

# SOCIAL RECREATION & FITNESS RESOURCE GUIDE



2023

# WELCOME



*Hi There!*

The information provided through this guide is to assist you in 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 (HRC). Information contained in this guide was updated April 2023 and is subject to change at any time.

If you or someone you care for is served by HRC and would like for HRC to fund for a social recreation or fitness program in which the program/provider is not vendored with HRC, please speak to your service coordination team.

# QUICK REFERENCE GUIDE

## CURRENT SOCIAL RECREATION PROGRAMS VENDORED WITH HRC:

### **5-Eleven Hoops**

Long Beach, CA (310) 612-5440 (pg.11)

### **AbilityFirst Camp Paivika**

camppaivika@abilityfirst.org (pg.11)

### **Camp Escapades/ Momentum Pediatric Therapy Network (PTN)**

(310) 328-0276 (pg.11)

### **Easter Seals YMCA Camp Oaks (out of area vendor)**

(951) 264-4855 (pg.11)

### **ICAN (California Abilities Network)**

Redondo Beach, CA (310) 374-8295 (pg. 11)

### **Manes for Movement**

Rolling Hills Estates, CA (310) 737-2938 (pg.11)

**Important Note:** We are continuously working to add more service providers who are contracted with regional center to this list.

## SOCIAL RECREATION & FITNESS OPPORTUNITIES

### AQUATICS



### **Aqua Camp – Intro to Surf**

Santa Monica, CA (310) 902-7737 (pg. 12)

### **Aquatic Explorations**

Los Alamitos, CA (714) 828-7946 (pg. 12)

### **City of Torrance Parks & Recreation**

Torrance, CA (310) 781-7113 (pg. 12)

### **Deep Blue Scuba and Swim**

Long Beach, CA (562) 988-SWIM (pg. 12)

### **LA County Junior Lifeguard Program**

Manhattan Beach, CA (310) 939-7214 (pg. 12)

### **Lakewood Recreational Center**

Lakewood, CA (562) 866-9771 ext. 2408 (pg. 12)

### **LBCC Summer Swim**

Long Beach, CA (562) 938-4240 (pg. 12)

### **Lucky Duck Swim School**

Gardena, CA (310) 323-3383 (pg. 12)

## AQUATICS



### Miraleste Intermediate School

Rancho Palos Verdes, CA (310) 732-0900 (pg. 12)

### Pools of Hope

Long Beach, CA (310) 537-2224 (pg. 13)

### South Bay Aquatics Swim School

Redondo Beach, CA (310) 937-SWIM(7946)  
Torrance, CA (310) 325-SWIM(7946) (pg. 13)

### Swim at YMCA of Metropolitan Los Angeles

Various locations, CA (pg. 13)

### Tichenor Orthopedic Clinic

Long Beach, CA (562) 597-3696 (pg. 13)

### One With The Water

Various Locations, CA (323) 364-7946 (pg. 12)

### Safe Splash Swimming

Various Locations, CA (844) 543-7946 (pg. 13)

### Surfers Healing

877-966-SURF (7873) (pg. 13)

### SwimScaape

Various Locations, CA (323) 622-9468 (pg. 13)

### Water Safe Swim School

Los Alamitos | Seal Beach, CA (562) 596-8608  
(pg.13)

## ART



### Able Arts Work

learnforlife@ableartswork.org (pg. 14)

### Aspire Art Studies Camp

Cerritos, CA (562) 608-8516 (pg. 14)

### Fun To Create

Redondo Beach, CA (540) 336-8346 (pg. 14)

### U.S. Arts Education Center – South Bay

Torrance, CA (310) 378-4600 (pg. 14)

### Art Box Academy

Rolling Hills Estates, CA (888) 541-9269 (pg. 14)

### Averyboo Arts

Long Beach, CA (562) 912-4800 (pg. 14)

### Inspyr Long Beach

Long Beach, CA (562) 786-9075 (pg. 14)

## CAMPS



### **Adventure Plex**

Manhattan Beach, CA (310) 546-7708 (pg. 15)

### **Camp Galileo**

Various Locations, CA (800) 854-3684 (pg. 15)

### **Dance 1 Studio**

Redondo Beach, CA (310) 371-2141 (pg.15)

### **Pathfinder Science Camp**

San Jacinto, CA (951) 659-2455 (pg. 15)

### **San Diego Metro KOA Resort**

San Diego, CA (619) 427-3601 (pg. 15)

### **Steve & Kates**

Manhattan Beach, CA (323) 244-2089

Torrance, CA (424) 436-3425 (pg. 15)

### **Backyard Bunch Beach Cruisers**

Long Beach, CA (562) 421-2725 (pg. 14)

### **Camp Nugget at Cal State Long Beach**

campnugget@csulb.edu (pg. 15)

### **Momentum in AAction Camp**

Torrance, CA (310) 328-0276 (pg. 15)

### **Quest Therapeutic Camp**

Los Alamitos, CA (714) 490-3428 (pg. 15)

### **San Diego Palomar Camp**

San Diego, CA (310) 374-8295 ext. 108 (pg. 15)

### **YMCA – Fairfield Fam Traditional Camp**

Long Beach, CA (562) 423-0491 (pg. 15)

## DANCE



### **Always Dancing Project**

alwaystdancingproject@gmail.com (pg. 16)

### **Kick It Up Dance and Fitness Studio**

Long Beach, CA (562) 430-1812 (pg. 16)

### **Down For Dance**

Long Beach | Huntington Beach, CA  
(949) 478-3224 (pg. 16)

## ENTERTAINMENT, AMUSEMENT, & THEME PARKS



### AMC Sensory Friendly Films

<https://www.amctheatres.com/programs/sensory-friendly-films#movies> (pg. 16)

### Los Angeles Zoo

Los Angeles, CA (323) 644-4200 (pg. 16)

### Sesame Place San Diego

[www.sesameplace.com](http://www.sesameplace.com) (pg. 16)

### Aquarium of the Pacific

Long Beach, CA (562) 590-3100 (pg. 16)

### Seegerstrom Center for the Arts

Costa Mesa, CA (714) 556-2787 (pg. 16)

### Tickets at Work

[www.TicketsatWork.com](http://www.TicketsatWork.com)

When registering use HRC's Company Code:

**KBFHRC** (pg. 16)



## FITNESS

### A.skate Foundation

[www.askate.org](http://www.askate.org) (pg. 17)

### Big Air Trampoline

Buena Park, CA (844) 550-5867 (pg. 17)

### My Gym

Redondo Beach, CA (310) 318-2288 (pg. 17)

### Planet Fitness

[www.planetfitness.com/summerpass/registration](http://www.planetfitness.com/summerpass/registration) (pg. 17)

### Special Olympics Southern California (SOSC)

(562)502-1100 (pg. 17)



### After School Adapted Physical Activity at CSULB

Long Beach, CA (562) 895-5522 (pg. 17)

### Esporta Fitness

Long Beach, CA (562) 272-7255 (pg. 17)

### Sky Zone

Gardena, CA (310) 323-4500 (pg. 17)

### We Rock The Spectrum Kid's Gym

Long Beach, CA (562) 386-2495 (pg. 17)

Redondo Beach, CA (310) 318-7191

## MUSIC

### ARDES Music School

Bellflower, CA (562) 804-7676 (pg. 18)

### Jazz Hands for Autism

[info@jazzhandsforautism.org](mailto:info@jazzhandsforautism.org) (pg. 18)

### McKee Music Therapy

(714) 348-4248 (pg. 18)

### Music Together

Long Beach, CA (562) 264-5543 (pg. 18)



### Jammin Music

Long Beach, CA (562) 490-0222 (pg. 18)

### LA Opera Music to Remember

(213) 972-8013 (pg. 18)

