Parkway, Mission Viejo, CA 92692  
*Adaptive weekly bowling leagues for all ages and abilities during the months of June, July and August. Tournaments throughout Saddleback and Capistrano Unified School Districts.*

CAL SOUTH TOPSOCCER  
(714) 524-3354 (Se habla español)  
sandjules@cs.com  
This program provides soccer opportunities for all ages.

CASA ALEGRIA  
(714) 966-2115  
casaalegriacm@yahoo.com  
www.casaalegriacm.org  
Local after school program (ages 5-22) that provides social recreational services to children and young adults with developmental disabilities within the Newport Mesa Unified School District.

CHALLENGER DIVISION OF LITTLE LEAGUE BASEBALL  
Call (909) 887-6444 Western Region Headquarters for a Challenger Team near you  
Kcurran@sycr.com  
www.littleleague.org/divisions/challenger.asp  
Location: Various team locations throughout Orange County  
*Girls and boys of all abilities play. Ages 5 to 18 or completion of high school and senior division ages 14 and up. Registration typically begins in November/December, play begins in late February through June.*

DOWN FOR DANCE  
(949) 478-3224  
info@downfordance.org  
www.downfordance.org  
Locations: Huntington Beach, La Habra, Long Beach, & Santa Ana  
*Empowering individuals with Down syndrome to build a stronger sense of self through dance. Ages 7 to Adult.*

HEART OF SAILING  
(949) 236-7245  
gsaidah@heartofsailing.org  
www.heartofsailing.org  
Dana Point Marina, P.O. Box 4073, Dana Point, CA 92629  
*A nautical adventure for children with special needs. A unique integrative sensory experience incorporating physical and behavioral therapies. Ages 8-18 (exceptions made from 3 to 60 years old).*
HELPING HOOVES
(310) 697-6850
Ann@HelpingHooves.org
www.HelpingHooves.org
6352 East Nohl Ranch Road, Anaheim, CA 92807
Helping Hooves Equine Therapy Program accepts students of most ages and abilities. If you or your child are unable to ride or are under 4 years old, there are many other ways to learn with horses.

KARATE FOR ALL
(714) 731-4668
karateforall@cox.net
www.karateforall.org
Locations in Tustin and Mission Viejo
This is a program developed specifically for children with special needs, ages 4-adult. The basics of self-defensive techniques are taught including kicking, punching, and blocking, thereby providing benefits in gross motor, sensory, cognitive and psychosocial functioning. All instructors are certified Occupational Therapists and have black belts in karate. Occupational Therapy principles are combined with martial arts skills.

KINGPIN BOWLING LEAGUE AT IRVINE LANES (CITY OF IRVINE DISABILITY SERVICES)
(949) 724-6637
www.irvinedisabilityservices.org
3415 Michelson Drive, Irvine, CA 92612
Adaptive bowling for all disabilities ages 16 and over from March to June and September to December.

KOALA SWIM SCHOOL
Kenneth Martinez, Swim Instructor
(714) 241-1131
sportsmedken@hotmail.com
www.koalaswimschool.com
Call for location.
Koala Swim School offers lessons for students of all ages, from infants to adults. Instructor is WSI certified and has worked with individuals with developmental disabilities for 36 years. Private sessions – 30 minutes each – 6 sessions for $90.00.

LAGUNA NIGUEL GIRLS SOFTBALL
CHAMPS Program for intellectually challenged girls
(949) 495-3878
Lisamansfield@cox.net
Softball program for intellectually challenged girls of all ages.

