

The background of the entire page is a vibrant, repeating pattern of tropical leaves. The leaves are in various shades of green, yellow, and blue, with some having characteristic holes (like Monstera leaves). The pattern is dense and fills the entire frame.

 **AUTISM SOCIETY**  
*Improving the Lives of All Affected by Autism*  
*Inland Empire*

# The Ultimate Autism Summer Resource Guide 2019

Fun things to do in the  
Inland Empire!



Summer is a chance to play, rest and enjoy some fun! From sensory friendly movies to swimming lessons, the following is a sampling of what is available for fun the Inland Empire. These listings are specifically for programs which have been created for children and adults with autism and are running summer programs. Programs like baseball and soccer which typically run in the Fall are not included.

Contact information is provided for each of the resources. To avoid disappointment due to schedule changes or space limitations, we encourage parents to call ahead to make sure the listed activity is available and meets you and your child's needs. Call the locations directly for more information.

Another good source of information for your area is your city Park and Recreation Department – many of them offer adaptive programs.

This Summer Resource Listing was compiled from our online database of all kinds of resources – available at [www.ieautism.org/resources](http://www.ieautism.org/resources).

Enjoy your summer!

*The Autism Society Inland Empire Autism (ASIE) maintains these Resource Listings as a service to families as a reference tool. Every effort is made to ensure listings are up to date. ASIE does not endorse or claim to have personal knowledge of the abilities of those listed. The resources listed are not intended as a recommendation, referral, or endorsement of any resource or as a tool for verifying the credentials, qualifications, or abilities of any organization, product or professional. Users are urged to use independent judgment and request references when considering any resource associated with diagnosis or treatment of autism, or the provision of services related to autism.*

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# Amusement Parks

All the major amusement parks provide assistance passes for people with disabilities, however, policies have changes recently for families with loves ones with ASD. Of particular concern for ASD families is waiting in lines. Many individuals with ASD have sensory issues and will have a meltdown in a long line which may cause them to hurt themselves or parents, which could make other visitors uncomfortable.

Books, games, and snacks may help. Be sure that you are following a tightly organized touring plan but be ready to change it on a moment's notice should your child require it. If you do not have a plan in place, invent it on the fly, but keep the child moving and interested. Meltdowns happen more frequently when the child is kept waiting while the adults try to figure out what to do next.

Reminder: Should you or any member of your party have a photosensitivity or seizure disorder, please check with your personal physician for specific instructions. This information was researched by talking to the parks and parents who visit the parks. Like all things, policies are subject to change so it is always best to call Guest Services before you attend the park. Below is a summary of the assistance passes for each park as of May 2019.

## **Disneyland Resorts (Disneyland and California Adventure)**

Guest Services <https://disneyland.disney.go.com/guest-services/guests-with-disabilities/>

Disneyland Resorts still has the disabled passes for some conditions but you don't necessarily get to go directly to the head of the line for all rides. You must visit City Hall at Disneyland or the Chamber of Commerce near the Main Entrance at California Adventure with the person with disability. They will want you to explain your specific issues and worries including waiting in line. The employees will give you suggestions as to what rides might not be suitable for a child with autism, explaining which rides may be very loud or visually over stimulating. You must provide a valid theme park ticket and a photo of the person who requires DAS (disability access service), and the individual must sign and accept the terms and conditions. DAS is valid for up to 60 days, you will need to return to Guest Relations if you wish to have the service re-issued.

## **Knott's Berry Farm**

<https://www.knotts.com/help/accessibility>

The guest with ASD should visit Guest Services (located across the exit of Ghost Rider, near Security/First Aid) upon their arrival to the park. A Boarding Pass is issued to the guest and up to 3 riding companions, as well as a Rider Access Form that lists rides that the guest can safely enjoy.

## **Legoland California Resorts**

(760)-438-LEGO

<https://california-support.legoland.com/hc/en-us/sections/360000073131-Disabled-Guests>

Legoland provides special accommodations for visual and hearing disabilities, please contact Guest Services two weeks prior to your visit.

