

Social/Recreation Opportunities

City of Bellflower: 562-866-5684 www.bellflower.org

Special needs programs for youth, teens and adults who are developmentally disabled or autistic – must be a Bellflower resident.

City of Cerritos: 562-916-1254 www.ci.cerritos.ca.us

Award winning Adaptive recreation and activity programs including activities for children 3 years and older – most activities are for Cerritos residents only.

City of Lakewood: 562-866-9771 ext. 2408

<http://www.lakewoodcity.org/services/recreation/default.asp>

Recreation and leisure opportunities for ages 8 years through adults who can function at a 1:4 ratio (staff to participants).

City of Long Beach: 562-570-1685

http://www.longbeach.gov/gov/park/recreation/youth_n_teen_programs/adaptive.asp

Adaptive recreation program provides leisure services and referrals for individuals. Activities include sports, special events and excursions. Classes are offered for a variety of age groups starting at 5 years.

City of Rancho Palos Verdes: 310-544-5260

<http://www.palosverdes.com/rpv/recreationparks>

The REACH program serves social and recreational needs for youth and young adults in Palos Verdes and the South Bay. Staff to participant ratio is 1:7.

City of Torrance Special Needs Sports and Recreation programs: 310-618-2934

<http://www.torranceca.gov/Parks/4577.htm>

A great variety of sports are offered for ages 8 years and older, social programs for ages 14 and older. Sport specific schedules, events and additional contact information can be found on the FTEA website: www.friendsoftorrea.org

Friends of Torrance Exceptional Athletes (FTEA): 310-791-1314 www.friendsoftorrea.org

FTEA is a Torrance based non-profit established to help fund the City of Torrance Special Needs Sports and Recreation programs.

Exceptional Kids Parent Teacher Organization (EKPTO): 310-503-3936 www.ekpto.com

Sandra DeMond, EKPTO sdemondathome@aol.com

EKPTO hosts monthly dances throughout the school year for SW SELPA students ages 14 and older. A Prom is held in June which is great fun!

AYSO VIP Soccer: Contact Michelle Amundson @ amundsonmich@yahoo.com

Region 34 in Redondo Beach - Practices begin in September.

Challenger Baseball: Contact Beth or Jerry Muraida at: murmur99@msn.com

Manhattan Beach and El Segundo have Challenger leagues.

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. For more information visit the website: www.pvfootball.org or email: pvfootball@cox.net

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. For more information visit the website: www.pvfootball.org or email: pvfootball@cox.net

Amy Mac's Yoga: 310-377-6530 office or 310-663-0148 cell Email: www.clubkidsyoga.com
Amy MacConnell is a certified Yoga Instructor, specializing in Yoga instruction for kids and certified in teaching all ages. Amy also teaches Yoga for children with special needs.

Free 2 Be Me Dance: 818-281-3723 Sari Anna Thomas – Instructor For information or to sign up, email: info@free2bemedance.com
An adaptive dance program in Long Beach that teaches dance to people with Down syndrome.

Jazzercise: 562-756-7066 C-T Iradj –Instructor Email: 4bodymoves@gmail.com
“STRENGTH45” CLASS - For teens and young adults (ages 13-Adult) with Developmental Delay/Autism/Special Needs.

Friendship Circle South Bay: 310-214-6677 ext. 102 <http://www.gotfriends.com/>
Offers social outings, sports activities, sports camps, beach and surf camps.

Golden Heart Ranch: 310-798-9933 Barbara Pacheco barbara@goldenheartranch.org
<http://www.goldenheartranch.org>
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.

ICAN (California Abilities Network): 310-374-8295 Scott and Louise Elliott www.icanla.net
Based in Hermosa Beach and provides weekday and weekend outings throughout the year and weeklong camp experiences in the summer. Formerly known as Hope Chapel Special Ministries

Mychals Learning Place: 310-297-9333 Ed Lynch – Founder For more information visit the website: www.mychals.org or email: info@mychals.org
Offers after school care, sports opportunities, independent living skills. Located at: 4901 W. Rosecrans Ave., Hawthorne, CA

My Social Club (MSC): 310-429-6191 or 310-488-5648 For more information visit the website: www.MySocialClub.net or email: info@MySocialClub.net
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.

