SOCIAL, RECREATION AND FITNESS OPPORTUNITIES

CITY PROGRAMS

City of Bellflower: Special needs programs for ages 6 years thru adult who are developmentally or physically disabled or autistic. Participants must be a Bellflower resident. For information and current schedule of activities call: 562-866-5684 or email: ahiguera@bellflower.org

City of Carson: Therapeutic Recreation program designed to meet the recreational, social, and physical needs of individuals with disabilities. This program offers classes, sports training and dances with age specific groups for ages 8-12, 13-17 and 18 years and older.

Call: 310-835-0212 Ext. 1470 or email: EMalumal@carson.ca.us

Visit the website: http://ci.carson.ca.us/CommunityServices/Special Needs.aspx

City of Cerritos: Adaptive recreation and activity programs including activities for children 3 years and older, most activities are for Cerritos residents only. For information: 562-916-1254 Visit the website: http://www.cerritos.us/RESIDENTS/recreation/adaptive recreation.php

City of Lakewood: Adaptive Recreation is designed to provide equal recreation and leisure opportunities for people with special needs ages 8 years through adults who can function at a 1:4 ratio (staff to participants). For information call: 562-865-1717. January-June, 2019 schedule: http://www.lakewoodcity.org/civicax/filebank/blobdload.aspx?BlobID=26902

City of Long Beach: Adaptive recreation programs are offered for pre-school, youth, and adults including opportunities to develop music and art abilities, improve fitness levels and sports skills, and enjoy social interaction in the community. Call: 562-570-3111 or email: www.lbParks.org Website: http://www.longbeach.gov/park/business-operations/about/

City of Manhattan Beach: Parents looking for after school or vacation activities for their child with special needs need look no further than the REC Program, REC Camp, REC Summer Camp, Teen Center Program, Teen Center Vacation Days, Teen Center Summer Camp, and the Aquatics Program. Visit the website for more information:

https://www.citymb.info/departments/parks-and-recreation/youth/children-with-special-needs
 More City of Manhattan Beach activities can be found in the MANHAPPENINGS activity guide and on the Golden Heart Ranch website: http://www.goldenheartranch.org

City of Norwalk: The CLASS program is for ages 6-22 and is a fun and interactive after school program. The HEART program is for children, teens, and adults with developmental, physical, and/or learning disabilities ages 13 and over. To register for programs or to be added to the mailing list call: 563-929-5922. For more information and a schedule visit the website: https://www.norwalk.org/city-hall/departments/recreation-park-services/adaptive-recreation

City of Rancho Palos Verdes: The REACH program serves social and recreational needs for youth and young adults in Palos Verdes and the South Bay. For information call: 424-703-9655 or email: http://www.rpvca.gov/192/REACH-Program

City of Torrance Adapted Sports and Recreation programs: Adaptive Recreation and Sports provides activities and special assistance to individuals 13 and over with intellectual disabilities. The PALS program is a social club for individuals 13 and over. The Adaptive Recreation and Sports program offers year-round integrated sports for 13 and over. Visit the website: https://www.torranceca.gov/services/recreation-services/adaptive-recreation-and-sports For information call 310-618-2934 or email Charlene Walker, Program Coordinator, at: CWalker@TorranceCA.gov

SPORTS, RECREATION AND FITNESS

ACEing Autism: A special designed tennis program for children with autism. For information on the Torrance and Long Beach visit the website: www.aceingautism.com or email: https://aceingautism.org/contact/

AYSO VIP Soccer – Redondo Beach: For children and adults with physical and/or mental disabilities starting at 4 years of age. Practices begin in September and are held at Adams Middle School in Redondo Beach on Saturdays from 9:00 am – 11:00 am. For information contact Sean or Rosangela Kenney at 310-936-1912 or email: rosangelakenney@gmail.com

AYSO VIP Soccer Program Locator: For children and adults with physical or mental disabilities starting at 4 years of age. To locate a VIP (Very Important Player) program near you visit the website: https://ayso.org/find-your-region/

Break It Down Total Sports: Teaches children with autism and other special needs sports skill and knowledge. Visit the website: http://breakitdowntotalsports.com/