## **San Diego Zoo and Wild Animal Park**

(619) 231-1515

<http://www.sdzsafari.org/visitor-info/guests-disabilities>

Guests who have difficulty standing in line may request an "Easy Access Pass" at the Safari Tickets/Guest Services booth, Ranger Base, or at the Africa Tram window. This pass may be used in areas where lines exist. The attendant will direct the guest to the designated boarding area. Three (3) additional members may accompany the person with the disability. If there are more than 3 guests in the party, the rest of the guest will have through the line while the person with the disability is seated in the loading facility.

## **Sea World**

1 (800) 25-SHAMU

<https://seaworld.com/san-diego/park-info/accessibility-guide/>

Guests with disabilities must enroll in the Ride Accessibility Program (RAP) before being able to participate in the Special Access Program, which assists guests who cannot handle long queue lines. Guests will be placed in a Virtual Queue which equals the estimated wait time at that respective location. Guests have the ability to enjoy other attractions throughout the park during this time and then proceed to the specific attraction at the estimated time.

## **Six Flags Magic Mountain**

(661) 255-4100

<https://www.sixflags.com/magicmountain/plan-your-visit/guests-with-disabilities>

Guests who have difficulty waiting in queue lines may obtain the Attraction Access Pass (AAP). A doctor's note is required for the first time one requests for an AAP, the Six Flags website has a list of what the doctor must include in their note. This note must be brought to the Ride Information Center (Guest Services) just inside the front gate of the park. A photo identification must be presented at the time of issuance. Children under the age of 16 may use a student photo ID, but if the child is 12 and under and does not have a photo ID, the parent's or guardian's ID may be accepted as well.

## **Universal Studios Hollywood**

(800) 864-8377

<https://www.universalstudioshollywood.com/faqs/how-do-you-accommodate-guests-with-disabilities/>

Universal Studios may issue a GAP (Guest Accessibility Pass) to those who have a disability that prevents them from standing in line for long periods of time. The GAP may be obtained by visiting Guest Relations and explaining to employees why a member of your party may benefit from having a GAP. Bring an ID if you have it.

# The Arts: Art, Music, Dance & Acting

## **Academy of Ballet**

26305 Jefferson Ave, Murrieta  
(951) 216-1853

[www.academyofballetart.org](http://www.academyofballetart.org)

Lilly's House and Academy of Ballet in Murrieta is offering just that. Classes are held each Wednesday at 4:15 to 5:00pm. Your first class will be free and then it will be a monthly charge.

## **da Center for the Arts – Music and Movement Studio Special Needs Adults**

252 D South Main Street, Pomona  
(909) 397-9716

[www.dacenter.org/studio-art-lab-special-needs-adults/](http://www.dacenter.org/studio-art-lab-special-needs-adults/)

The dA Center for the Arts, a diverse, multi-discipline, non-profit organization is to enhance the quality of life for the greater community by educating and providing opportunities to experience, appreciate and support the arts. Check the website for updated schedule of classes.

## **Henny Kupferstein**

<http://hennyk.com/>

Onsite and remote (Skype, Facetime) piano lessons are available. Teaching sight-reading for piano in the classical tradition empowers non-verbal autistic individuals to demonstrate intellect through music. Because most autistic people have perfect pitch, this process rapidly enriches their daily lives, and carries over to all areas of academia. The moment this can be observed by others, such individuals are recognized as worthy of regular education.

## **IncredABLES Classes - City of Rancho Cucamonga**

[www.cityofrc.us/cityhall/cs/incredables/classes/default.asp](http://www.cityofrc.us/cityhall/cs/incredables/classes/default.asp)

the City of Rancho Cucamonga is proud to offer a variety of recreational and social opportunities for residents in our community with developmental, learning and physical disabilities. Check the website for the summer schedule.

## **Ms. Tanya's Dance Studio**

4371 Phelan Road, Phelan  
(760) 868-6395

<https://www.tanyasdancers.com/>

New classes taking signups and starting now! Ballet, Tap, Jazz and Hip hop...Special Needs Classes Mondays and Fridays!

## **No Limits Creative Arts**

Yorba Linda & Los Alimitos

<https://www.nolimitscreativearts.com>

Program designed to bring the arts to kids with special needs. Offers Dance, Musical Theater and Tumbling classes in our program. The Musical Theater classes offer a fun and informative way to explore theater fundamentals through creative play and games.