### Miracle Project "Express Yourself"

Los Angeles, CA (213) 793-5495 (pg. 18)

### Rise and Shine Music Therapy

(310) 465-5160 (pg. 18)

### Thurmond Music

Artesia, CA (562) 348-9887 (pg. 18)

## PARKS & PROGRAMS

### California Department of Fish and Wildlife

[https://nrm.dfg.ca.gov/FileHandler.ashx?](https://nrm.dfg.ca.gov/FileHandler.ashx?DocumentID=111500&inline)

[DocumentID=111500&inline](https://nrm.dfg.ca.gov/FileHandler.ashx?DocumentID=111500&inline) (pg. 19)

### City of Bellflower

Bellflower, CA (562) 804-1424 ext.2268 (pg. 19)

### City of Cerritos

Cerritos, CA 562-916-1254 (pg. 19)

### City of Long Beach

Long Beach, CA (562) 570-3100 (pg. 19)

### City of Norwalk

Norwalk, CA (562) 929-5922 (pg. 19)

### City of Torrance Adapted Sports and Recreation Programs

Torrance, CA (310) 618-2934 (pg. 20)

### National Parks and Federal Recreational Lands

<https://store.usgs.gov/access-pass> (pg. 20)

### California State Parks

<http://www.parks.ca.gov/> (pg. 19)

### City of Carson

Carson, CA (310) 835-0212 ext. 1470 (pg. 19)

### City of Lakewood

Lakewood, CA (562) 865-1717 (pg. 19)

### City of Manhattan Beach

Manhattan Beach, CA

<https://www.cityymb.info/departments/parks-and-recreation/youth/children-with-special-needs> (pg. 19)

### City of Rancho Palos Verdes

Rancho Palos Verdes, CA (310) 544-5266 (pg. 20)

### LA County Beaches

Various Locations (pg. 20)

## SOCIAL GROUPS/PROGRAMS:

### ACT UP – Shoreline Speech & Language Center

Hermosa Beach, CA (310) 740-9493 (pg. 21)

### Chuck E. Cheese Sensory Sensitive Sundays

<https://www.chuckecheese.com/events/sensory-sensitive-sundays/> (pg. 21)

### Exceptional Kids Organization (EKO)

(888) 693-5786 (pg. 21)

### Friendship Foundation South Bay

(310) 214-6677 (pg. 21)

### My Social Club (MSC)

(310) 429-6191 | (310) 488-5648 (pg. 21)

### Palos Verdes Library District

(310) 377-9584 ext. 238 (pg. 21)

### Alcove Beach Cities

(310) 374-5706 (pg. 21)

### Club 21 South Bay Community Group

(626) 844-1821 (pg. 21)

### Exceptional Day of Play

<https://exceptionaldayofplay.com/>  
[exceptionaldayofplay@gmail.com](mailto:exceptionaldayofplay@gmail.com) (pg. 21)

### Girl Scouts of Greater Los Angeles

[Ctapia@girlscoutsla.org](mailto:Ctapia@girlscoutsla.org) (pg. 21)

### New Adventures (Life Steps)

Torrance, CA (562) 366-7144 (pg. 21)

## SPORTS

### 9 Round Fitness

Torrance, CA (424) 731-8180 (pg. 22)

### ACEing Autism

Torrance | Long Beach, CA  
(310) 401-0544 (pg. 22)

### American Gymnastics Academy

Signal Hill, CA (562) 494-0087 (pg. 22)

### Ancient Ways Karate

Redondo Beach | Torrance, CA (310) 316-5788  
(pg. 22)

### AYSO VIP Soccer - Redondo Beach

Redondo Beach, CA (310) 936-1912 (pg. 22)

### Challenger Baseball Lakewood

Lakewood, CA (562) 229-0500  
Spanish: (562) 304-8056 (pg. 22)

### Challenger Baseball – Lunada Bay

(310) 444-2496 (pg. 23)

### Challenger Flag Football

Palos Verdes, CA  
[BruceHum111@gmail.com](mailto:BruceHum111@gmail.com)  
[sgherardi@hotmail.com](mailto:sgherardi@hotmail.com) (pg. 23)

### Cheer Camp for the Stars

San Jose, CA (408) 513-2503 (pg. 23)

### DG Boxing

Long Beach, CA (562) 986-9421 (pg. 23)

### Flipside Gymnastics and Movement

San Pedro, CA (310) 971-4463 (pg. 23)

### Fundamental Soccer Training Academy (U8 Skills Training Program)

Lomita, CA (646) 418-0771 (pg. 23)

### A Day in the Swamp (One day football camp)

Atherton, CA | [mgrieb@shschools.org](mailto:mgrieb@shschools.org) (pg. 22)

### Alternative Baseball

[news@alternativebaseball.org](mailto:news@alternativebaseball.org) (pg. 22)

### American Youth Soccer Organization (AYSO)

Torrance, CA (310) 997-0227 (pg. 22)

### AYSO VIP Soccer Program Locator

<https://ayso.org/play/vip/> (pg. 22)

### Buddy Ball

Long Beach | Lakewood, CA (562) 425-6783 (pg. 22)

### Challenger Baseball League Locator

<https://www.littleleague.org/play-little-league/league-finder/> (pg. 22)

### Challenger Cheer

Palos Verdes, CA | [pvycmavericks@gmail.com](mailto:pvycmavericks@gmail.com) (pg. 23)

### Challenger Flag Football and Cheer

Lakewood, CA [info@lakewoodlancers.org](mailto:info@lakewoodlancers.org) (pg. 23)

### Cobrinha Brazilian Jiu Jitsu

Redondo Beach, CA (310) 817-5510 (pg. 23)

### Disabled Sports Eastern Sierra

Mammoth, CA (760) 934-0791 (pg. 23)

### Football Camp for the Stars

San Jose, CA (408) 513-2503 (pg. 23)

### Gladius Athletic Foundation

Lomita, CA (424) 337-0622 (pg. 24)

### Gracie Barra Brazilian Jiu Jitsu

Long Beach, CA (562) 544-9192 (pg. 24)

### Hoops 413

Redondo Beach, CA (424) 731-2901 (pg. 24)



## SPORTS



### Jensen-Schmidt Tennis Academy for Down Syndrome

Burbank, CA [js10s@hotmail.com](mailto:js10s@hotmail.com) (pg. 24)

### LA Select Lacrosse Club

Hermosa Beach, CA

<https://www.southbaylax.com> (pg. 24)

### Loyola Marymount University Special Games

(310) 338-2728 (pg. 24)



### Peralta's Tae Kwon Do

Long Beach, CA (562) 674-7087 (pg. 24)

### Power of One

Long Beach, CA 562-997-2987 (pg. 25)

### PV Basketball

Palos Verdes, CA 310-257-1100 (pg. 25)

### Sand Blasters Snowshoeing Team

[kerry.ryerson@gmail.com](mailto:kerry.ryerson@gmail.com) (pg. 25)

### SPORTS For Exceptional Athletes (S4EA)

San Diego, CA 858-565-S4EA (7432) (pg. 25)

### Tennis: Redondo Beach Community Services

Redondo Beach, CA (310) 318-0610 ext. 3460

(pg. 25)

### Unrecables

Mammoth Mountain

<http://unrecables.com/index.html>

[info@unrecables.org](mailto:info@unrecables.org) (pg. 25)

### US Adaptive Recreation Center

Bear Mountain | Big Bear City, CA

909-584-0269 (pg. 25)



### LA Galaxy Torrance

Torrance, CA (888) 576-2237 (pg. 24)

### Long Beach Beauties

[lynning64@gmail.com](mailto:lynning64@gmail.com) (pg. 24)

### NFL Flag Football & Cheer League

South Bay (310) 530-3000 (pg.24)