Buddy Ball – Long Beach/Lakewood: A Heartwell baseball program for children and young adults with special needs in the Long Beach/Lakewood area. The season is from February thru June. Contact Lynette Ingram, Director of Buddy Baseball, for information: lynning64@att.net

Challenger Baseball - Lakewood: Offered through the **Lakewood Little League** for ages 4 — adult. The season is from February thru June. Contact Robin Sumner at 562-229-0500 or email: rsumner17@aol.com

Challenger Baseball – Lunada Bay: Offered through **Lunada Bay Little League** for ages 4-22. Contact Bill Foltz at 310-444-2496 or email: billfoltz@cox.net

Challenger Baseball League Locator: Visit this website to locate a Challenger Baseball League in your area: https://www.littleleague.org/play-little-league/league-finder/

Challenger Flag Football and Cheer: Offered through **Lakewood Pop Warner**, the Lakewood Lancers is for kids ages 5-18 with disabilities, both mental and physical. Contact the Challenger director for information: https://www.lakewoodlancers.org/Default.aspx?tabid=1439764

Challenger Flag Football: Offered through **Palos Verdes Pop Warner**, this is a structured flag football program for participants ages 5 – 18 with special needs. Practices begin in August. Visit the website: www.pvfootball.org or email at: brucehum111@gmail.com

Challenger Cheer: Offered through Palos Verdes Pop Warner, this is a cheer program for

participants ages 5 – 18 with special needs. Practices begin in August. Visit the website: www.pvfootball.org or email: pvfootball@cox.net

Chuck E. Cheese Sensory Friendly Sundays: Chuck E. Cheese offers a sensory-friendly experience on the first Sunday of every month at participating locations, opening two hours before their normal opening time. These Sensory Friendly events include a trained and caring staff that work to ensure each guest has a fun-filled visit where their mission is to create an event that allows ALL kids to be a kid. Visit the website for more information and locations: https://www.chuckecheese.com/events/sensory-sensitive-sundays

Club Kids Yoga: Specializing in Yoga instruction for children including children with special needs, Amy is certified in teaching Yoga to all ages. For information call: 310-377-6530 or visit the website: www.clubkidsyoga.com

Galaxy Junior: For ages 18 months - 6 years old (boys and girls), this is an exciting, non-competitive opportunity for children to learn the game of soccer while developing physically, socially, and mentally. These age specific groups require parental involvement and are not specifically designed for children with special needs but they do include them. For more information visit the website: https://youth.lagalaxy.com/galaxy-juniors/

Gladius Athletic Foundation: Dedicated to facilitating physical movement and self-empowerment while training special needs athletes in non-traditional sports. Gladius Athletic Foundation (GAF) has been collaborating with Mychal's Place since 2017 to provide fencing instruction to special needs teenagers and young adults. This experience and opportunity is giving them self-empowerment, sense of accomplishment and continuing self-advocacy. For more information visit the website: https://www.gladiusathleticfndn.org/

Long Beach Beauties: A special needs co-ed cheer squad for ages 8 and up. For information Contact Lynette Ingram – Cheer Director by email: lynning64@gmail.com Check them out on Facebook!

Loyola Marymount University Special Games: The mission of Special Games is to bring together the special needs community of Los Angeles and the Loyola Marymount University community for a day of fun and friendship. Email: specialgames@lmu.edu or call 310-338-2728 Visit the website at:

https://studentaffairs.lmu.edu/activities/centerforserviceandaction/annualevents/specialgames/

Red Day: Keller Williams South Bay and Keller Williams Beach Cities will be giving back to the community by having a special celebration for Young Adults with special needs in the South Bay Community. Young Adults with special needs that attend transition programs or day programs and are between 18 – 60 years old are invited to attend a day of fun, games, prizes, food and dancing along with various activities to make them feel extra special. Save the date for Thursday, May 19, 2019 for this terrific day! The event will be held at Wilson Park from 9:00 am – 2:00 pm and is FREE! For more information contact Gerry at: 310-701-5332 or his Executive Assistant Andrea at: 310-465-2390.

