



SOCIAL RECREATION & FITNESS GUIDE



HARBOR
REGIONAL
CENTER

Updated March 2022

The information provided through this guide is to assist you with locating social, recreational, and fitness opportunities within the local area. The agencies, individuals, programs, and organizations listed in this guide are not endorsed by Harbor Regional Center. Information contained in this guide was updated March 2022 and is subject to change at any time.

Social Recreation & Fitness Guide Updated March 2022

ART, DANCE & MUSIC PROGRAMS

Able Arts Work: Able ARTS Work was established in 1981 as a non-profit organization to provide inclusive services for individuals with developmental disabilities, autism and ALL people through the creative arts therapies and education, music, dance/movement, drama/theater, visual arts, media and digital arts.

Visit the website: learnforlife@ableartswork.org

Art Box Academy: Art & Activity Boxes include a Master Artist or Architecture Lesson, plus 5-9 engaging activities, all designed, packaged and delivered in signature boxes. Kiddos enjoy hours of extended creativity and play!

Visit the website: <https://theartboxacademy.com/>

Fun to Create: Fun to Create brings, or sends, you everything you'll need for a custom creative project that you can share with your family and friends. With 20 years of experience working in group home settings, Susan will provide engaging activities for small to large groups with a real talent for helping others create an art or crafting project.

Visit the website: www.funtocreate.net or call (540) 336-8346

Always Dancing Project: Free Zoom dance classes for people with developmental disabilities.

Visit the website: <https://sites.google.com/view/alwaysdancingproject/home>

Email Elliana Kim at alwaysdancingproject@gmail.com

Additional languages supported: Spanish

Down For Dance: Down For Dance (DFD) provides high-quality dance programming for individuals with Down Syndrome. DFD offers different styles and holds classes in Long Beach, Huntington Beach and Costa Mesa.

Visit the website: www.downfordance.org

Contact Annie Griffith by email annie@downfordance.org or call (949) 478-3224

Additional languages supported: Spanish

Jazz Hands for Autism: If you are interested in learning to play a new instrument, consider taking Zoom lessons for the guitar or piano. For more information email info@jazzhandsforautism.org

Kick It Up Dance and Fitness Studio: Kick It Up Dance and Fitness offers dance classes for boys and girls of all ages. Using a wide variety of styles allows all students the opportunity for a well-rounded performing arts education. You will find descriptions on the website of each class and their levels to help you choose the right ones for you.

Visit the website: www.kickitup.com

LA Opera Music to Remember: Music to Remember is inspired by the powerful (and scientifically proven) role that music plays in restoring the body, soul and memory. These weekly virtual recitals with LA Opera teaching artist, Nandani Sindha, simulate remembrance and gently invite reflection through familiar and beloved songs while singing and/or signing along with Nandani.

Contact Tate Shoebridge by email tshoebridge@laopera.org or (213) 972-8013

McKee Music Therapy: McKee Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. Offering music lessons for students of all ages.

Visit the website: www.mckeemusictherapy.com

Contact by email cm@mckeemusictherapy.com or call (714) 348-4248

Music Together: Celebrating 23 years of bringing Music Together to families in our community, Music Together is an internationally acclaimed early childhood music and movement program for children from birth through age 5 and the

adults who love them. Research-based, fun-filled, developmentally appropriate classes to engage families in active music-making are offered to enhance the development of the basic music skills of singing in tune and keeping a steady beat.

Visit the website: www.musictogetheratthebeach.com

Email: mtatbeach@gmail.com or call/text (562) 264-5543

Rise and Shine Music Therapy: Rise and Shine Music Therapy serves children and young adults with disabilities, as well as individuals of all ages with mental health needs. Individual music therapy sessions are provided in home, in the community, and virtually via Zoom. Group sessions are available upon request. Rise and Shine is also proud to offer music lessons, both in person and virtually, to people of all ages and skill levels.