MAKAPO AQUATICS PROJECT
(714) 868-6252
info@makapo.org
www.makapo.org
The Newport Aquatic Center, 1 Whitecliffs Dr., Newport Beach
The Makapo Aquatics Project offers outrigger paddling to the blind, visually impaired and those with associated disabilities of all ages. Our youth program, the Keiki Krew for ages 6-17, is open to family and friends providing an inclusive, safe and fun opportunity to be active outdoors and part of a team. These 4-week sessions run from April through August. Our adult NAC/Makapo Outrigger Team competes in SCORA races and is open to new members, no previous experience necessary. Give it a free try during one of our Ohana Days. Visit our website to learn more. Come out and play!
Boys and girls with physical and intellectual disabilities are given the opportunity to play baseball. The Miracle League of Orange County plays baseball on a specially built, fully ADA adaptable synthetic turf field, safe for participants in wheelchairs and/or participants who use walkers. Games are played in Anaheim at Pioneer Park, 2565 E. Underhill, Anaheim, CA. Minimum age to play is 5 years old. Financial aid is provided if you are not able to pay for tuition. No one is turned away.

ORANGE COUNTY MARINE INSTITUTE
(949) 496-2274
www.ocean-institute.org
24200 Dana Point Harbor Drive, Dana Point, CA 92624
The Ocean Institute has become nationally known for its hands-on marine science, environmental and ocean education and maritime history programs. To learn about ocean facts, sea creatures, oceanography, science, and California history, students voyage onto the ocean, study in labs and live aboard tall ships or in the chaparral, where they can feel and taste the salty sea spray, sort through live specimens, observe migrating whales on our Dana Point whale watch cruises, collect scientific data and investigate the culture and world around them. Educational and recreational cruises offered to the public.

ORANGE KARATE CENTER
(714) 538-7620
www.orangekarate.com
1208 N. Tustin, Orange, CA 92867
This martial arts program is designed to meet the physical, cognitive, emotional, and social skills of developmentally challenged individuals. For ages 6 and older.

POP WARNER CHALLENGER CHEER/FOOTBALL
(949) 290-8222
www.popwarneroec.com & www.hbpwf.org
president@hbpwf.org
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
(714) 292-3563
darlene@rideyourhorse.com
www.rideyourhorse.com
10730 Artesia Blvd., Cerritos, CA 90703
Ride Your Horse! Therapeutic Riding Program goals are: to provide quality equine-assisted activities to individuals with disabilities, and encourage self-growth through physical, cognitive, social, and emotional benefits. Lessons provided for age 3 to adult.

RIO/SANDPIPER SWIM SCHOOL
(714) 532-3916 (Se habla español)
www.rio-rehab.org
1800 E. La Veta, Orange, CA 92866
Experienced, certified instructors help people with special needs of all types, ages six months and older, learn water adjustment, water safety, and swimming. Parent and baby classes, group lessons and open swim time are available.
SHEA THERAPEUTIC RIDING CENTER
(949) 240-8441
www.sheacenter.org
26284 Oso Road, San Juan Capistrano, CA  92675
Full-time program of adaptive and therapeutic horseback riding for ages two and older with all disabilities.

SPECIAL OLYMPICS- ORANGE COUNTY DIVISION
(714) 564-8374 (Se habla español)
www.sosc.org
550 N. Parkcenter Dr., Suite 102, Santa Ana, CA 92705
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
contact@spiritleague.org
www.spiritleague.org
Location: South Orange County
Sports for kids from 6-20 years old who are ambulatory and have the emotional ability to participate but have difficulty keeping up with their peers. Soccer, basketball and baseball are offered at different times throughout the year.

S.T.A.R. PROGRAM AT BOYS AND GIRLS CLUB OF TUSTIN
(714) 838-5223
www.bgctustin.org
580 W. 6th Street, Tustin, CA  92780
Includes children ages 5-18 with and without disabilities in recreation, sports, art, education and other activities.

SURFERS HEALING
(877) 966-SURF
www.surfershealing.org
P.O. Box 1267, San Juan Capistrano, CA  92693
Surfers Healing seeks to enrich the lives of children with autism and the lives of their families by exposing them to the unique experience of surfing. Contact directly for more information.

“SHOOTING STARS” BASKETBALL LEAGUE – SADDLEBACK VALLEY COMMUNITY SERVICES
(949) 768-0981
www.saddlebackrecreation.com
24701 San Doval Lane, Mission Viejo, CA  92691
This program is designed for special needs athletes or anyone who for whatever reason cannot participate in the regular league. Ages: 1st grade - High School & Transition Students.