Sand Blasters Snowshoeing Team: This fun and unique team began practicing on the beach and competing in the snow 17 years ago! The team was created by two moms/coaches who have been certified in coaching the sport of Snowshoeing for people with disabilities. New participants of all ages and abilities are welcome and encouraged to join us for one or more practice or for the entire season! The practice season is held mid-October thru early February and extra pairs of snowshoes are available to borrow. For pictures of the team in action, check out and Like our Facebook page at: **Sand Blasters Snowshoeing Team**For additional information email Kerry Ryerson at: kerry.ryerson@gmail.com

South Bay Aquatics Swim School: A year round indoor swim facility with locations in Torrance and Redondo Beach for ages 6 months and up. Visit the website: http://southbayaquatics.com/index.php or call: 310-937-SWIM

Special Olympics Southern California (SOSC): Contact SOSC to locate a program near you by visiting the website: www.sosc.org

Togisala Shorin Ryu: Togisala Shorin Ryu is more than a karate school. We take pride in emphasizing the values of discipline, respect, self-defense and fun. Private lessons are available and we work towards full inclusion for our neuro-diverse students. Open enrollment for ages five and up. For more information, please call 717-862-8824 or go to our website: www.togisalashorinryu.squarespace.com

Twinkle Twinkle Kids Café: For ages 0 – 7 years old, this kid-friendly restaurant has an indoor playground where kids have fun and parents are can relax! Kids can learn while they play with the child education staff. Visit the website for price of Admission, days of operation, etc: http://www.kidscafetwinkle.com/

United Studios: This is a United Studios of Self Defense school offering professional self-defense & martial arts. Private lessons are offered for those with special needs through an evaluation starting from the age of 4. Visit the website: http://torrancekarate.com/#welcome or call: 310-378-4777

We Rock The Spectrum Kid's Gym: An indoor kid's gym for ages infant to 13 years old that offers an inclusive philosophy with unique sensory equipment specifically designed to aid children with sensory processing disorders. There are two locations in the HRC catchment: Long Beach: http://www.werockthespectrumlongbeach.com/

Redondo Beach: http://www.werockthespectrumredondobeach.com/

For more locations: https://www.werockthespectrumkidsgym.com/our-location

5-Eleven Hoops: 5-Eleven Hoops provides therapeutic basketball training for children on the Autism Spectrum and other disabilities. 5_Eleven Hoops was created by Stacy McAlister, a former professional basketball player, in his own backyard by using his pre-existing training and knowledge. Stacy has assembled a system of drills and basketball plays to build Autistic children's sportsmanship, social skills, coordination, strength & cognitive development. His program was built and inspired from helping his own son learn, grow and develop during the early stages of his Autism diagnosis. Visit the website for more information: https://www.5elevenhoops.com/ or email: 5elevenhoops@gmail.com

SOCIAL PROGRAMS AND CAMPS

AbilityFirst Camp Paivika: For children, teens and adults with disabilities. Counselor to camper ratio is 1:3 for winter and summer camps. Some camperships available by application. Visit the website for more information: https://www.abilityfirst.org/camp-paivika/

"BEE" YOURSELF (PVLD): A sensory friendly browsing opportunity for children on the autism spectrum and children with special needs. The morning will begin with a calm gentle hour of browsing in the library before the library opens. With their families, children can explore library books, play with sensory toys and manipulatives, and just have fun being themselves. Maybe they will even make a new friend! Sensory tools such as weighted lap pads and headphones will be available. Offered every fourth Saturday of the month from 9:00 am – 11:00 am and held at the Peninsula Center Library, Community Room, 701 Silver Spur Road, Rolling Hills Estates. For more information, contact Marisa Perley at: 310-377-9584 ext. 238 or by email: mperley@pvld.org

Club 21 South Bay Community Group: Monthly events including playdates for 0-5 year olds, a youth group and Monday night meetings for parents and caregivers. For more information visit the website:

http://clubtwentyone.org/programs/community-groups/south-bay-community-group.html

Easter Seals Southern California Camp: For children and adults with disabilities who have some communication skills. Counselor to camper ratio 1:2. This week long camp is held at Camp Oakes in the San Bernardino Mountains, elevation 7,300 ft. For more information visit the website: http://www.easterseals.com/southerncal/our-programs/camping-recreation/

Exceptional Kids Organization (EKO): EKO hosts monthly dances throughout the year for SW SELPA students ages 14 and older as well as some other activities throughout the year. A Prom is held in June which is great fun! Contact Sandra DeMond at: sdemondathome@aol.com and for more information visit the website: www.ekpto.com