### Pick6 Youth Flag Football

(562) 774-3560 (pg. 24)

### Precision Golf Centers

(424) 306-2242 (pg. 25)

### Samurai Karate

Torrance, CA (310) 849-1466 (pg. 25)

### South Bay Storm

South Bay | San Diego, CA (310) 971-7861

(pg. 25)

### Tae Kwon Do 21

Torrance, CA (310) 323-3427 (pg. 25)

### Trojan Water Polo Club

South Bay Cities (424) 999-5134 (pg. 25)

### Urban Park

Redondo Beach, CA (424) 634-1533

(pg. 26)

### YMCA: Sports

Various Cities, CA (pg.26)

## OTHER THERAPUTIC RIDING PROGRAMS

### **Dream Catcher of Los Angeles**

Long Beach, CA (310) 350-1311 (pg. 26)

### **Ride to Fly**

Rancho Palos Verdes, CA (310) 541-4201 (pg. 26)

### **Therapeutic Riding Center**

Huntington Beach, CA (714) 848-0966 (pg. 26)

### **Lakewood Equestrian Center**

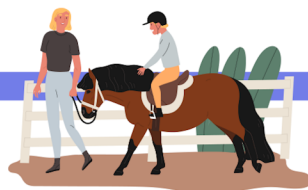
Lakewood, CA (562) 281-9024 (pg. 26)

### **Ride Your Horse**

Cerritos, CA (562) 677-4077 (pg. 26)

### **Valley View Vaulters**

Long Beach | Lake View Terrace, CA  
(818) 302-0153 (pg. 26)



## OTHER

### **Code Ninjas**

Torrance, CA (424) 291-2633  
Los Alamitos, CA (562) 249-6242 |  
Cerritos, CA (562) 732-2633 (pg.26)

### **IQ Tutorial Summer Program**

Torrance, CA (310) 373-9193 (pg. 27)

### **Mychal's Learning Place**

Hawthorne, CA (310) 297-9333 (pg. 27)

### **Xochitl Brizuelas Spanish**

Long Beach, CA (562) 274-1220 (pg. 27)



### **Flying Hero Club**

[contact@flyingheroclub.com](mailto:contact@flyingheroclub.com) (pg. 27)

### **Golden Star Education**

Hermosa Beach, CA (310) 756-9151 (pg. 27)

### **The Gourmandise School**

Santa Monica, CA (310) 656-8800 (pg. 27)

### **Kumon Math & Reading**

Artesia, CA (562) 667-7007 (pg. 27)

### **Pujol's Family Foundation**

[jen@pujolsfamilyfoundation.org](mailto:jen@pujolsfamilyfoundation.org) (pg. 27)



# CURRENT SOCIAL RECREATION PROGRAMS VENDORED WITH HRC:

## 5-Eleven Hoops

**Phone:** (310) 612-5440

**E-mail:** [info@5elevenhoops.com](mailto:info@5elevenhoops.com)

**Website:** [www.5elevenhoops.com](http://www.5elevenhoops.com)

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.

## Camp Escapades/ Momentum Pediatric Therapy Network (PTN)

**Phone:** (310) 328-0276

**E-mail:** [krodriguez@momentum4all.org](mailto:krodriguez@momentum4all.org)

**Website:**

[www.momentum4all.org/pediatrictherapynetwork](http://www.momentum4all.org/pediatrictherapynetwork)

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.

## ICAN (California Abilities Network)

**Phone:** (310) 374-8295

**Email:** [violet.mazza@ican.org](mailto:violet.mazza@ican.org)

**Website:** [www.ican.org/social-program](http://www.ican.org/social-program)

Based in Redondo Beach, ICAN provides weekday and weekend outings throughout the year and weeklong camp experiences in the summer.

## AbilityFirst Camp Paivika

**E-mail:** [camppaivika@abilityfirst.org](mailto:camppaivika@abilityfirst.org)

**Website:** [www.abilityfirst.org/camp-paivika](http://www.abilityfirst.org/camp-paivika)

For children, teens and adults with disabilities, Camp Paivika is planning to host their 2023 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.

## Easter Seals YMCA Camp Oaks (Out of Area)

**Phone:** (951) 264-4855

**E-mail:** [amanda.showalter@essc.org](mailto:amanda.showalter@essc.org)

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

For children and adults with disabilities, this weeklong camp will be held from July 30th – August 5th, 2023 near Big Bear at Camp Oaks in the San Bernardino Mountains, elevation 7,300 ft. Counselor to camper ratio is 1:2. Applications open on June 01, 2023.

## Manes for Movement

**Phone:** (310) 737-2938

**E-mail:** [erinomahonyDPT@gmail.com](mailto:erinomahonyDPT@gmail.com)

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

Adaptive Horseback riding program which focuses on the development of horsemanship and horseback riding skills for people with a variety of abilities. Adaptive riding lessons are taught by a PATH certified riding instructor. You can read more about the goals and outcomes for this program on their website under "Services - Adaptive Riding."

**Important Note:** We are continuously working to add more service providers who are contracted with regional center to this list.



THE FOLLOWING PROGRAMS ARE NOT CURRENTLY VENDORED WITH HRC:

## AQUATICS:



### Aqua Camp-Intro to Surf

Phone: (310) 902-7737

E-mail: [info@aquasurf.com](mailto:info@aquasurf.com)

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

Their mission is to keep surfing safe, and fun for everyone! The summer surfing camp staff is professionally certified in CPR + First Aid, and goes through their in-house certification program.

### Deep Blue Scuba & Swim Center

Phone: (562) 988-SWIM

E-mail: [swimbixby@deepbluelongbeach.com](mailto:swimbixby@deepbluelongbeach.com)

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

Not just a local scuba shop, but a Center where divers and swimmers can do everything from purchase needed equipment, to taking classes, and having their gear serviced.

### Lakewood Recreational Center

Phone: (562)-866-9771, extension 2408

Website: [www.lakewoodcity.org/Things-to-Do/Aquatics-Programs](http://www.lakewoodcity.org/Things-to-Do/Aquatics-Programs)

The City of Lakewood operates two public swimming pools and six wading pools throughout the summer season.

### Lucky Duck Swim School

Phone: (310) 323-3383

E-mail: [info@luckyduckswimschool.com](mailto:info@luckyduckswimschool.com)

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

LDSS believes that everyone has the ability to swim when given the right opportunity and it is their job as educators to make sure everyone is given the right skills to achieve their maximum potential.

### One With The Water

Phone: (323) 364-7946

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

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

### Aquatic Explorations

Phone: (714) 828-7946

E-mail: [aquaticexplorations@gmail.com](mailto:aquaticexplorations@gmail.com)

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

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.

### City of Torrance Parks & Recreation

Phone: (310) 781-7113

Website: [www.torranceca.gov/our-city/recreation/](http://www.torranceca.gov/our-city/recreation/)

"The Plunge," as commonly referred to, is a heated Olympic sized 50 x 20 meter outdoor pool, open year round. The pool is divided into two courses; one 25 yard and one 26 meter course. The pool is heated year-round to about 80° to 81°.

### LA County Junior Lifeguard Program

Phone: (310) 939-7214

Website: [www.fire.lacounty.gov/junior-lifeguard-program](http://www.fire.lacounty.gov/junior-lifeguard-program)

Open to children (ages 9 through 17), the mission of the Los Angeles County Junior Lifeguard Program is to educate youth in our community in ocean and beach safety, physical conditioning, basic first-aid, and environmental awareness, while developing the next generation of future lifeguards and leaders.

### LBCC Summer Swim

Phone: Bradley (562) 938-4240

E-mail: [swimlessons@lbcc.edu](mailto:swimlessons@lbcc.edu)

Website: [www.lbccvikings.com/summerrec/](http://www.lbccvikings.com/summerrec/)

Ages 4-16 years; Monday through Thursday; 30 minute swim lessons a day.