THE RINKS, YORBA LINDA ICE
(714) 692-8776
www.yorbalindaiicerink.com
23641 La Palma, Yorba Linda, CA  92887
Ice skating, parties and special events.
THE THERAPEUTIC RIDING CENTER OF HUNTINGTON BEACH
(714) 848-0966
www.trchb.org
18381 Goldenwest St., Huntington Beach, CA 92648
The Therapeutic Riding Center of Huntington Beach (TRCHB) provides equine assisted therapy for children and adults with a wide range of disabilities. Therapeutic riding is appropriate for most children and adults with autism, cerebral palsy, learning disabilities, ADHD, Muscular Dystrophy, Multiple Sclerosis, Paralysis, Amputations, Down Syndrome, PTSD, Stress disorders and more. "The spirit that overcomes disabilities."

UCP OF ORANGE COUNTY
(949) 333-6400
www.ucp-oc.org
980 Roosevelt, Suite 100, Irvine, CA 92620
Recreation opportunities for all special needs. Classes include art, dance, martial arts and yoga.

US TOO CENTER
(949) 716-1970
ustoogymnastics@yahoo.com
www.ustoogymnastics.org
25 Spectrum Pointe Drive, Suite 405, Lake Forest, CA 92630
Dedicated to teaching gymnastics to children with disabilities who need minimal assistance. Social interaction and physical activity are combined.

WATERWORKS AQUATICS
(949) 450-0777
info@www.waterworksswim.com
www.waterworksswim.com
25 Waterworks Way, Irvine, CA 92618
Ages 3 months to adult. Educate and motivate people of all ages to be safer and learn proper swimming techniques.

WELLNESS CENTER
(714) 919-0280
drgedissman@leankids.net
www.leankids.net
1515 S. Broadway, Santa Ana, CA 92707
A pediatrician directed health, nutrition and fitness program to manage weight, well-being, Nutrition & Fitness for ages 4-19. They offer 10-week intensive programs that run throughout the year. Bilingual.

YOGA WITH JULIE
(949) 689-7718
juliereister@mac.com
Classes formerly held at DSAOC, United Cerebral Palsy. Also at 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**  
(714) 708-1612  
[www.oc4h.org](http://www.oc4h.org)  
University of CA, Cooperative Extension O.C., 1045 Arlington Dr., Costa Mesa, CA  92626  
*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**  
(310) 642-2620  
[www.bestbuddiescalifornia.org](http://www.bestbuddiescalifornia.org)  
Check website or call for location near you  
*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**  
(714) 546-4990  
[www.ocbsa.org](http://www.ocbsa.org)  
1211 E. Dyer Rd., Santa Ana, CA  92705  
*Inclusive troops are available to boys ages 7-17.*

**BOYS AND GIRLS CLUB**  
(714) 530-0430  
[www.bgca.org](http://www.bgca.org)  
Referred to website for locations.  
*Youth development professionals provide kids with health and life skills, as well as the arts, sports, fitness and recreation. The staff works closely with parents of children from kindergarten through high school.*

**CAMP FIRE USA**  
(714) 788-9658  
[www.campfireusaoc.org](http://www.campfireusaoc.org)  
1505 E. Seventeenth St., Ste. 225, Santa Ana, CA  92705  
*Inclusive co-ed activities for youth from kindergarten through high school.*

**CIRCLE OF FRIENDS – CITY OF LAGUNA HILLS**  
(949) 707-2683  
[www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us)  
25555 Alicia Pkwy, Laguna Hills, CA  92653  
*Monthly activities for young adults ages 13 and older, of all abilities.*