Friends of Angels Autism Family Camp: A weekend camp held in Yucaipa where the children buddy up with typical peers for various activities while the parents meet other parents and take some time off for themselves. Everyone comes together for meals, recreation and lodging. Visit the website: www.friendsofangels.org/

Friendship Foundation South Bay: For children and young adult ages 5 through 25 years with special needs. Friendship Foundation provides a variety of social, recreation and respite programs throughout the year. Participants are paired with a student volunteer. Visit the website for information: http://www.friendshipfoundation.com/ or call: 310-214-6677

Girl Scouts of Greater Los Angeles: Promoting the inclusion of girls with special needs to become involved in local Girl Scouts Troops. Visit the website: www.girlscoutsla.org For information contact: Cecilia Tapia, Recruitment Specialist: Ctapia@girlscoutsla.org

Golden Heart Ranch: Teen and young adult programs focusing on Social and Living Skills through cooking classes, Track Fitness Club, Supper and Dance Clubs, Volunteer Days, Summer Camps and Parents Matter Too programs. Contact Barbara Pacheco by email: barbara@goldenheartranch.org or call: 310-798-9933 For more information visit the website: http://www.goldenheartranch.org

ICAN (California Abilities Network): Based in Redondo Beach, ICAN provides weekday and weekend outings throughout the year and weeklong camp experiences in the summer. Contact Scott or Louise Elliott at: 310-374-8295 or visit the website: www.icanla.net

Mychal's Learning Place: Mychal's offers programs for children and adults including after school care, sports opportunities and independent living skills. Ed Lynch, Founder, can be reached at: 310-297-9333 Program is located at: 4901 W. Rosecrans Ave., Hawthorne, CA. For information email: info@mychals.org or visit the website: www.mychals.org

My Social Club (MSC): MSC is a place for friendships, community and social skills for young adults with special needs and is staffed by two Special Education Teachers - Elizabeth Dolenga and Sylvia Owens. For information email: info@MySocialClub.net or call: 310-429-6191 or 310-488-5648 Visit the website: www.MySocialClub.net

New Adventures (Life Steps): New Adventures is a weekly social group that meets in Torrance for ages 22 and up. Contact Robert Turner, Director at: 562-366-7144

Pediatric Therapy Network (PTN): PTN offers year-round social skills and community integration programs for children and teens ages 4 to 19. PTN also offers an annual summer day camp, Camp Escapades, for children with developmental concerns and their siblings who are 5 to 14 years old. Camp Escapades takes place annually in August. PTN's social skills and summer programs are led by occupational, physical and speech therapists. Visit the website: www.PediatricTherapyNetwork.org or call: 310-328-0276

Preschool Without Walls: Children ages 0-5 come together in groups to learn through activities presented by an educator. This is a FREE program that brings the classroom to children and their parents or caregivers in parks, libraries and recreation center. Visit the website for more information and locations: http://www.sbccthrivela.org/preschool-wo-walls

THERAPEUTIC RIDING PROGRAMS

Ride to Fly: Ride to Fly is a non-profit organization dedicated to providing therapeutic horseback riding and the associated learning experiences to children ages 4 and older including adults with disabilities ranging from physical, cognitive and/or emotional in a safe, nurturing environment. For information contact call: 310-541-4201 or visit the website: www.ridetofly.com Ride to Fly is located at 50 Narcissa Drive in Rancho Palos Verdes.

Valley View Vaulters: At Valley View we take pride in teaching vaulting to any person, of any age, and any ability in an inclusive environment. Lessons are offered in Long Beach on Mondays and in Lake View Terrace on Tuesdays - Saturdays. Visit the website: http://www.valleyviewvaulters.com or call: 818-302-0153

Therapeutic Riding Center: Provides services to children and adults of all ages with disabilities in the form of equine assisted activities. Visit the website: http://www.trchb.org/ or call: 714-848-0966 The Center is located at: 18381 Goldenwest Street in Huntington Beach.