New Adventures (Life Steps): 562-366-7144 Robert Turner – Director
New Adventures is a weekly social group that meets in Torrance for ages 20 and up.

Pediatric Therapy Network (PTN): 310-328-0276 www.pediatrictherapynetwork.org
PTN offers several summer camps and programs from the age of 3 up to 14 years old.

SPORTS For Exceptional Athletes (S4EA): 877-537-5277 <http://www.s4ea.org/>

San Diego based sports program serving athletes with developmental disabilities ages 5 through adult. S4EA also offers popular yearly SPORTS Camps.

Special Olympics Southern California (SOSC): 562-354-2600 www.sosc.org

Contact SOSC to locate an area program.

Loyola Marymount University Special Games: 310-338-2728

For information email: specialgames@lmu.edu

<http://studentaffairs.lmu.edu/activitieservice/centerforserviceaction/specialgames/>,

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, friendship, and personal growth.

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

- Cabrillo Beach, San Pedro, 310-372-2162
- 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
- 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, but the average is one or two per site. Policies regarding whether chairs can be reserved in advance, and how long each visitor can borrow a chair, also vary from beach to beach, so call ahead for details.

US Adaptive Recreation Center, Bear Mountain, Big Bear City, CA: 909-584-0269

<http://usarc.org> For information email: mail@usarc.org

Great local program offering Skiing lessons for people with disabilities.

Disabled Sports Eastern Sierra, Mammoth, CA: 760-934-0791

<http://www.disabledsportseasternsierra.org>

For information email: info@disabledsportseasternsierra.org

Another great program offering Skiing lessons for people with disabilities.

California State Parks: http://parks.ca.gov/?page_id=23800

GOLDEN BEAR PASS - \$5.00 Calendar Year

Under the law, any qualifying person receiving Supplemental Security Income (SSI), any person receiving aid under the applicable aid codes in the CalWORKS Program; or any person 62 years of age or older with income limitations specified on the application form is eligible to receive the Golden Bear Pass. Entitles the bearer and spouse or registered domestic partner to the use of all State Park System operated facilities where vehicle day use fees are collected.

Football Camp for the Stars: 408-513-2503 www.footballcampforthestars.com

Valley Christian School, San Jose, CA

Football Camp for the Stars is especially for athletes with Down syndrome who love football. With instruction from NFL football players, along with NFL, college and prep school coaches.

Ride to Fly: www.ridetofly.com For information contact Gail Grove at 310-541-4201

50 Narcissa Drive, Rancho Palos Verdes, CA

Ride to Fly is a non-profit organization dedicated to providing therapeutic horseback riding and the associated learning experiences to children and adults with disabilities in a safe, nurturing environment.

Ride Your Horse! Therapeutic Riding Program: 714-292-3563 www.rideyourhorse.com

10730 Artesia Blvd., Cerritos, CA

An Equine-Assisted Activity Program for Individuals with Disabilities.

Valley View Vaulters: 818-302-0153 <http://www.valleyviewvaulters.com>

1000 West Carson Ave., Long Beach, CA and in Lake View Terrace, CA

At Valley View we take pride in teaching vaulting to any person, of any age, and any ability.

Therapeutic Riding Center: 714-848-0966 <http://www.trchb.org/>

18381 Goldenwest St., Huntington Beach, CA

Provides services to individuals with disabilities in the form of equine assisted activities.

Queue-Up Inc: 323-757-6193 www.gupinc.com

456 ½ W. Tichenor Street, Compton, CA 90220

Teaching all youth and adults including those with disabilities the art and technique of horseback riding and husbandry (caring for horses).

Art to Grow On: 310-625-6028 <http://www.art2growon.com>

An innovative mobile art enrichment company for all children.