## **On Pointe Dance**

3591 Hamner Ave., Ste. A, Norco  
(951) 738-9085

[www.onpointedance.org](http://www.onpointedance.org)

On Pointe offers hip hop for students with special needs on Saturdays from 12-1 p.m. Students in this class have various special needs. Any child ages 5-12 yrs old is welcome to try this class. Students will learn basic coordination, rhythm, and team building skills while exercising and having fun.

**Ovation**

1529 West 13th Street, Suite G, Upland  
(909) 985-1858

<http://ovationperformingarts.com>

Provides a quality performing arts education accessible to children and teens of all demographics, all levels of ability, from the professional child actor to the extremely shy teenager that just wants to try something new. The students are free to explore their creativity without fear of judgment or rejection.

**Special Needs Dance Class – Points of Connection**

Victorville

Nichelle Bell (661) 802-8674 or Susan Gutierrez (760) 927-5079

Free of charge. Siblings and parents are welcome to participate. Held at the Victorville Activity Center. Come dance, jump, run, and exercise. Come have fun and socialize with friends.

**Temecula Valley Dance Connection**

Temecula

<http://tvdanceconnection.org/>

Contact Leslie Echolds at (949) 500-6837 or email: [leslieecholds@me.com](mailto:leslieecholds@me.com)

Co-ed dance social club for young adults with special needs. Sessions are \$3, 7 session dance card \$20, participant dinner \$10.

**To The Pointe Dance Productions**

14058 Euclid Ave., Bldg. A Chino  
(909) 628-4242

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

Offers a variety of classes and an opportunity to take part in recitals for males and females, with special needs and/or physical or developmental disabilities: Jazz Dance Class to children ages 7-15 yrs., Tuesdays at 5:30; an Adult Social Dancing Wed at 7:00 pm and an Intro to Moving for children ages 3-6 yrs.

**Valverde School of Performing Arts**

8217 Rochester Ave. Rancho Cucamonga

909-987-2789

<http://www.vspa.net/>

Open to providing performing arts opportunities to all ages and backgrounds and has experience with students with autism. Offers many classes in Dance, Music and Theatre.

**Riverside Art Museum (RAM)**

3425 Mission Inn Ave., Riverside

(951) 684.7111

[www.riversideartmuseum.org/education/youth/special-needs-classes/](http://www.riversideartmuseum.org/education/youth/special-needs-classes/)

RAM offers diversified studio art classes and workshops for both children and adults. They maintain a balance of traditional and innovative instruction in small-class settings to accommodate individual interests and needs. The museum's frequently changing exhibits and fine art atmosphere add an inspirational quality to each student's learning experience.



# Camps

*If you are an Inland Regional Center client, Regional Center may pay for a camp as "out of home respite." Camps fill up quickly so make sure you talk with your caseworker as soon as possible.*

## **Cal Poly Pomona- Motor Development Clinic**

Bldg. 43, Room 146, Cal Poly Pomona  
(909) 869 – 4340

[www.cpp.edu/~sci/motor-development-clinic/program-information.shtml](http://www.cpp.edu/~sci/motor-development-clinic/program-information.shtml)

A movement therapy program for children between the ages of five and 13 who are experiencing movement problems. Summer program with a referral from school, doctor or parent. The summer program focuses on the enjoyment of movement in a setting that is more general by providing a chance for the children to put into practice what they learned during the school year. It also concentrates on a wide variety of activities including but not limited to physical attributes, rhythms and locomotor, games and manipulation, fine motor, water play and experiences, and sport skills.

## **Camp Paivika- Ability First**

San Bernardino National Forest  
(909)338-1102

[www.camppaivika.org](http://www.camppaivika.org)

Offers year-round camp programs for children, teens and adults with physical and developmental disabilities. Open for eight sessions during the summer, beginning in June. Winter camp offered on various weekends during February, March, and April. The five-night (children) to six-night (teen and adult) programs include all of the traditional

activities of camping: horseback riding, archery, swimming, cookouts and campfires, arts and crafts, and nature hikes and activities, as well as fine arts. Camp Ages; Children's Camp – 9 to 12 years, Teen Camp – 13 to 19 years, Adult Camp – 20 years and older. Financial aid may be available. Minimum cost to family portion is \$150.