ART AND MUSIC PROGRAMS

Able Arts Work: the <u>Creative Health and Wellness Clinic for Children and Youth</u> is a Social Group that engages children and youth with various disabilities to have the opportunities to practice social skills through fun and creative music sessions. For information visit the website: http://www.ableartswork.org/services/community-outreach.html or call: 562-982-0257

Art to Grow On: An innovative mobile art enrichment company for all children ages 2 to 16 years old. For more information visit the website: http://www.art2growon.com or call: 310-625-6028

ArtMusicPlay: An enrichment program that includes adapted piano lessons for children who have autism. For more information visit the website: www.artmusicplay.com or email Ceri Hui at: ceri@artmusicplay.com

OUT OF AREA PROGRAMS

The Help Group's Kids Like Me Program: Offers after-school programs, day camps, social clubs and family activities for children, teens and young adults with autism and other special needs. All programs that are offered in Culver City and Sherman Oaks emphasize social skills development and positive peer-to-peer interaction. Visit our website for more information: http://www.kidslikemela.org/

Pujols Family Foundation: The Foundation exists to celebrate and honor individuals with Down syndrome by offering a variety of programs focused on enriching the lives of the individuals and their families. Check the website for information on events in Orange County: http://www.pujolsfamilyfoundation.org/

SPORTS For Exceptional Athletes (S4EA): San Diego based sports program serving athletes with developmental disabilities ages 5 through adult. S4EA also offers popular yearly SPORTS Camps including a SPORTS Camp for campers that are mobility impaired. Visit the website for more information: http://www.s4ea.org/ or email Walter Jackson at: sds4ea@gmail.com or call: 858-565-S4EA (7432)

US Adaptive Recreation Center, Bear Mountain, Big Bear City, CA: Great local program offering skiing lessons. Summer programs include water skiing, jet skiing, kayaking, stand-up paddle boarding, sailing and fishing. They also offer mountain biking and summer camping programs for people with disabilities. Visit the website: http://usarc.org For information email: mail@usarc.org or call: 909-584-0269

Disabled Sports Eastern Sierra, Mammoth, CA: Another great program offering skiing and snowboarding lessons for people with disabilities. Summer programs include kayaking, rock climbing, camping, hiking, cycling/mountain bike rides and horseback riding.

Visit the website: http://www.disabledsportseasternsierra.org

For information email: info@disabledsportseasternsierra.org or call: 760-934-0791

A Day In The Swamp: A Day in the Swamp is a one day football training camp for athletes with Down syndrome. Camp is hosted by and held at Sacred Heart Prep School in Atherton, CA. With instruction from school coaches and the Gators football team, attendees participate in a variety of drills, skills and a scrimmage. Camp is held in August. Contact Coach Matt Cerruti at: mattcerruti44@gmail.com

Football Camp for the Stars: Football Camp for the Stars is a two day camp especially for athletes with Down syndrome who love football. With instruction from NFL football players, along with NFL, college and prep school coaches. Attendees participate in a variety of football drills, skills and a scrimmage. Camp is hosted by and held at Valley Christian School, San Jose, CA. Camp is held in June. For information call: 408-513-2503 or visit the website: www.footballcampforthestars.com

Cheer Camp for the Stars: Cheer Camp for the Stars is a two day camp especially for young ladies with Down syndrome. With instruction from the Valley Christian High School Cheer Team, Cheer campers will learn routines and cheer for the Football Campers throughout the two day camp and when the Football Camp for the Stars have their big Scrimmage! Cheer camp is held in conjunction with the Football Camp for the Stars in June at Valley Christian School, San Jose, CA. For information or to sign up, contact Bri Melnychuk at: 408-642-8860 or email Bri at: Melnychuk.Bri@gmail.com Visit the website: www.footballcampforthestars.com

A.skate Foundation: A.skate introduces children with autism to the world of skateboarding. A.skate events provide an outlet that allows participants to be social without being "social". Visit the website: www.askate.org or email: info@askate.org

Jensen-Schmidt Tennis Academy for Down Syndrome: This Academy has been established and designed to meet the sport specific needs of children and young adults with Down syndrome. Camp is held in Burbank in June. For information visit the website: www.jensen-schmidt.com or email: js10s@hotmail.com