### Miraleste Intermediate School

Phone: (310) 732-0900

Website: [www.mis.pvpsd.net](http://www.mis.pvpsd.net)

Miraleste gives students the opportunity to develop their potential, self-worth, and love of learning and to become responsible contributing members of society.



# AQUATICS (CONTINUED):



## SafeSplash Swimming

**Phone: (844) 543-7946**

**E-mail: [moreinfo@safesplash.com](mailto:moreinfo@safesplash.com)**

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

SafeSplash is a premium learn-to-swim and performance-based swim school that teaches all skill levels ranging from the fundamentals of water safety to competitive instruction so that swimmers love the water, are safe, and swim for life.

## Surfers Healing

**Phone: (877) 966-SURF (7873)**

**Website: [www.surfershealing.org/about-us](http://www.surfershealing.org/about-us)**

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!

## SwimScaape

**Phone: (323)622-9468**

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

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.

## Watersafe Swim School

**Phone: (562)596-8608**

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

With locations in Los Alamitos and Seal Beach, CA; Watersafe Swim School has a solid reputation in the community for providing the highest quality lessons available. Teachers are carefully chosen and extensively trained and certified through the nationally recognized Smart Fish Academy.

## Pools of Hope

**Phone: (310) 537-2224**

**E-mail: [pools@caaquatictherapy.com](mailto:pools@caaquatictherapy.com)**

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

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.

## South Bay Aquatics Swim School

**Phone: (310) 937-SWIM (7946)**

**E-mail: [info@southbayaquatics.com](mailto:info@southbayaquatics.com)**

**Website: [www.southbayaquatics.com/index.php](http://www.southbayaquatics.com/index.php)**

A year-round indoor swim facility with locations in Torrance and Redondo Beach for ages 6 months and up.

## Swim at YMCA of Metropolitan Los Angeles

**Website: [www.ymcala.org/locations/torrance-south-bay-ymca](http://www.ymcala.org/locations/torrance-south-bay-ymca)**

The YMCA of Los Angeles is committed to providing programs and services that are inclusive and welcoming to all.

## Tichenor Orthopedic Clinic for Children

**Phone: (562)-597-3696**

**E-mail: [office@tichenorclinic.org](mailto:office@tichenorclinic.org)**

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

Tichenor Clinic maximizes children's abilities by providing access to therapy & parent support.



# ART:



## Able ARTS Work

**E-mail:** [learnforlife@ableartswork.org](mailto:learnforlife@ableartswork.org)

Able ARTS Work is a non-profit organization that provides 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.

## Aspire Art Studies Camp

**Phone:** (562) 608-8516

**E-mail:** [cerritos@aspireartcerritos.com](mailto:cerritos@aspireartcerritos.com)

**Website:** [aspireartcerritos.com](http://aspireartcerritos.com)

A week of fun arts and crafts is part of the seasonal art camps, which are perfect for students ages 5-11 years. There are morning, afternoon, and all-day sessions with new art projects every week!

## Fun to Create

**Phone:** (540) 336-8346

**Website:** [www.funtocreate.net](http://www.funtocreate.net)

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.

## U.S. Arts Education Center – South Bay

**Phone:** (310) 378-4600

Located in Torrance, CA. Provides academic training of traditional drawing and painting. Ages K-12 years and Adult Classes.

## Art Box Academy

**Phone:** (888) 541-9269

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

Art & Activity Boxes include a Master Artist or Architecture Lesson, plus 5-9 engaging activities, all designed, packaged and delivered in signature boxes.

## Averyboo Arts

**Phone:** (562) 912-4800

**E-mail:** [info@averyboo.com](mailto:info@averyboo.com)

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

An award-winning creativity center for children 2-12 years old; featuring art classes, camps & birthday parties. Children can enjoy the unique space designed to inspire creative expression while focusing on quality instruction in a fun and safe environment.

## Inspyr Long Beach

**Phone:** (562) 786-9075

**E-mail:** [hello@inspyrarts.com](mailto:hello@inspyrarts.com)

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

A Long Beach, California art school with classes in fine art, illustration, digital art, digital animation, and sewing for kids, teens, & adults!



# CAMPS:



## Adventure Plex

**Phone:** (310) 546-7708

**E-mail:** [adventureplex.news@bchd.org](mailto:adventureplex.news@bchd.org)

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

Adventure Camp consists of rock climbing, arts and crafts, play structure fun, and sports court games, which are developing healthy habits, building self-esteem and teaching social skills.

## Backyard Bunch Beach Cruisers

**Phone:** (562) 421-2725

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

Offers older campers a unique and adventurous summer camp experience consisting of field trips and traditional camp activities. Campers take two field trips each week to various destinations around Southern California. Field trips are offered on Tuesdays and Thursdays. On Mondays, Wednesdays, and Fridays, campers join Backyard Bunch in a variety of activities based on the theme of the week. Space is limited so sign up early.

### Camp Galileo

Phone: (800) 854-3684

Website: [www.galileo-camps.com/our-camps/southern-ca-locations/](http://www.galileo-camps.com/our-camps/southern-ca-locations/)

Camp Galileo's enthusiastic staffers are experts at making every camper feel included, creating camp magic, and facilitating new friendships in small groups with a 12:1 camper-to-staff ratio. The Galileo Innovation Approach teaches campers the mindset, knowledge, and process they need to become bold, visionary innovators.

### Dance 1 Studio

Phone: (310) 371-2141

E-mail: [dance1frontdesk@gmail.com](mailto:dance1frontdesk@gmail.com)

Website: [www.dance1redondo.com/take-classes/camps/](http://www.dance1redondo.com/take-classes/camps/)

Ages: 4-7 Must be 4 years old before the first day of camp, Dates: July 31-August 4, 2023

Ages: 6-8 Dates: June 12-16, 2023 & July 17-21, 2023

Ages: 9-12, Dates: June 12-16, 2023 & July 17-21, 2023

### Momentum in AACtion Camp (Ages 5-12 years)

Phone: (310) 328-0276

Website: [www.momentum4all.org/the-momentum-summer-program-in-aaction](http://www.momentum4all.org/the-momentum-summer-program-in-aaction)

Momentum in AACtion Camp's goal is to enhance communication skills in children who utilize Alternative Augmentative Communication (AAC) by increasing their access and social language skills. The ultimate goal is increased language for the child within their home and community.

### Steve & Kates Camp

Campers choose from a variety of activities including, sewing, stop-motion animation, music, sports & recreation, makers crafts, bread making, and more. They decide what they want to do, and for how long.

Manhattan Beach, CA

Phone: (323) 244-2089

E-mail: [manhattanbeach@steveandkate.com](mailto:manhattanbeach@steveandkate.com)

Website: [www.steveandkatescamp.com/manhattan-beach](http://www.steveandkatescamp.com/manhattan-beach)

Torrance, CA

Phone: (424) 436-3425

E-mail: [torrance@steveandkate.com](mailto:torrance@steveandkate.com)

Website: [www.steveandkatescamp.com/torrance](http://www.steveandkatescamp.com/torrance)



# CAMPS (CONTINUED):

SUMMER

CAMP

### Camp Nugget at Cal State Long Beach

E-mail: [campNugget@csulb.edu](mailto:campNugget@csulb.edu)

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

Camp activities include motor skills, health-related physical fitness, dance, cooperative games, adapted sports, and aquatics taught by CSULB Adapted Physical Education students!

### Pathfinder Science Camp - Ages 7 – 14

Phone: (951) 659-2455

E-mail: [info@pathfinderranch.com](mailto:info@pathfinderranch.com)

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

Pathfinder Ranch Summer Camp is dedicated to building life-long memories, friendships, and skills for children from diverse backgrounds. Pathfinder enables campers to become who they want to be and discover who they might become.