Visit the website: www.riseandshinemusictherapy.com or call (310) 465-5160

CITY PROGRAMS

City of Bellflower: The Special Needs programs for children, ages 6 years through adulthood, who are developmentally or physically disabled or have autism might not be in session at this time. For information on the virtual recreation center and resources open to Bellflower residents, visit the city's website:

https://www.bellflower.org/departments/parks_recreation/index.php

City of Carson: Therapeutic Recreation program is 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 years, 13-17 years, and 18 years and older.

For more information, 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, call (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 adulthood, who can function at a 1:4 staff-to-participant ratio.

Visit the website: <https://www.lakewoodcity.org/Things-to-Do/Park-Recreation-Programs/Adaptive-Recreation> or call (562) 865-1717

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) 570-3100 or email www.LBParks.org

Visit the 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: <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 years 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 years and over.

To register for programs or to be added to the mailing list, call (562) 929-5922.

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 (310) 544-5266 or e-mail REACH@rpvca.gov

Visit the website: <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 ages 13 years and over with intellectual disabilities. The PALS program is a social club for individuals ages 13 years and over. The adaptive recreation and sports program offers year-round integrated sports for those who are 13 years of age and over.

For information, call (310) 618-2934 or email Charlene Walker at CWalker@TorranceCA.gov

Visit the website:

<https://www.torranceca.gov/services/recreation-services/adaptive-recreation-and-sports>

ENTERTAINMENT, AMUSEMENT AND THEME PARKS

AMC Sensory Friendly Films: For guests and families living with autism or other special needs, the program is available on the second and fourth Saturday (family-friendly) and Wednesday evenings (mature audiences) of every month. Visit the website for locations and a list of movies: <https://www.amctheatres.com/programs/sensory-friendly-films#movies>

Aquarium of the Pacific: The Aquarium of the Pacific offers special events throughout the year, such as Autism Family Mornings, Autism Families Night, and the Festival of Human Abilities in late January. For information on upcoming events, visit the website: <http://www.aquariumofpacific.org/events>

Disneyland Community Involvement Program (CIP): The Disneyland My Magical Day Program (formerly CIP) remains on hold. Please check the website for updates: <https://publicaffairs.disneyland.com/CIP/>
For information on the updated Disneyland Parks **Disability Access Service (DAS)**, visit the website: <https://disneyland.disney.go.com/guest-services/guests-with-disabilities/>

Los Angeles Zoo: Learn about the more than 270 different species that call the Zoo home. Major exhibits will transport you to biomes around the globe. The gardens boast an incredible array of plants — from Hong Kong orchid trees to Mexican fan palms. For many visitors, the plant life is as much of an attraction as the wildlife. Open 10 a.m. to 5 p.m. daily except Thanksgiving Day and Christmas Day (December 25).

Visit the website: www.lazoo.org

Additional languages supported: Spanish

Sesame Place San Diego: This new theme park is designed to bring “Sesame Street” to life. It will have a host of accommodations in place to welcome children with disabilities when it opens to the public on Saturday, March 26, 2022. As a Certified Autism Center, Sesame Place San Diego will offer designated quiet spaces throughout the park. All staff will complete autism sensitivity and awareness training before opening and there will be a sensory guide available on the park’s website to help families prepare for their visit. For more information, visit the website: www.sesameplace.com

Seegerstrom Center for the Arts: This Center in Costa Mesa offers Family Friendly and Sensory Friendly performances as well as some bilingual and ASL interpretations in their smaller theater.

Visit the website: <https://www.scfta.org/Plan-Your-Visit/Sensory-Friendly.aspx>

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: www.TicketsatWork.com/knotts When registering use HRC’s Company Code: **KBFHRC**

LOS ANGELES COUNTY BEACHES

Beach Wheelchairs are equipped with large, wide wheels that 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 that may be self-propelled.

Each location has a different number of chairs available and average one or two per site. Reservation policies may vary so call ahead for details.