ENTERTAINMENT, AMUSEMENT AND THEME PARKS

AMC Sensory Friendly Films: For guests and families living with autism or other special needs. Visit the website for locations and a list of movies:

https://www.amctheatres.com/programs/sensory-friendly-films#movies

Aquarium of the Pacific: Every year in late January the Aquarium of the Pacific hosts the Festival of Human Abilities. When event registration opens, reservations can be made for free entrance for people with disabilities and one guest. For information on the previous event go to the website: www.aquariumofpacific.org/events/info/festival of human abilities

Disneyland Community Involvement Program (CIP): Discounted ticket prices are offered to our HRC clients every fall for entry to Disneyland and/or California Adventure during specific dates in January and February. Contact your service coordinator to sign up with your email address. For more information visit the website: https://publicaffairs.disneyland.com/CIP/

Tickets at Work: Online discounts for Knott's Berry Farm, amusement parks, hotels, rental cars, movie theaters, etc. can be accessed all year by registering for free membership at:

<u>www.TicketsatWork.com/knotts</u>

When registering use HRC's Company Code: **KBFHRC**

Wonder of Dinosaurs: Over 100 dinosaurs and two floors of super fun dinosaur themed activities, kiddie rides, 18 hole miniature golf, mazes and more. Activities are geared for children ages 2-12. Visit the website: https://www.wonderofdinosaurs.com/

LOS ANGELES COUNTY BEACHES

L.A. County Beaches offering Free Beach Wheelchairs include:

- Belmont Shore at Alfredo's Granada Ave. concession stand, Long Beach, 562-477-6820
- Cabrillo Beach, San Pedro, 310-372-2162
- Catalina Island, 310-510-1622
- Torrance County Beach, Torrance, 310-372-2162
- Hermosa City Beach, 310-372-2162
- Manhattan Beach, 310-372-2162
- El Porto Beach, Manhattan Beach, 310-372-2162
- Dockweiler State Beach, Playa del Rey, 310-372-2162
- Mother's Beach, Marina del Rey, 310-394-3261
- Santa Monica Beach at Perry's Café, 400 Ocean Front Walk, 310-452-2399
- Santa Monica Beach at Annenberg Community Beach House, 415 PCH, 310-458-4904
- Will Rogers State Beach, Pacific Palisades, 310-394-3261
- Topanga Beach, Malibu, 310-394-3261
- Zuma Beach County Park, Malibu, 310-457-2525
- Leo Carrillo State Beach, Malibu, 310-457-4665

All locations have different numbers of chairs and average one or two per site. Reservation policies may vary so call ahead for details.

For locations throughout California visit the California Coastal Commission website: https://coastal.ca.gov/access/beach-wheelchairs.html#text

STATE AND NATIONAL PARKS

California Department of Fish and Wildlife: A free fishing license is available for any person who is developmentally disabled. Letter of Certification is required by a licensed physician or a State Regional Center Service Coordinator on letterhead certifying the applicant's developmental disability. For more information and the application visit the website: https://nrm.dfg.ca.gov/FileHandler.ashx?DocumentID=111500&inline

California State Parks: For persons with permanent disabilities, the cost of a Lifetime Disabled Discount Pass is \$3.50. The Disabled Discount Pass entitles its bearer to a 50% discount for use of all basic facilities (including vehicle day use, family camping, and boat use fees) at any unit of the California State Park System operated by the California Department of Parks and Recreation, except Hearst San Simeon SHM. The pass holder is required to present the Disabled Discount Pass and a valid California Driver License or other suitable photo identification, along with any campsite reservation, and to pay any supplemental fees upon entrance to the park unit. Here is the link for the application: http://www.parks.ca.gov/pages/737/files/DPR818a.pdf

National Parks and Federal Recreational Lands: A free, lifetime Access Pass is available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability. You can obtain the Access Pass in person, with proper documentation, from a participating Federal recreation site or office. Look up the Site Locations on the website that issue the Access Pass. Or, for a \$10 document processing fee you can obtain the Access Pass via mail order from USGS. Mail-order applicants for the Access Pass must submit a completed paper application, proof of residency and documentation of permanent disability (does not have to be a 100% disability). Once the application package is received, the documentation will be verified and a pass, with the pass owner's name preprinted on it, will be issued to the applicant. For site locations, an application or more information visit the website: https://store.usgs.gov/access-pass