### Quest Therapeutic Camp

Phone: (714) 490-3428

E-mail: [jknott@questsofscocal.com](mailto:jknott@questsofscocal.com)

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

Quest Therapeutic Camps of Southern California provides summer day camp services and after-school programs specifically designed to help kids with special needs and learning differences find success.

### San Diego Metro KOA Resort

Phone: (619) 427-3601

E-mail: [info@sandiegokoa.com](mailto:info@sandiegokoa.com)

Website: <https://koa.com/>

KOA Resorts offer RV sites and a variety of amenities for camping.

### San Diego Palomar Camp

Phone: (310) 374-8295 ext. 108

### YMCA - Fairfield Fam Traditional Camp (Entering TK - 8th grade)

Phone: (562) 423-0491

Website: [www.lbymca.org/programs/camps](http://www.lbymca.org/programs/camps)

It's a summer of adventure with the Y Summer Camps! Every summer, the Y offers a variety of camps including sports, adventure, art, and more for campers of all ages.

# DANCE:

## Always Dancing Project

E-mail: [Elliana.alwaysdancingproject@gmail.com](mailto:Elliana.alwaysdancingproject@gmail.com)

Website:

[www.sites.google.com/view/alwaysdancingproject/home](http://www.sites.google.com/view/alwaysdancingproject/home)

Free Zoom dance classes for people with developmental disabilities.



# ENTERTAINMENT, AMUSEMENT & THEME PARKS:

## AMC Sensory Friendly Films

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

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.

## Los Angeles Zoo

Phone: (323) 644-4200

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

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.

## Sesame Place San Diego

Phone: 619-943-ELMO

Website: [www.sesameplace.com/san-diego/](http://www.sesameplace.com/san-diego/)

Theme park designed to bring “Sesame Street” to life. It has a host of accommodations in place to welcome children with disabilities. As a Certified Autism Center, Sesame Place San Diego offers designated quiet spaces throughout the park. Sesame Place Team Members received specialized training and the IBCCES Sensory Guide is available on the website to help families prepare for their visit.



## Down For Dance

Phone: (949) 478-3224

E-mail: [Annie.annie@downfordance.org](mailto:Annie.annie@downfordance.org)

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

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.

## Kick It Up Dance and Fitness Studio

Phone: (562) 430-1812

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

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 class for you.



## Aquarium of the Pacific

Phone: (562) 590-3100

Website: [www.aquariumofpacific.org/events](http://www.aquariumofpacific.org/events)

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.

## Seegerstrom Center for the Arts

Phone: (714) 556-2787

Website: [www.scfta.org/plan-your-visit/accessibility-info/programs](http://www.scfta.org/plan-your-visit/accessibility-info/programs)

This Center in Costa Mesa offers Family Friendly and Sensory Friendly performances, as well as some bilingual and ASL interpretations in their smaller theater.

## Tickets at Work

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

When registering, use HRC’s Company Code: KBFHRC

Online discounts for Knott’s Berry Farm, amusement parks, hotels, rental cars, movie theaters, etc. Can be accessed all year by registering for a free membership at:



# FITNESS:



## **A.skate Foundation**

**E-mail:** [info@askate.org](mailto:info@askate.org)

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

A.skate introduces children with autism to the world of skateboarding. A.skate events provide an outlet that allows participants to be social. Space is limited; RSVP as soon as registration opens!

## **Big Air Trampoline**

**Phone:** (844) 550-5867

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

Big Air offers high-flying fun for the whole family where you can literally bounce off the walls! Jumping surfaces include trampoline dodgeball courts, slam dunk courts, ninja-warrior courses, launch pads, foam pits, a massive freestyle court, a climbing wall & much more!

## **My Gym- Redondo Beach, CA**

**Phone:** (310) 318-2288

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

My Gym was born out of passion to teach children in a fun, physically engaging environment. They are delighted in seeing children's eyes light up for all those incredible milestones, from the tentative first steps to tumbling down soft mats.

## **Planet Fitness**

**Website:**

[www.planetfitness.com/summerpass/registration](http://www.planetfitness.com/summerpass/registration)

High School students, age 14-19 years, are eligible for a free summer pass. Starting May 1st, participants can sign-up online or in-person. Various locations.

## **Special Olympics Southern California (SOSC)**

**Phone:** (562) 502-1100

**E-mail:** [info@sosc.org](mailto:info@sosc.org)

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

Special Olympics Southern California enriches the lives of 35,000 athletes and their communities in Southern California through sports, education, and athlete health.



## **After School Adapted Physical Activity at CSULB**

**Phone:** Melissa (562) 895-5522

**E-mail:** [CampNugget@csulb.edu](mailto:CampNugget@csulb.edu)

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

The Kinesiology Department (KIN) at California State University, Long Beach (CSULB) under the direction of Melissa Bittner, Professor, and Adapted Physical Education Credential Coordinator, offers a year-round (Fall, Spring, ASAPP, and summer sessions Camp Nugget) program of physical activity for young children with disabilities. The program is offered to individual's ages 3 through 21 years, with disabilities and gross motor delays.

## **Esporta Fitness**

**Phone:** (562)272-4500

**E-mail:** [contact@esportafitness.com](mailto:contact@esportafitness.com)

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

The company's mission is to help as many people as possible achieve the benefits of a healthy lifestyle.

## **Sky Zone- Gardena, CA**

**Phone:** (310) 323-4500

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

The trampoline parks are full of one-of-a-kind attractions designed to push your limits, allow you to fly higher and just have tons and tons of fun.

## **We Rock The Spectrum Kid's Gym**

**Website:** [www.werockthespectrumkidsgym.com/our-location](http://www.werockthespectrumkidsgym.com/our-location)

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.

Long Beach

**Phone:** (562) 386-2495

**Email:** [info@werockthespectrumlongbeach.com](mailto:info@werockthespectrumlongbeach.com)

Redondo Beach

**Phone:** (310) 318-7191

**Email:** [info@werockthespectrumredondobeach.com](mailto:info@werockthespectrumredondobeach.com)



# MUSIC:

## ARDES Music School

**Phone:** (562) 804-7676

**Website:** [www.ardesmusic.business.site/](http://www.ardesmusic.business.site/)

Students are trained and taught to be individually confident towards their artistic and musical goals.

## Jammin' Music

**Phone:** (562) 490-0222

**E-mail:** [info@jamminmusic-lb.com](mailto:info@jamminmusic-lb.com)

**Website:** [www.jamminmusic-lb.com](http://www.jamminmusic-lb.com)

Group classes run in 6 or 10-week sessions. It's easy to sign up for group classes at Jammin' Music by age group. Private Lessons are also available.

## Jazz Hands for Autism

**E-mail:** [info@jazzhandsforautism.org](mailto:info@jazzhandsforautism.org)

If you are interested in learning to play a new instrument, consider taking Zoom lessons for the guitar or piano.

## LA Opera Music to Remember

**Phone:** (213) 972-8013

**E-mail:** [Tate.tshoebridge@laopera.org](mailto:Tate.tshoebridge@laopera.org)

**Website:** [www.laopera.org/community/opera-for-all/opera-for-life-and-wellness/music-to-remember/](http://www.laopera.org/community/opera-for-all/opera-for-life-and-wellness/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.

## Miracle Project "Express Yourself" (For ages 16 years +)

**Phone:** (213) 793-5495

**E-mail:** [info@themiracleproject.org](mailto:info@themiracleproject.org)

**Website:**

[www.themiracleproject.org/expressyourselfproduction](http://www.themiracleproject.org/expressyourselfproduction)

A first-of-its-kind program to enhance social communication through theater, film, music, improv, movement, poetry and storytelling. This is class for those who use AAC and want to connect and collaborate with other neurodiverse artists. Especially for multi-modality communicators and those who would like a slower, individualized paced TMP class.