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

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
- Dockweiler State Beach, Playa del Rey, (310) 372-2162
- El Porto Beach, Manhattan Beach, (310) 372-2162
- Hermosa City Beach, (310) 372-2162
- Leo Carrillo State Beach, Malibu, (310) 457-4665
- Manhattan Beach, (310) 372-2162
- Mother's Beach, Marina del Rey, (310) 394-3261
- Santa Monica Beach at Annenberg Community Beach House, 415 PCH, (310) 458-4904
- Santa Monica Beach at Perry's Café, 400 Ocean Front Walk, (310) 452-2399
- Topanga Beach, Malibu, (310) 394-3261
- Torrance County Beach, Torrance, (310) 372-2162
- Will Rogers State Beach, Pacific Palisades, (310) 394-3261
- Zuma Beach County Park, Malibu, (310) 457-2525

SOCIAL PROGRAMS AND CAMPS

AbilityFirst Camp Paivika: For children, teens and adults with disabilities. Camp Paivika is planning to host their 2022 camp on site this summer. They will also develop a virtual component to the summer program that will be free for campers who are unable to attend in person.

Visit the website: <https://www.abilityfirst.org/camp-paivika/> or email camppaivika@abilityfirst.org

Palos Verdes Library District (PVL D): The PVL D is currently offering virtual programs for all ages. They also have Story Time and other programs.

Visit the website: <https://pvld.org/virtual>

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.

Visit the website:

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

Easterseals Southern California Camp: For children and adults with disabilities, this weeklong camp will be held from July 31st – August 6th, 2022 near Big Bear at Camp Oakes in the San Bernardino Mountains, elevation 7,300 ft. Counselor to camper ratio is 1:2.

Visit the website: <http://www.easterseals.com/southernca/our-programs/camping-recreation/> Email Camp Program Director amanda.showalter@essc.org or call (951) 264-4855

Exceptional Kids Organization (EKO): EKO has hosted monthly dances via Zoom throughout the pandemic for SW SELPA students ages 14 years and older. In-person dances will be held beginning in March, 2022 and as always, a wonderful Prom will be held in June! Check the website for the variety of other fun events and activities offered.

Visit the website: www.ekpto.com or contact Sandra DeMond by email sdemondathome@aol.com

Additional languages supported: Spanish

Friendship Foundation South Bay: For children and young adults, ages 5 through 30 years. Friendship Foundation provides a variety of social, recreation and respite programs throughout the year. Participants are paired with a student volunteer.

Visit the website: <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

Contact Cecilia Tapia, Recruitment Specialist by email 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.

Visit the website: <http://www.goldenheartranch.org>

Contact Barbara Pacheco by email barbara@goldenheartranch.org or call (310) 798-9933

ICAN (California Abilities Network): Based in Redondo Beach, ICAN provides weekday and weekend outings throughout the year and weeklong camp experiences in the summer.

Visit the website: www.icanla.net

Contact Scott or Louise Elliott at (310) 374-8295

LBC Hero Squad: LBC Hero Squad was founded in 2016 by a group of parents as a means of providing awareness and education to the community about autism. Their mission is to create and implement school and community events to provide awareness, education, and to promote acceptance, kindness, and inclusion of children and youth with autism and other special needs.

Visit the website: <https://sites.google.com/view/lbcherosquad/home>

Contact email lbchsinquiries@gmail.com

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.

Visit the website: www.MySocialClub.net

Call (310) 429-6191 or (310) 488-5648

New Adventures (Life Steps): New Adventures is a weekly social group that meets in Torrance for those who are 25 years of age and older. The group activities are planned a month in advance and vary, but can include bowling, walking around the Redondo Beach pier, and having dinner, etc.

Contact Robert Turner, Director at (562) 366-7144

Momentum Pediatric Therapy Network (PTN): Momentum PTN offers year-round social skills and community integration programs for children and teens ages 4-18. Camp Escapades, an annual summer day camp for children ages 5 to 14 years, with developmental concerns and their siblings, takes place in August. Momentum PTN's social skills and summer programs are led by occupational, physical and speech therapists.

Visit the website: <https://momentum4all.org/pediatrictherapynetwork/> or call (310) 328-0276

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

Additional languages supported: Volunteers speak multiple languages, including ASL

Aquatic Explorations: Provides lessons for the individual needs of each student from beginners to competitors and anyone of special needs. Locations in Los Alamitos, California, where expert instructors teach out of a 92 degree heated, indoor pool, year round.