## **Casa Colina – Summer Day Camp, Handwriting Workshop, Outdoor Adventure**

255 East Bonita Avenue, Pomona  
(909) 596-7733 x4200 or 1 (800) 926-5462  
[www.casacolina.org](http://www.casacolina.org)

Ages 4-10, summer fun runs M-F 9-12 for 4 weeks. Starts end of July through end of August. Camps for children with special needs and typical siblings. Contact in April for registration package. Campers are registered on first come first serve. Also has a Writing Workshop during summer for children ages 6 -12 who struggle with the mechanics of handwriting cursive or printing. Class held in the summer, 2 times a week for 2 hours, a total of 10 sessions.

## **Cuyamaca Outdoor School Summer Camp**

San Diego County  
(619) 685-1175 ext. 255 and/or e-mail at [ltaylor@arc-sd.com](mailto:ltaylor@arc-sd.com)  
<https://www.arc-sd.com/camp-2018>  
Summer resident camp for children,



teens and adults with developmental and intellectual disabilities, ages 5 and older. Staff to camper ratio is 1:1 through 1:5, depending on needs of individual. Camp is accredited by American Camp Association. Camp sessions are in July. Scholarships may be available, contact us for more information.

### **Chasing 7 Dreams**

<http://chasing7dreams.org/events/>

Since its inception in 2015, Chasing 7 Dreams through the dedication and guidance of our Founder, Ms. Tenika Doyle, has forged the path creating an innovative summer camp experience with Autism. The experience of going to camp daily and organized program participation that Ms. Doyle has developed is something that have been missing for children on the spectrum. Her dream is to give back and provide access to many of our participants as Chasing 7 Dreams develops into a top of the line organization in special needs youth camp programs. It is the desire of the Ms. Doyle and the Board of Directors that each participant have a unique youth summer camp experience.

### **Christopher's Camp**

<https://www.theepilepsycenter.org/day-camp/>

Weekend camp held once a year in May for individuals with epilepsy- this includes family members and care facilities. Individuals of any age are welcome. The only requirement is that someone in your group have epilepsy. Held at Camp Paivika, in Crestline. Call Luana at The Epilepsy Center, 951-281-9892.

### **College Internship Project – Summer Programs for High School Students and Beyond High School**

<http://www.cipworldwide.org/summer/>

Each Summer Program has an all-inclusive cost of \$4,400 (\$300 will be handed back as cash to practice budgeting and handling money and is pre-budgeted for some meals and activities). The cost covers all activities, room and board, optional airport pick up and drop off, 24/7 staffing and support and 1 college credit.

### **Kris' Camp**

Idyllwild, CA  
(801)733-0721

[www.kriscamp.org](http://www.kriscamp.org)

Kris' Camp is a non-profit organization first established in 1995 as a therapy intensive/respite camp for children with special needs (with a focus on autism) and their families. Provides therapy for special kids, and, respite and support for the siblings and parents of special kids. Vendorized through Inland Regional Center. Limited space.

### **Our Own Family Camp**

(626) 252-0106

[OurOwnFamilyCamp@aol.com](mailto:OurOwnFamilyCamp@aol.com)

An annual family camp at YMCA Camp Oakes near Big Bear over Labor Day weekend is exclusively designed for families with a member affected by Down syndrome – including those with Autism and DS. This is a wonderful way to have an inexpensive, memory-making vacation with families in a supportive and non-judgmental environment. Support and encouragement is provided for parents, siblings, and extended family members.

## **U.S. Adaptive Recreation**

Big Bear  
(909) 584-0269

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

Must make reservations well in advance. Offers a 2 day, 2 night water sport program. Camp, fish, and water sports. One week in August. Vendorized through Inland Regional Center. For winter sports programs see website.

## **Whispering Winds**

(619) 464-1479

[www.whisperingwinds.org/www/?page\\_id=4308](http://www.whisperingwinds.org/www/?page_id=4308)

Special Needs Family Camp. Has been hosting Family Camp weekends for families of all faiths for the past 25 years, but this year we are dedicating a weekend for the first time just to special needs families July 26-28, 2013. The camp is located about 45 minutes outside of San Diego, just 4 miles from Julian. 3 days and 2 nights deluxe lodging accommodations, meals (special diets can be accommodated); Exciting age/ability-appropriate camp activities, crafts and recreational opportunities for the special needs kids and their typical siblings; Outstanding parent speakers focused on families living with disability to include special needs education and trust attorneys; educators and therapists; Swimming, horseback riding, ziplining, hiking and more for the whole family to enjoy together. Cost is \$46/person (age 3 and under are free) + either deluxe lodging (\$440) or RV hookups (\$225). \$250 campership vouchers from the Boys and Girls Club Foundation available as well as LOADS of other private financial aid as well. So, no one should hesitate enrolling based on financial hardship as we can likely find funding to help them.