## McKee Music Therapy

**Phone:** (714) 348-4248

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

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

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.

## Music Together

**Phone:** (562) 264-5543

**E-mail:** [mtatbeach@gmail.com](mailto:mtatbeach@gmail.com)

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

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.

## Rise and Shine Music Therapy

**Phone:** (310) 465-5160

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

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 also offers music lessons, both in person and virtually, to people of all ages and skill levels.

## Thurmond Music (For ages 4 years +)

**Phone:** (562) 348-9887

**E-mail:** [info@thurmondmusic.com](mailto:info@thurmondmusic.com)

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

From learning to read music and improve technique, to being well versed on your instrument. Music lessons not only teaches about the instrument but how to perform on a professional stage, as well as with other students. Students develop a well-rounded set of skills that will prepare them for any musical situation. The instructors have served the surrounding community for over 15 years, many hold an advance music degree from some of the best music schools in the world. Thurmond Music creates an environment that will inspire a love for music that will last a lifetime.





# PARKS & PROGRAMS:

## California Department of Fish and Wildlife

**Website:** <https://wildlife.ca.gov/>

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.

## City Park Programs

### City of Bellflower

**Phone:** (562) 804-1424

**Website:**

[www.bellflower.org/departments/parks\\_recreation](http://www.bellflower.org/departments/parks_recreation)

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.

### City of Cerritos

**Phone:** (562) 916-1254

**Website:**

[http://www.cerritos.us/RESIDENTS/recreation/adaptive\\_recreation.php](http://www.cerritos.us/RESIDENTS/recreation/adaptive_recreation.php)

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

### City of Long Beach

**Phone:** (562) 570-3100

**Email:** [LBParks@longbeach.gov](mailto:LBParks@longbeach.gov)

**Website:** [www.longbeach.gov/park/business-operations/about/](http://www.longbeach.gov/park/business-operations/about/)

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.

### City of Norwalk

**Phone:** (562) 929-5922

**Website:** [www.norwalk.org/city-](http://www.norwalk.org/city-hall/departments/recreation-park-services/adaptive-recreation)

[hall/departments/recreation-park-services/adaptive-recreation](http://www.norwalk.org/city-hall/departments/recreation-park-services/adaptive-recreation)

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.

## California State Parks

**Website:**

[www.parks.ca.gov/pages/737/files/DPR818a.pdf](http://www.parks.ca.gov/pages/737/files/DPR818a.pdf)

For persons with permanent disabilities, 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.



### City of Carson

**Phone:** (310) 835-0212 ext. 1470

**Email:** [emalumal@carson.ca.us](mailto:emalumal@carson.ca.us)

**Website:**

[www.ci.carson.ca.us/CommunityServices/Special\\_Needs.aspx](http://www.ci.carson.ca.us/CommunityServices/Special_Needs.aspx)

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.

### City of Lakewood

**Phone:** (562) 865-1717

**Website:** [www.lakewoodcity.org/Things-to-Do/Park-Recreation-Programs/Adaptive-Recreation](http://www.lakewoodcity.org/Things-to-Do/Park-Recreation-Programs/Adaptive-Recreation)

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.

### City of Manhattan Beach

**Website:** [www.citymb.info/departments/parks-and-recreation/youth/children-with-special-needs](http://www.citymb.info/departments/parks-and-recreation/youth/children-with-special-needs)

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.

# PARKS & PROGRAMS (CONTINUED):

## City Park Programs (Continued)

### City of Rancho Palos Verdes

Phone: (310) 544-5266

Email: REACH@rpvca.gov

Website: [www.rpvca.gov/192/REACH-Program](http://www.rpvca.gov/192/REACH-Program)

The REACH program serves social and recreational needs for youth and young adults in Palos Verdes and the South Bay.

### City of Torrance - Adapted Sports and Recreation programs

Phone: (310) 618-2934

Email: Charlene CWalker@TorranceCA.gov

Website: [www.torranceca.gov/services/recreation-services/adaptive-recreation-and-sports](http://www.torranceca.gov/services/recreation-services/adaptive-recreation-and-sports)

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.



## National Parks:

### National Parks and Federal Recreational Lands

Website: [www.store.usgs.gov/access-pass](http://www.store.usgs.gov/access-pass)

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.



## Los Angeles County Beaches:

Website: [www.coastal.ca.gov/access/beach-wheelchairs.html#text](http://www.coastal.ca.gov/access/beach-wheelchairs.html#text)

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.

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
- CEI 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 GROUPS/ PROGRAMS:



## ACT UP (1st – 6th Grade) - Shoreline Speech & Language Center

**Phone:** (310) 740-9493

**Email:** [info@shorelinespeech.com](mailto:info@shorelinespeech.com)

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

Children participate in a traditional improvisational and scene study acting class run by a specially trained Speech-Language Pathologist to help children address their social skills with an emphasis on speech and language development.

## Club 21 South Bay Community Group

**Phone:** (626) 844-1821

**Website:** [www.clubtwentyone.org/programs/community-groups/south-bay-community-group.html](http://www.clubtwentyone.org/programs/community-groups/south-bay-community-group.html)

Monthly events including playdates for children 0-5 years, a youth group, and Monday night meetings for parents and caregivers.

## Exceptional Kids Organization (EKO)

**Phone:** (888) 693-5786

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

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

In-person dances, and a wonderful Prom will be held in June! Check the website for the variety of other fun events and activities offered.

## Exceptional Day of Play

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

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

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.

## Girl Scouts of Greater Los Angeles

**Email:** [Cecilia.Ctapia@girlscoutsla.org](mailto:Cecilia.Ctapia@girlscoutsla.org)

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

Promoting the inclusion of girls with special needs to become involved in local Girl Scouts Troops.



## allcove Beach Cities

**Phone:** (310) 374-5706

**Website:** [www.allcove.org/centers/beach-cities/](http://www.allcove.org/centers/beach-cities/)

For young adults of ages 12-25 with mild to moderate needs looking for support in mental health, physical health, supported education and employment, substance use, peer support, family support, life skills & wellness, and community.

## Chuck E. Cheese Sensory Sensitive Sundays

**Website:** [www.chuckecheese.com/events/sensory-sensitive-sundays/](http://www.chuckecheese.com/events/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.

## Friendship Foundation South Bay

**Phone:** (310) 214-6677

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

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.

## My Social Club (MSC):

**Phone:** Elizabeth (310) 429-6191 or Sylvia (310) 488-5648

**E-mail:** [mysocialclub@aol.com](mailto:mysocialclub@aol.com)

**Facebook:** [www.facebook.com/MySocialClub.MSC](http://www.facebook.com/MySocialClub.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.

## New Adventures (Life Steps)

**Phone:** Robert (562) 366-7144

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.

## Palos Verdes Library District (PVLd)

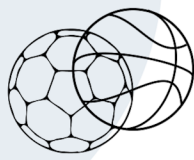
**Phone:** Marisa (310) 377-9584 ext. 238

**Email:** [mperley@pvld.org](mailto:mperley@pvld.org)

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

PVLd is currently offering virtual programs for all ages. They also have Story Time and other programs.

# SPORTS:



## **9 Round Fitness**

**Phone: (424) 731-8180**

**Website:**

**[www.9round.com/locations/ca/torrance/crenshaw-blvd](http://www.9round.com/locations/ca/torrance/crenshaw-blvd)**

9round provides instructor-led full-body circuit training workouts. Private and semi-private classes are available.

## **ACEing Autism**

**Phone: (310) 401-0544**

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

A special designed tennis program for children with Autism. Additional languages are supported as Volunteers speak multiple languages, including ASL.