Visit the website: www.aquaticexplorations.com or contact by email aquaticexplorations@gmail.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". Space is limited; RSVP as soon as registration opens!

Visit the website: www.askate.org or email info@askate.org

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 at Adams Middle School in Redondo Beach on Saturdays from 9:00 am – 11:00 am. 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/play/vip/>

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 through June.

For information, contact Lynette Ingram, Director of Buddy Baseball by email lynnning64@att.net

Register online: www.heartwellbaseball.com

Additional languages supported: Spanish

Challenger Baseball - Lakewood: Offered through the **Lakewood Little League** for ages 4 years to adulthood. The season is from February through May.

Visit the website: <https://www.lakewoodlittleleague.org/page/show/2919632-challenger-baseball>

Contact Robin Sumner (562) 229-0500 or by email rsumner17@aol.com. For Spanish-speakers, contact Lori Monninger (562) 304-8056.

Additional languages supported: Spanish

Challenger Baseball – Lunada Bay: Offered through **Lunada Bay Little League** for ages 4-22 years. Contact Bill Foltz (31) 444-2496 or by email billfoltz@cox.net

Additional languages supported: Spanish

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 cognitive and physical disabilities.

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 years with special needs. Practices begin in August.

Visit the website: <http://www.pvfootball.assn.la/Page.asp?n=95566&org=PVFOOTBALL>

Email brucehum111@gmail.com

Challenger Cheer: Offered through **Palos Verdes Pop Warner**, this is a cheer program for participants ages 5-18 years with special needs. Practices begin in August.

Visit the website: www.pvfootball.org

Chuck E. Cheese Sensory Sensitive 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 Sensitive events include 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: <https://www.chuckecheese.com/events/sensory-sensitive-sundays/>

Exceptional Day of Play: Exceptional Day of Play (EDP) is an organization catered to providing accessible activities to children in Long Beach. Each event features activities universally designed for kids of all abilities. Events include sensory bins, water play, arts and crafts, and interactive games, accessible for all children. Two High School students founded EDP, with an intention of creating a safe space for children with special needs and their families.

Visit the website: <https://exceptionaldayofplay.com/>

Email: exceptionaldayofplay@gmail.com

Additional languages supported: Spanish

Galaxy Junior: For infants and children ages 18 months to 6 years old, this is an exciting, non-competitive opportunity 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 are inclusive.

Visit the website: <https://youth.lagalaxy.com/galaxy-juniors/>

Email: shanya.lopez@lagalaxysc.com

Gladius Athletic Foundation: Fencing classes for individuals with special needs as young as 8 years of age. Equipment is available for practice at no charge.

For class schedules and locations, visit the website: <https://www.gladiusathleticfndn.org/>

Call Nylda Osorio-Vadnais (424) 337-0622 or email GAFndn@gmail.com

Long Beach Beauties: A special needs co-ed cheer squad for ages 8 years and older.

For information, Contact Lynette Ingram – Cheer Director by email lynning64@gmail.com

Additional languages supported: Spanish

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.

For more information, email daveon.swan@lmu.edu or call (310) 338-2728

One With The Water: Providing swimming lessons for children and adults of any age and ability. Focus on individualized training to eliminate barriers for those with unique needs.

Visit the website: www.onewiththewater.org

Pools of Hope: Located in Long Beach, this premier provider of aquatic exercise and physical therapy programs for 50 years offers warm water rehabilitation and wellness for all ages and abilities. The pools provide welcoming options for people who have physical or cognitive challenges. The facility is equipped with accessible ramps and lifts for those who are wheelchair dependent or have limited mobility. Water wheelchairs are available to allow easy access to therapy and exercise.

For additional information, email pools@caaquatictherapy.com or call (310) 537-2224

To schedule an appointment or sign up, visit the website: <https://caaquatictherapy.com/>

RED Day: Keller Williams South Bay and Keller Williams Beach Cities will be giving back to the community by having a special celebration in May 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 18-60 years of age and older, are invited to attend a day of fun, games, prizes, food and dancing along with various activities to make them feel extra special.