# City Programs

## **City of Corona Adaptive Skills Program**

[www.coronaca.gov/government/departments/recreation-services/adaptive-recreation](http://www.coronaca.gov/government/departments/recreation-services/adaptive-recreation)

Jessica Barlow, Recreation Specialist, at JessicaB@CoronaCA.gov or (951) 817-5849

Programming is designed to create a friendly environment, promote mobility and exercise, and encourage play and a sense of belonging. Recreation staff will supervise and engage with participants in games, crafts, music, socialization and much more. All activities are presented at low or no cost to participants.

## **City of Menifee Mighty Me Special Needs Program**

[www.cityofmenifee.us](http://www.cityofmenifee.us)

(951) 723-3880

Held once a month in Menifee for all ages, all abilities. Each month is a different theme. June 1<sup>st</sup> – Music Therapy 10-12, July 6<sup>th</sup> – “Give Peas a Chance” Food Therapy 11-12pm, Aug 13<sup>th</sup> – Fitness and Movement 11-12pm.

## **City of Ontario – Adaptive Skills Program**

(909) 395-2020 or (909) 395-2021

<https://s3.amazonaws.com/online.anyflip.com/htak/phux/mobile/index.html>

Offers various Adventure Days (drop off), Social Club, Night Out, Fun Flicks and “Get Your Groove On” which teaches line dancing, tai chi and Wii-Fit.

## **IncredAbles – Rancho Cucamonga Parks & Recreation**

[www.cityofrc.us/cityhall/cs/incredables/default.asp](http://www.cityofrc.us/cityhall/cs/incredables/default.asp)

Friday Night Fun Club, Goldy S. Lewis Community Center, Rancho Cucamonga  
(909) 774-3853

For ages 13 & up. Become a part of this new and exciting monthly fun club. Every month they host a fun themed night that includes dances and special activities such as crafts, games, food and more. Additional Contract Classes Offered: Star Performers, Tap Dance, Jazz and Hip Hop, Social Line Dance, Self Defense for Women and Girls, Martial Arts and Gymnastics

## **City of Temecula**

<https://temeculaca.gov/408/Adaptive-Swim-Lessons>

<https://temeculaca.gov/807/Special-Needs-Programs>

(951) 694-6480

Offers Adaptive swim lessons, a once a month program for ages 0-12 named S.K.I.P. -

Supporting Kids, “parent and me” program that provides children with special needs opportunities for sensory enrichment, improvement of social skills, recreational play, and parent support. For the adults, there is the Temecula High Hopes Program which provides adults with special needs an opportunity for social interaction with peers, while participating in group activities and events for adults 18 and older.

## **VIP Program - City of Victorville**

[www.victorvilleca.gov/government/city-departments/community-services/recreation](http://www.victorvilleca.gov/government/city-departments/community-services/recreation)

Offers swim lessons, Special Olympics, Resources for Adults with Disabilities (RAD) for ages 13 and older, summer basketball for ages 9 to 24.

# Day Camps

## **Abundant Church – Rancho Cucamonga**

June 24-28, 2019

<https://abundantlivingfc.churchcenter.com/registrations/events/245029>

Welcome to VBS 2019 "Invincible" registration.

Please add your child's grade in the information box that will appear next to "Grade." Under "Medical Notes" please list any allergies/medical conditions/special needs that will require our attention. Extended Day care is available from 2PM- 6PM for an additional \$65. Monday June 17th, the Cost will increase to \$70.00 per Child. Deadline for this registration is June 23, 2019. Early Bird Drop Off 6 AM (no charge, but please make sure your child has had breakfast).

## **Calvary Chapel Chino Hills**

June 17-21, 2019

<http://ccchvbs.org/>

Your child is invited to join us this summer for our all new nighttime Vacation Bible School, SHRUNK. Our VBS is FREE to attend from 5:00PM-8:00PM daily and is for children entering the 1st-6th grade in the fall. Click the link below to register your child! For questions, please email us at [VBS@calvarycch.org](mailto:VBS@calvarycch.org).