## **American Gymnastics Academy**

**Phone: (562) 494-0087**

**Email: [aga@american-gymnastics.com](mailto:aga@american-gymnastics.com)**

**Website: [www.american-gymnastics.com/](http://www.american-gymnastics.com/)**

AGA is a family owned and operated club, established in 1985. They offer structured developmental classes for children ages 1-17. Each class is supervised and taught by trained coaches using state of the art equipment.

## **Ancient Ways Karate**

**Phone: (310) 316-5788**

Carefully planned, professionally taught Martial Arts classes for students from 5 years old to students in their 60s. Located in Redondo Beach/Torrance.

## **AYSO VIP Soccer – Redondo Beach**

**Phone: (310) 936-1912**

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

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.

## **Challenger Baseball League Locator**

Visit this website to locate a Challenger Baseball League in your area: **[www.littleleague.org/play-little-league/league-finder/](http://www.littleleague.org/play-little-league/league-finder/)**

## **A Day In The Swamp**

**Email: [Coach Mark mgrieb@shschools.org](mailto:Coach Mark mgrieb@shschools.org)**

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.

## **Alternative Baseball**

**Email: [news@alternativebaseball.org](mailto:news@alternativebaseball.org)**

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

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+ years 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!

## **American Youth Soccer Organization (AYSO)**

**Phone: (310) 997-0227**

**Email: [Matthews577@gmail.com](mailto:Matthews577@gmail.com)**

For AYSO Region 12, Torrance, CA.

## **AYSO VIP Soccer Program Locator**

**Website: [www.ayso.org/play/vip/](http://www.ayso.org/play/vip/)**

For children and adults with physical or mental disabilities starting at 4 years of age.

## **Buddy Ball – Long Beach/Lakewood**

**Phone: (562) 425-6783**

**Email: [Lynette lynning64@att.net](mailto:Lynette lynning64@att.net)**

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

A Heartwell Baseball Program for children and young adults with special needs in the Long Beach/Lakewood area.

## **Challenger Baseball - Lakewood**

**Phone: Robin (562) 229-0500**

**Spanish Phone: Lori (562) 304-8056**

**Email: [rsumner17@aol.com](mailto:rsumner17@aol.com)**

**Website:**

**[www.lakewoodlittleleague.org/page/show/2919632-challenger-baseball](http://www.lakewoodlittleleague.org/page/show/2919632-challenger-baseball)**

Offered through the Lakewood Little League for ages 4 years to adulthood.

# SPORTS (CONTINUED):

## Challenger Baseball – Lunada Bay

**Phone:** Bill (310) 444-2496

**Email:** billfoltz@cox.net

Offered through Lunada Bay Little League for ages 4-22 years.

## Challenger Flag Football

**Email:** BruceHum111@gmail.com | sgherardi@hotmail.com

**Website:** [www.pvfootball.assn.la/Page.asp?](http://www.pvfootball.assn.la/Page.asp?n=95566&org=PVFOOTBALL)

[n=95566&org=PVFOOTBALL](http://www.pvfootball.assn.la/Page.asp?n=95566&org=PVFOOTBALL)

Offered through Palos Verdes Pop Warner, this is a structured flag football program for participants ages 5-18 years with special needs.

## Cobrinha Brazilian Jiu Jitsu

**Phone:** (310) 817-5510

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

The school constantly strives to be the best, with hands-on instruction from highly-experienced instructors, a modern training space, and a commitment to the individual improvement of each and every student.

## Disabled Sports Eastern Sierra:

**Phone:** (760) 934-0791

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

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

Located in Mammoth, CA, this is a program that offers skiing and snowboarding lessons for people with disabilities.

Summer programs include kayaking, rock climbing, camping, hiking, cycling/mountain bike rides and horseback riding.

## Football Camp for the Stars

**Phone:** (408) 513-2503

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

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 on June 09-10, 2023.



## Challenger Cheer

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

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

Offered through Palos Verdes Pop Warner, this is a cheer program for participants ages 5-18 years with special needs.



## Challenger Flag Football and Cheer

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

**Website:** [www.lakewoodlancers.org/Default.aspx?tabid=1439764](http://www.lakewoodlancers.org/Default.aspx?tabid=1439764)

Offered through Lakewood Pop Warner, the Lakewood Lancers is for kids ages 5-18 with cognitive and physical disabilities.

## Cheer Camp for the Stars:

**Phone:** (408) 513-2503

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.

## DG Boxing

**Phone:** (562) 986-9421

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

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

Whether you're a beginner looking to learn the art of the Sweet Science or a parent looking for boxing instruction for your kids, DG Boxing Gym is a great place to explore!

## Flipside Gymnastics and Allied Movement

**Phone:** (310) 971-4463

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

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

A safe place to grow healthy minds and bodies from the inside out and upside down.

## Fundamental Soccer Training Academy (U8 Skills Training Program)

**Phone:** (646) 418-0771

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

Located in Lomita, CA, the FUNdaMENTAL Soccer Training Academy welcomes players of all ages and abilities. They offer players and teams a complete soccer education, as well as the opportunity to realize their potential through specialized curriculum appropriate for both male and female players.

# SPORTS (CONTINUED):

## Gladius Athletic Foundation

Phone: Nylda (424) 337-0622

Email: GAFndn@gmail.com

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

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

## Hoops413

Phone: (424) 731-2901

Email: infohoops413@gmail.com

Website: [www.hoops413.com/](http://www.hoops413.com/)

Hoops413 is a basketball program designed to help children develop the necessary skills and knowledge of the game of basketball. Throughout the basketball camp, they will also enhance other life skills via emphasis on sportsmanship, respect, responsibility, leadership and teamwork.

## LA Galaxy Torrance

Phone: (888) 576-2237

Email: info@lagalaxysc.com

Website: [www.soccercenter.lagalaxy.com/youth-leagues/](http://www.soccercenter.lagalaxy.com/youth-leagues/)

The Soccer Center offers 4 futsal seasons a year: winter, spring, summer and fall. Each futsal league consists of one game a week for a 12-week season – there are no trainings included with the season. This program is for recreational, intermediate, advanced youth soccer players.

## Long Beach Beauties

Email: Lynette lynning64@gmail.com

A special needs co-ed cheer squad for ages 8 years and older.

## NFL Flag Football & Cheer League

Phone: (310) 530-3000

Email: info@NFLFlagSocal.com

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

Located in the South Bay the NFL Flag Football and Cheer program is a non-tackle, low impact program open to youth at all skill levels, ages from 4 years old through High School.



## Gracie Barra Brazilian Jiu Jitsu

Phone: (562) 544-9192

Website: [www.graciebarra.com/long-beach-ca/](http://www.graciebarra.com/long-beach-ca/)

Everything from Jiu-Jitsu classes for children and adults to Jiu-Jitsu inspired fitness classes, including self-defense classes for both men and women. Choose from a variety of Gracie Barra Programs, including: Gracie Barra Kids GB<sup>1</sup> - Jiu-Jitsu Fundamentals GB<sup>2</sup> - Advanced Jiu-Jitsu GB<sup>3</sup> - Expert Jiu-Jitsu BarraFIT fitness classes Private Training.

## Jensen-Schmidt Tennis Academy for Down Syndrome

Email: js10s@hotmail.com

Website: [www.jensen-schmidt.com](http://www.jensen-schmidt.com)

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 19-21, 2023.

## LA Select Lacrosse Club

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

South Bay Lacrosse Club (SBLC) is a multifaceted youth sports organization based out of Manhattan Beach, California.

## Loyola Marymount University Special Games:

Phone: (310) 338-2728

Email: daveon.swan@lmu.edu

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.