For more information, contact Gerry Nicks (310) 701-5332.

Sand Blasters Snowshoeing Team: This fun and unique team began practicing on the beach and competing in the snow 21 years ago, with a one year break for COVID-19. Two moms/coaches, who are certified in coaching the sport of snowshoeing for people with disabilities, created the team. New participants of all ages and abilities are welcome and encouraged to join the team on the sand for one or more practices or for the entire season. There are extra sets of snowshoes for children and adults to use. The 20th practice season will begin Saturday, October 15th, 2022 and will continue through early February, 2023. The season wraps with a three-day trip to Big Bear in February to compete in the Sports 4 Exceptional Athletes (S4EA) Winter Games, along with other teams throughout Southern California.

For pictures of the team in action, check out the Facebook page: ***Sand Blasters Snowshoeing Team***

For more information, email Kerry Ryerson at kerry.ryerson@gmail.com

Additional languages supported: Spanish, Tagalog

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>

Redondo Beach – Email info@southbayaquatics.com or call (310) 937-SWIM (7946)

Torrance – Email torranceinfo@southbayaquatics.com or call (310) 325-SWIM (7946)

Southern California Dance Theatre (SCDT): The Southern California Dance Theatre is a not for profit dance company founded in 1994 which seeks to involve the diverse community of the greater Long Beach area, especially youth, and exploring the many facets of dance productions and theater arts. With its focus on dance performances, arts education, the SCDT seeks to foster team spirit and provide individual roles that utilize each person's strengths and talents.

Visit the website: <https://www.scdt.com/> or call (562) 496-1766

Special Olympics Southern California (SOSC): Special Olympics Southern California enriches the lives of 35, 000 athletes and their communities in Southern California through sports, education, and athlete health. Visit the website:

www.sosc.org; Email info@sosc.org or call (562) 502-1100

Surfers Healing: Based in Southern California, this original surf camp for children with autism has been serving the community since 1996. The program gives individuals a chance to encounter the waves, to challenge themselves, and to try something new. Space is limited; RSVP as soon as registration opens!
Visit the website for information and Camp Schedule: <https://www.surfershealing.org/about-us>
or call 877-966-SURF (7873)

SwimScaape: Offering **swim lessons and swim therapy for all ages and abilities.** Staff have two adaptive certifications, including expertise in sensory processing, movement, and behavioral techniques.
Kids and Adults increase self-awareness, and learn skills ranging from basic water safety to advanced stroke technique.
Visit the website: www.swimscaape.com

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. Open for Private Facility Rentals and Low Capacity Open Play for families with children of all abilities, those with special needs and those without. For more locations: <https://www.werockthespectrumkids gym.com/our-location>

There are two locations in the HRC service area:

Long Beach: <http://www.werockthespectrumlongbeach.com/> Email info@werockthespectrumlongbeach.com or call (562) 386-2495

Redondo Beach: <http://www.werockthespectrumredondobeach.com/>
Email info@werockthespectrumredondobeach.com or call (310) 318-7191

5-Eleven Hoops: 5-Eleven Hoops provides therapeutic basketball training for children on the Autism Spectrum and other disabilities. Stacy McAlister, a former professional basketball player, created 5-Eleven Hoops in his own backyard by using his pre-existing training and knowledge. Stacy has assembled a system of drills and basketball plays to build sportsmanship, social skills, coordination, strength & cognitive development for children with autism. Inspired from helping his own son learn, grow and develop during the early stages of his Autism diagnosis, McAlister created and built this program.
Visit the website: <https://www.5elevenhoops.com/> Email info@5elevenhoops.com or call (310) 612-5440

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. Alternatively, 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 pre-printed 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>

THERAPEUTIC RIDING PROGRAMS

Dream Catcher of Los Angeles: Our mission is to improve the lives of children, adults, and veterans with cognitive, physical, and emotional disabilities through the benefits of therapeutic horseback riding and other equine-assisted activities while serving the therapeutic riding profession through training and education.