**CITY OF IRVINE DISABILITY SERVICES RECREATION**  
(949) 724-6637  
[www.irvinedisabilityservices.org](http://www.irvinedisabilityservices.org)  
20 Lake Road, Irvine, CA  92614  
*Various themed dances every other month for ages 16 and older. Movies, yoga and bowling are just some of the activities offered by the city.*
DANCE FOR ADULTS WITH DISABILITIES-CITY OF PLACENTIA  
(714) 993-8232  
www.placentia.org  
201 N. Bradford, Placentia, CA  92870  
_Dance for adults with special needs, ages 18 and older. Supervision, food and drinks are provided at all dances are held on the 2nd Friday of every month (subject to change) from 7 to 9:30 p.m._

DANCE FOR ADULTS WITH DISABILITIES-CITY OF FOUNTAIN VALLEY  
(714) 593-4400  
www.fountainvalley.org  
16400 Brookhurst, Fountain Valley, CA  92708 (Brookhurst and Heil)  
_Dancing for adults with disabilities at the Fountain Valley Recreation Center presented by the City of Fountain Valley. Dance is every other month beginning in February of 2010 from 7 to 9 p.m. Tickets are $1.00 each and include snacks and a door prize raffle._

THE FRIENDSHIP CIRCLE  
(949) 721-9800  
info@friendshipcircleoc.org  
www.friendshipcircleoc.org  
2865 E. Coast Highway Ste. 340, Corona Del Mar, CA 92625  
_The Friendship Circle extends a helping hand to families who have children with special needs and involves them in a full range of social experiences._

GIRL SCOUTS  
(949) 461-8800  
www.gscoc.com  
_Troops offered in various locations_  
_Inclusive troops throughout Orange County are offered to girls ages 5-17._

INTEGRITY HOUSE  
(714) 542-0855  
www.allianceofabilities.org  
2043 N. Broadway, Santa Ana, CA  92706  
_A clubhouse committed to helping with the social, independent living and housing needs of adults with intellectual disabilities._

PROJECT INDEPENDENCE  
(714) 549-3464 ext. 227  
kcook@proindependence.org  
www.proindependence.org  
3505 Cadillac, Suite O-103, Costa Mesa, CA  92626  
_Access To Adventure program offers recreation activities that challenge, excite and entertain at an affordable price._

SOCIAL SKILLS AND FRIENDLY OUTINGS WITH JULIE  
(949) 689-7718  
juliereister@mac.com  
_Out and about in public – depending on individual’s idea of fun!_  
_Recreational outings with the student where (while having fun) we can address such skills as: personal space, safety, time management, table manners, appropriate self-management, social thinking, money skills, cell phone use, volume and personal presentation. Mostly for ages 13 and up, but open._
TUESDAY NIGHT TOGETHER AT FIRST PRESBYTERIAN CHURCH OF ORANGE
(714) 538-2341
www.firstpresorange.org
191 North Orange, Orange, CA  92868
*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
(949) 837-7280 ext. 252
www.vocationalvisions.org
26041 Pala, Mission Viejo, CA  92691
*Club house for adults 18 and older.*

YMCA NEW HORIZONS
(714) 508-7654
www.ymcaoc.org
13821 Newport Ave, Suite 100, Tustin, CA  92780
*Social recreation program for adults 18+ with intellectual disabilities. Bilingual (Spanish)*

YOUNG LIFE'S HIGH ROLLERS
http://HighRollers.YoungLife.org
102 Avenida Lucia Apt. #A, San Clemente, CA 92676
Throughout Orange County
*High Rollers is a program of Young Life, a non-profit Christian outreach group for people with all types of intellectual and physical abilities from junior high to college. Many different activities and bible studies are available. Join us for fun, friends, and fellowship.*
THE ARTS

HEARTS AT HARMONY
heartsatharmony@gmail.com
Free music lessons for individuals with special needs ages 5-18. Lessons can take place at the student’s home or at a specific location of the parents’ choice.

MUSIC FOR SPECIAL STUDENTS
(714) 222-5079
hallmanrfun@verizon.net
12671 Buaro St., Garden Grove, CA 92840
Beginning band for students with no musical experience. Students are taught how to read music and play an instrument. This group meets every Wednesday @ 3:30 p.m. at Village Bible Church in Garden Grove. Call for consultation.