## Peralta's Tae Kwon Do

Phone: (562) 674-7087

Facebook: [www.facebook.com/peraltastkd/](http://www.facebook.com/peraltastkd/)

## Pick6 Youth Flag Football

Phone: (562) 774-3560

Email: pick6yff@gmail.com

Website: [www.pick6yff.com/](http://www.pick6yff.com/)

Football league that offers excellent, minimal-contact, character building and fundamental flag-football training.





# SPORTS (CONTINUED):



## Precision Golf Centers

Phone: (424) 306-2242

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

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

Precision Golf Centers was created by PGA Professionals to help golfers improve by using state of the art technology.

## PV Basketball

Phone: (310) 257-1100

Email: [Support@PVYBL.com](mailto:Support@PVYBL.com)

Website: [www.pyvbl.com/home](http://www.pyvbl.com/home)

## Samurai Karate (Ages 3+)

Phone: (310) 849-1466

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

Facebook: [www.facebook.com/peraltastkd](http://www.facebook.com/peraltastkd)

Samurai karate for kids is based on Japanese martial arts in Torrance, South Bay & Los Angeles for 18 years. Your child may build a strong body, as well as a flexible mind through the Karate training, kata and sparring.

## South Bay Storm

Phone: (310) 971-7861

Website: [www.southbaystorm.com/view/southbaystorm](http://www.southbaystorm.com/view/southbaystorm)

The Storm's mission is to provide an environment where each team member is accountable to their teammates for their development and personal growth as an individual and as a baseball player.

## Tae Kwon Do 21 Torrance

Phone: (310) 323-3427

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

They focus on Taekwondo, love Taekwondo and want to help you grow Taekwondo in your community.

## Trojan Water Polo Club

Phone: (424) 999-5134

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

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

Trojan Water Polo Club is an all-ages, private water polo club that is based in the Beach Cities of Los Angeles, and has been serving our local communities for almost 20 years.

## Unrecables

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

Website: [www.unrecables.com/index.html](http://www.unrecables.com/index.html)

A non-profit, volunteer-based organization, serving the recreational needs of people with disabilities. They promote adaptive sports, and encourage people with disabilities to participate in sports, recreational, and social activities in their communities.



## Power of One

Phone: (562) 997-2987

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

Website: [www.po1mma.com/](http://www.po1mma.com/)

Martial arts classes benefit growing children far beyond the dojo and in many real-world scenarios. Power of One structured classes are meant to help develop coordination, physical fitness, mental strength, as well as gain valuable social skills. Ages 4+.

## Sand Blasters Snowshoeing Team

Email: [kerry.ryerson@gmail.com](mailto:kerry.ryerson@gmail.com)

This team began practicing on the beach and competing in the snow 22 years ago, with a one year break for COVID-19. 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.

## SPORTS For Exceptional Athletes (S4EA)

Phone: (858) 565-S4EA (7432)

Email: [Walter sds4ea@gmail.com](mailto:Walter sds4ea@gmail.com)

Website: [www.s4ea.org/](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 including a SPORTS Camp for campers that are ADA accessible for mobility impaired individuals. Additional languages supported: Spanish

## Tennis: Redondo Beach Community Services

Phone: (310) 318-0610 ext. 3460

Email: [recweb@redondo.org](mailto:recweb@redondo.org)

Website:

[www.redondo.org/depts/recreation/default.asp](http://www.redondo.org/depts/recreation/default.asp)

To enrich and improve the quality of life in Redondo Beach by providing excellent programs, opportunities, services and facilities that meet the needs of the community.

## US Adaptive Recreation Center

Phone: (909 ) 584-0269

Email: [mail@usarc.org](mailto:mail@usarc.org)

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

Located in Bear Mountain, Big Bear City, CA, this is a 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.

# SPORTS (CONTINUED):

## Urban Park

Phone: (424) 634-1533

Email: [Sbinfo@urbanyouthpark.com](mailto:Sbinfo@urbanyouthpark.com)

Website: [www.urbanyouthpark.com/the-park-sb](http://www.urbanyouthpark.com/the-park-sb)

THE PARK is passionate about empowering all athletes to realize their potential by overcoming mental and physical challenges through the art of movement. They teach the sport of free-running, parkour, martial arts, tricking and ninja warrior in a safe and fun environment. At THE PARK, they encourage Passion, Adaptability, Responsibility and Kindness.



## YMCA: Sports

Anaheim, CA

Phone: (714) 635-9622

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

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

Bellflower, CA

Phone: (562) 925-1331

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

# THERAPEUTIC RIDING PROGRAMS:

## Dream Catcher of Los Angeles

Phone: (310) 350-1311

Email: [Info@dreamcatcherla.com](mailto:Info@dreamcatcherla.com)

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

The 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.



## Lakewood Equestrian Center (Ages 7+)

Phone: (562) 281-9024

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

Website: [www.lakewoodcity.org/Things-to-Do/Reserve-a-Facility/Equestrian-Center](http://www.lakewoodcity.org/Things-to-Do/Reserve-a-Facility/Equestrian-Center)

## Ride Your Horse

Phone: (562) 677-4077

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

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

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.

## Ride to Fly

Phone: (310) 541-4201

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

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 in Rancho Palos Verdes.

## Therapeutic Riding Center

Phone: (714) 848-0966

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

Provides services to children and adults of all ages with disabilities in the form of equine assisted activities. The Center is located in Huntington Beach.

## Valley View Vaulters

Phone: (818) 302-0153

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

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.

# OTHER PROGRAMS:

## Code Ninjas

Phone: (424) 291-2633

Website: [www.codeninjas.com/ca-torrance](http://www.codeninjas.com/ca-torrance)

At Code Ninjas Torrance, kids learn to code by building their very own video games. Their flexible coding programs for kids make it easy on parents with convenient scheduling through the Code Ninjas mobile app.



# OTHER PROGRAMS (CONTINUED):

## Golden Star Education

Phone: (310) 756-9151

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

Located in Hermosa Beach, CA; Classes of 4-8 students taught by teachers who support the emotional and academic growth of each child.

## IQ Tutorial Summer Program

Phone: (310) 373-9193

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

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

For more than 15 years, program has been offering students from K-12th grade exceptional tutoring services along with great learning environment, regular counseling, proven curriculum and ride services. Schedule a consultation to find out more about the program.

## Mychal's Learning Place

Phone: (310) 297-9333

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

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

Mychal's offers programs for children and adults including after-school care, sports opportunities, and independent living skills. Program is located in Hawthorne, CA.

## Xochitl Brizuelas Spanish

Phone: (562) 274-1220

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

Website: [www.xbspanishandmore.square.site/](http://www.xbspanishandmore.square.site/)

At Xochitl Brizuela Spanish and more, they provide spaces to connect and learn through laughter, joy, connection, listening, slowing down, full immersion, art, and experiences.

## Flying Hero Club

Email: [contact@flyingheroclub.com](mailto:contact@flyingheroclub.com)

Website: [www.flyingheroclub.com/about\\_us](http://www.flyingheroclub.com/about_us)

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.

## The Gourmandise School

Phone: (310) 656-8800

Email: [Receptionist@TheGourmandiseSchool.com](mailto:Receptionist@TheGourmandiseSchool.com)

The Gourmandise School's Camps for Kids (ages 8-12) and Teen Camps (ages 12-16) are ideal for young cooks looking to explore the culinary world.

## Kumon Math & Reading

Phone: (562) 667-7007

Email: [artesia\\_ca@ikumon.com](mailto:artesia_ca@ikumon.com)

Website: <https://www.kumon.com/artesia>

The instructor will prepare an individualized lesson plan for your kids and support them as they progress through Kumon.

## Pujols Family Foundation

Email: [jen@pujolsfamilyfoundation.org](mailto:jen@pujolsfamilyfoundation.org)

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

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.