## **The Grove's Summer Splash: Kingdom Quest**

Riverside

June 24 – 28, 2019

<https://mygrove.churchcenter.com/registrations/events/209910>

Summer Splash, 2019 Kingdom Quest, is coming! Watch the Kingdom search for the missing prince in a thrilling journey! Be knighted along with Princess Andrina, Sir Leo, and Gregory and learn the signs of a Faithful Knight! Join The Grove Community Church for a week of summer fun making new friends, playing some awesome games, rockin' music, cool crafts and discover how to be a faithful knight! Summer Splash – Kingdom Quest runs from June 24-28, 2019 from 9am to noon and is open to all children ages 4 years (by September 1, 2019) to 6th grade (Fall 2019).

## **Precision Gym - Rancho Cucamonga**

Gymnastic Day Camps

(909) 483-8161

<http://www.precision-gym.com/2019%20Day%20Camp%20Brochure%20MAY-AUGUST.pdf>

Autism friendly camp from 8am – 5pm which offers fitness oriented activities, ranging from games and sports, to arts and crafts and science experiments. Each week focuses on a different gymnastics skill

## **Leaps & Bounds-Norco**

### **Horsemanship Camps**

<http://leapsandboundspediatrictherapy.org/horsemanship-camps/summer-camp-flyer-2019/>

Leaps horsemanship camps are a fun-filled week at the ranch. Campers learn all things ranchin'. From goat races, riding, grooming, stall cleaning, farrier demos, ranch animal care, by the end of their time at camp they will know all basics with horsemanship and farm animals. The camp is for ages 3 and up, all abilities. Summer camp ends with a water day! Staff and volunteers are well trained for providing an exciting educational and safe week. Ask us about our sibling discount!

## **The LEGO Club - S.T.E.A.M. Academy Community Education Center**

[www.steameducate.com/summer-camp-2019](http://www.steameducate.com/summer-camp-2019)

S.T.E.A.M. Academy Community Education Center

1285 Corona Pointe Court Suite 101 Corona, California 92879

The LEGO Club is a fun social skills group for camper aged 6–14 years with the autism spectrum diagnosis. Camper build LEGO robots, learn engineering concepts, and program their robots using LEGO Education kits. Through the LEGO Club, campers will make new friends and become more independent as the week goes on. Campers will become more comfortable with one another begin to socialize with one another without facilitation. The campers are proud of the LEGO models they build and they enjoy showing one another and parents/caregivers what they have made.

## **Rolling River Rampage-San Bernardino**

**June 24-28**

<https://generationschurchsb.com/vbs>

Generations Church and the G-Kid's ministry is excited to be able to provide Vacation Bible School to the families in the Verdemon and surrounding areas. Our Rolling River Rampage VBS will take place June 24-28 from 9am - 12pm. This year we are requesting a \$5 per child fee to help cover the cost of the T-shirt that is given to your child. If you cannot afford this fee please email generationschurchSB@gmail.com as scholarships are available.

## **South Summer Camp – Lake Elsinore**

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

Bri Waterbury brianna.waterbury@autismtherapies.com

909.727.7389

Especially for children and teens with autism and special needs, Held Mon. June 10 – Fri. Aug. 26 from 9am – 12pm all days at Pins 'N Pockets in Lake Elsinore for Ages 3 – 16 Offers 1:1 and 1:3 instruction. Program facilitates social/peer interactions with structured activities throughout the day

## **Sunridge Community Church- Temecula**

JUNE 17 – JUNE 21

[HTTPS://SUNRIDGECHURCH.ORG/EVENT/WEEK-VBS-2019/](https://sunridgechurch.org/event/week-vbs-2019/)

Join us for the best week of the whole year as we meet new friends, rock out, learn about Jesus, play games, and raise our game! Open to kids of all abilities, grades K – 5th, plus a program for teens with special needs.

## Wiley Center - Riverside

<http://thewileycenter.org/programs-and-services/say-n-play-summer-speech-camp/>

Our annual Say N' Play Summer Speech Program is open to children 3 to 16 years of age. We offer two thematic summer camp sessions June 10- July 5, 2019 and July 8- August 2, 2019. Weekly off campus field trips directly related to our themes as well as staff selected electives to further enhance the experience are included in each fun filled session.