Visit the website: www.dreamcatcherla.com

Contact by email Info@dreamcatcherla.com or call (310) 350-1311

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. Ride to Fly is located at 50 Narcissa Drive in Rancho Palos Verdes.

Visit the website: www.ridetofly.com or call (310) 541-4201

Ride Your Horse: The mission of this program in Cerritos is to enhance the lives of those with disabilities by safely providing high-quality, riding equine-assisted activities and therapies. Non-riding activities and therapies are also available.

Visit the website: www.rideyourhorsecerritos.com

Contact by email: rhycerritos@gmail.com or call (562) 677-4077

Therapeutic Riding Center: Provides services to children and adults of all ages with disabilities in the form of equine assisted activities. The Center is located at 18381 Goldenwest Street in Huntington Beach.

Visit the website: <http://www.trchb.org/> or call (714) 848-0966

Valley View Vaulters: Vaulting lessons are provided 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

OTHER AREA PROGRAMS – NEAR AND FAR

Alternative Baseball: This is a new opportunity that is coming to Southern California. Taylor Duncan from Dallas, Georgia is a young man who has autism and is the commissioner/director of the Alternative Baseball Organization. This is an authentic baseball experience for teens 15+ and adults with autism and other disabilities to gain social and physical skills for success in life on and off the diamond. Taylor is hoping to recruit coaches and players for a new team in Orange County!

Visit the website: www.alternativebaseball.org or email news@alternativebaseball.org

Mychal's Learning Place: Mychal's offers programs for children and adults including after-school care, sports opportunities, and independent living skills. Program is located at: 4901 W. Rosecrans Ave., Hawthorne, CA.

Visit the website: www.mychals.org

Email info@mychals.org or call Ed Lynch, Founder at (310) 297-9333

Flying Hero Club: The Flying Hero Club was created to bring smiles to the faces of children with a serious illness or a disability. The kids and adults will have an opportunity to be flown on a belly board or in their wheelchair and fly, just like the Super Heroes in the movies. They will fly approximately 100 feet across a given location, at around 4 feet high, starting slow and increasing the fun according to their comfort level. Visit the website:

https://www.flyingheroclub.com/about_us or email contact@flyingheroclub.com

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.

Visit the website: www.jensen-schmidt.com or email js10s@hotmail.com

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: <http://www.pujolsfamilyfoundation.org/> To sign up for virtual cooking classes with Celebrity Chefs please email Jen Teemer at: jen@pujolsfamilyfoundation.org

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. Website: <http://www.disabledsportseasternsierra.org> For information email: info@disabledsportseasternsierra.org or call: 760-934-0791

Unrecables: We are a non-profit, volunteer-based organization, serving the recreational needs of people with disabilities. We promote adaptive sports, and encourage people with disabilities to participate in sports, recreational, and social activities in their communities. From December to May, we have monthly weekend ski trips to Mammoth Mountain for our members with disabilities. Our members usually ski all day Saturday and Sunday morning with volunteer adaptive ski instructors. Members can use our ski equipment or bring their own. We have bi-skis, mono-skis, and 3-track for our members. We also offer snowboarding lessons and racing. Visit the website: <http://unrecables.com/index.html> Email: info@unrecables.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 ADA accessible for mobility impaired individuals. Visit the website: <http://www.s4ea.org/> Contact Walter Jackson by email sds4ea@gmail.com or call 858-565-S4EA (7432) Additional languages supported: Spanish

A Day In The Swamp: A Day in the Swamp is a one-day football training camp for athletes with Down Syndrome. Sacred Heart Prep School in Atherton, CA hosts the camp in August. With instruction from school coaches and the Gators football team, attendees participate in a variety of drills, skills and a scrimmage. Contact Coach Mark Grieb by email: mgrieb@shschools.org

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. Valley Christian School in San Jose, CA hosts the Football Camp in June. Visit the website: www.footballcampforthestars.com or call (408) 513-2503

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, call (408) 513-2503.