MUSIC THERAPY SERVICES OF O.C.
(714) 348-4248
Cm@mckeemusictherapy.com
www.ocmusictherapy.com
1929 Main St., Suite 103, Irvine, CA 92614 (Located at Sky Pediatric Therapy)
Music Therapy to help achieve behavioral, social, emotional, sensory, and communication support.

NO LIMITS
(714) 348-4248
Carlahutchison@mccoyrigby.com Website: www.ocmusictherapy.com
1929 Main St., Suite 103, Irvine, CA 92614 (Located at Sky Pediatric Therapy)
A program for all children to be creative in a safe, comfortable environment.

ORANGE COUNTY PERFORMING ARTS CENTER
(714) 556-2121
www.ocpac.org
600 Town Center Drive, Costa Mesa, CA 92626
Broadway Shows, ballet, symphonies, opera, choral performances, jazz, cabaret and children’s programs.

ORANGE COUNTY THERAPEUTIC ART CENTER
(714) 547-5468 (Se habla Español)
www.occtac.org
2215 N. Broadway, Santa Ana, CA 92706
Children ages 1-21 of all abilities can learn art, keyboard, guitar, violin, harp, singing, hip-hop dancing and movement. Visually impaired students can learn piano through a specialized program.

PERFORMING AND VISUAL ARTS WORKSHOPS
(562) 982-0247
www.artsandservices.org
3962 Studebaker Road, Ste 206, Long Beach, CA 90808
Workshops are provided through Arts and Services for Disabled. This day program includes drama and visual arts classes on Saturdays.
PIANO LESSONS
(714) 300-9446
the08spectrum@yahoo.com
Piano lessons for individuals with Special Needs. Music theory and musicianship are part of the lesson.

PIANO AND VOICE LESSONS
(714) 376-6666
bethuumiusic@gmail.com
2845 Mesa Verde East, Costa Mesa, CA 92626
Beth has 10+ years of experience teaching music lessons to students with special needs. She teaches Braille Music Code to visually impaired pianists, and she is comfortable teaching children or adults with any physical or intellectual disability.

VERY SPECIAL ARTS OF ORANGE COUNTY
(714) 966-4303
pberenbeim@ocde.us
www.ocde.us/VSA/Pages
200 Kalmus Dr., Costa Mesa, CA 92626
Orange County Department of Education sponsors an annual event showcasing the talents of individuals of all ages with all disabilities through hands
The American Camp Association is a solid website for finding the best camps throughout the country. When a camp has ACA accreditation, it has undergone a total review of its organization, including an evaluation of staff and emergency training.

**CAMP NUGGET**
(562) 985-7969  
Campnugget@ymail.com  
[www.csulb.edu/colleges/chhs/departments/kin/community/campnugget](http://www.csulb.edu/colleges/chhs/departments/kin/community/campnugget)

California State University, Long Beach, CA  
Department of Kinesiology and Physical Education  
1250 Bellflower Ave, Long Beach, CA 90840

*Camp Nugget is a summer day camp program for children with special needs. Activities include: swimming, sports, games, fitness and relaxation. Age range is 5-12 years of age.*

**CAMP PAIVIKA, WITH ABILITYFIRST**
(909) 338-1102 (ext. 101)  
[www.abilityfirst.org](http://www.abilityfirst.org)

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

**CAMP SCHERMAN**
(949) 461-8800  
[www.gscoc.org](http://www.gscoc.org)

Near Lake Hemet, CA  
Whether your daughter is a Girl Scout or not, she can enjoy this resident camp and experience horseback riding, horse care, archery, camp songs, and much more. Awareness Aides are available but girls must be able to take care of own toileting, bathing and feeding. For girls in second grade through 18 years old.