## WEST END YMCA - DAY CAMPS

<HTTPS://WWW.WEYMCA.ORG/DAYCAMP>

**EXPLORERS DAY CAMP (GRADES 1-6)** Mon-Fri 6:30AM-6:30PM. Members: \$175/Week (Includes \$20/wk Deposit). Program Participants: \$195/Week (Includes \$20/wk Deposit).  
LOCATIONS:

- Elderberry Elementary School – Ontario (909) 986-0048
- Mt. View Elementary School – Ontario (909) 218-4134
- Anna Borba Elementary School – Chino (909) 590-3583
- Scheu Family Y – Upland (909) 946-6120
- Cucamonga Elementary School – Rancho (909) 224-9264

## HIGH ADVENTURE DAY CAMP (GRADES 6-8)

MON-FRI 6:30AM-6:30PM. MEMBERS: \$195/WEEK (INCLUDES \$20/WK DEPOSIT).  
PROGRAM PARTICIPANTS: \$215/WEEK (INCLUDES \$20/WK DEPOSIT)

- Anna Borba Elementary School – Chino, (909) 590-3583

## Discovery Day Camp

Elderberry Elementary School, Ontario (909) 986-0048

Mt View Elementary School, Ontario (909) 218-4134

Anna Borba Elementary School, Chino (909) 590-3583

Scheu Family Y, Upland (909) 946-6120

Cucamonga Elementary School, Rancho (909) 224-9264

Autism Friendly Day camp for Preschool ages 2-4 years, Mon-Fri 6:30am-6:30pm.

Members \$175 week includes \$20 deposit. Non members \$195

# Fun Places to Go

## **Chino Youth Museum**

13191 6th Street, Chino  
(909)334-3270

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

Hands-on children's museum that is special needs friendly. The Autism Society PLAY Together Family Night do not run in June or July.

## **Chuck E Cheese – Sensory Sensitive Sundays**

5250 Philadelphia, Chino  
191 N McKinley St, Corona  
25110 Hancock Ave #101-106, Murrieta  
9339 E. Foothill, Rancho Cucamonga  
12790 Amargosa Rd, Victorville  
[www.chuckecheese.com/events/sensory-sensitive-sundays](http://www.chuckecheese.com/events/sensory-sensitive-sundays)

Chuck E. Cheese's is proud to support families who have children with autism and other special needs. They open 9am -11 am on the first Sunday of every month, specifically for children with autism and other special needs at participating locations. Sensory Sensory events include a trained and caring staff that work to ensure each guest has a fun-filled visit, less crowding and a quieter restaurant environment, Dimmed lighting, the show and music turned down or off entirely, Limited appearances by Chuck E., Ability to order off of full menu, Access to play all games and rides, All ages and siblings welcome, and no admission fees. They realize that the Chuck E. experience can be very stimulating for any child, so our mission is to create an event that allows ALL kids to be a kid.

## **Danny's Farm**

3064 ½ Ridgeway Drive, Alta Dena  
(626) 797- FARM (3276)

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

Danny's Farm employs and serves the special needs community. It is especially designed and staffed to serve individuals with disabilities and/or physical disabilities, wheelchair assessable, and trained to work with variety disabilities. \$5 fee.

## **Fingerprint Museum**

123 S. Carmalita Street, Hemet  
(951) 765-1223

<http://fingerprintsmuseum.com/>

Children's museum that is special needs friendly.

## **Glo Mini Golf – Sensory Sunday at GLO Mini Golf**

Galleria at Tyler  
1299 Galleria at Tyler Ste E106, Riverside  
888-896-8419

<https://glominigolf.com/>

Held two hours prior to general public hours, from 9am-11am, this event will cater to our families with Autism and other sensory processing sensitivities. We hope to encourage a variety of small group activities including a bingo-type map of our location with stickers to be collected at each station, separate quiet areas with sensory tables and activities, and use of our 27 hole glow in the dark miniature golf course all included for the normal \$12 admission. All sounds will be off and our arcade will be partially open with some of the more dimmed light and quiet games.