**EASTER SEALS- SOUTHERN CALIFORNIA REGION**
(800) 221-6827  
[www.easter-seals.org](http://www.easter-seals.org)

Check website for location near you  
*Day and residential camp sessions are available to people of all ages and abilities.*

**INSIDE THE OUTDOORS**
(714) 708-3885  
[www.insidetheoutdoors.org](http://www.insidetheoutdoors.org)

A unique hands-on environmental education program administered by the Orange County Department of Education. Family programs are offered throughout the year. Summer day camps offered in June and July.
SPECIAL CAMP FOR SPECIAL KIDS
(949) 661-0108
www.specialcamp.org
31641 La Novia Ave., San Juan Capistrano, CA 92653
*Summer day camp with community excursions for youth ages 6 to 21 with all abilities of special needs. One-to-one camper to counselor ratio.*
OUTSIDE OF ORANGE COUNTY

ADAPTIVE SWIM CLASS-CITY OF LA MIRADA
(562) 902-3191
www.cityoflamirada.org
13806 La Mirada Blvd., La Mirada, CA  90638
Individuals with cognitive and physical disabilities have the opportunity to learn and improve swimming skills, maintain and increase physical fitness, and achieve success.

AUTISM ON THE SEAS
www.AutismontheSeas.com
Varies-refer to website
Provides group cruises accommodating guests of families and individuals with Autism, Asperger’s syndrome.

CASA COLINA CENTERS FOR REHABILITATION OUTDOOR ADVENTURES
(909) 596-7733, ext. 2200
www.casacolina.org
255 East Bonita Ave., Pomona, CA  91767
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
(877) 359-5437
www.challengeair.com
Challenge Air builds self-esteem and confidence in children and youth with special needs, through the experience of flight.

EPILEPSY FOUNDATION GREATER LOS ANGELES
(800) 564-0445
5777 W. Century Blvd., Suite 820, Los Angeles, CA  90045
www.epilepsyfoundationgla.org
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
(888) 967-2841
www.newdirectionstravel.org
5276 Hollister Ave., Suite 207, Santa Barbara, CA  93111
High quality local, national and international travel vacations and holiday programs for people with mild to moderate developmental disabilities. Open to all ages.

SAN DIEGO DEPARTMENT OF THERAPEUTIC RECREATION SERVICES
(619) 525-8247
3325 Zoo Drive, San Diego, CA  92101
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.
Individuals with cognitive and physical disabilities can enjoy snow skiing, water skiing, kayaking, sailing, fishing, off-road access for wheelchairs and camping. Ages 5 and older.

WHEELCHAIR TENNIS
(562) 944-0351, ext. 5931
www.biola.edu/tennis
Biola University, La Mirada, CA 90639
Dee Henry, Biola tennis coach, has had experience working with a number of people who use wheelchairs, helping them to experience the game of tennis. A wheelchair tennis program exists at Biola and Ms. Henry is available for individual lessons. Appropriate for individuals ages 10 and older.
OTHER

ANGELS PLAYGROUND
(714) 754-5300 (City of Costa Mesa)
885 Junipero Dr., Costa Mesa, CA 92626 (TeWinkle Park)
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.

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

FISHING LICENSE: RCOC Consumers can apply for a free fishing license, no age limit. Please contact your RCOC Service Coordinator for additional information and/or application.
National Parks: Get a free, lifetime ACCESS Pass by applying online. www.store.usgs.gov/pass/access.html for additional information

PRETEND CITY CHILDREN’S MUSEUM
(949) 428-3900
29 Hubble, Irvine, CA 92618
www.pretendcity.org
This interconnected city allows children to “pretend” be the adults. Pretend City brings life to every profession and daily occurrence of a real city.

UNIVERSALLY ACCESSIBLE PLAYGROUND
(949) 461-3450 (City of Lake Forest)
21701 Pittsford Dr., Lake Forest, CA 92630 (Pittsford Park)
This playground allows children with mobility challenges and/or developmental delays to play freely. It also provides better access for parents and seniors with disabilities. Also includes a rubberized surface, double-wide ramps, play equipment with music and water features, as well as a fence to keep children secure.

*This list was adapted from NMUSD. If you have any updates, please send them to recreation@newportbeachca.gov