**Guasti Regional Park**

800 North Archibald Ave, Ontario  
(909) 481-4205

[cms.sbcounty.gov](http://cms.sbcounty.gov)

You and your family can stay and play all day at Guasti Regional Park, a 150-acre urban park with amenities that include year-round fishing on two lakes, picnic facilities, volleyball courts, horseshoe pits, playgrounds, water slides, swim lagoon, and a zero-depth water park.

**Mr. Joe's Farm**

PO Box 4163 Riverside  
(951) 657-8408

<http://mrjoesfarm.org>

3-acre Mead Valley farm with 20 variety of animals including alpacas, miniature horses and donkeys, goats, pot belly pigs, sheep, tortoises, ducks, geese, chickens and Gwen the iguana. Have non-traditional animals such as a pair of emus and a two-hump camel named Oscar that the public can see and touch. Hands-on experience with animals, so we call ourselves a hands-on zoo rather than a petting zoo because you get to interact more in their natural environment on a farm than if you went to a petting zoo. Many of the animals roam free and approach new people with curiosity.

**Pretend City Children's Museum**

29 Hubble, Irvine (949) 428-3900

<http://pretendcity.org/>

Pretend City Children's Museum provides children with unlimited opportunities to develop creativity and learn through purposeful play. Through 17 interactive exhibits and activities guided by a highly trained professional staff, children learn foundational math, reading and science skills, while fostering curiosity, creativity, critical

thinking, problem solving, organization, teamwork, self-confidence and socialization.

# Horseback Riding and Equine Therapy

## **Blissful Ranch**

Phelan

(760) 403- 2802

Therapeutic ranch program with animals consisting of mini horse, mini mule, 2 donkeys, dogs, cats and sometimes bunnies and goats. Program are free of charge for families. A safe, fun and peaceful environment. By appointment only.

## **EQUU8 Horsemanship and Therapeutic Riding, Inc.**

Big Bear Therapeutic Riding

Murrieta Therapeutic Riding

(909) 855-9963

[www.equu8.org](http://www.equu8.org)

A nonprofit PATH International Certified therapeutic riding center serving the Big Bear and Murrieta communities.

Murrieta is a beautiful donated rural residential location in the foothills of western Murrieta boasts an arena, a wheelchair accessible mounting ramp and an incredible sensory trail for our riders to explore their world from the backs of our specially trained and beloved horses. EQUU8 Big Bear is home to semi-private therapeutic riding lessons, horsemanship lessons, and a "Horses For Heroes" program for our military and veterans. While riders often start on lead (with sidewalkers for safety), EQUU8 focuses on progressive lessons that promote independence and enhancing each individual's abilities.

## **Green Acres Interactive Therapy**

35750 De Portoloa Road, Temecula

(951) 302-6045

[www.gaitprogram.org](http://www.gaitprogram.org)

Certified by Path International. Staff can

provide consultation with a Physical Therapist, Occupational Therapist, Speech Therapist, Adapted Physical Education Instructor, and Therapeutic Riding Instructor. Program designed to fit every person and their individual needs.

## **Hearts & Hooves, Inc. Therapeutic Riding Center**

(951) 317-7781 Norco

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

Now offering riding lessons to all persons. Introduction to horses, ground work, walk jog, youth specific and more! Therapeutic Riding Center providing safe, affordable, Equine Assisted Activities and Therapies (EAAT) to individuals with physical, cognitive or emotional challenges to promote healing and independence.

## **Leaps & Bounds Pediatric Therapy**

(951) 340-0431

<http://leapsandboundspediatrictherapy.org>

2200 Hamner Ave Ste 107, Norco, CA 92860

Leaps & Bounds Pediatric Therapy is dedicated to providing specialized services for children and adults who have challenges participating in typical age-appropriate activities. Our highly trained team works together to deliver individualized family-centered care for each person. Our team of PATH International Certified riding instructors and physical, occupational and speech therapists are professionals committed to the highest standards of practice. Our non-profit board of directors works hard to raise funds to support our programs, to keep costs low. Our entire staff works together to create a fun and

fulfilling experience. We offer Clinical Rehabilitation Services (including treatments on horseback), Equine Assisted Activities and Adaptive Riding for recreation, socialization, or fitness. Coming January 2018, "Ranch Club" will be offering Sibling Support for brothers & sisters of special needs children.

### **NDR Therapeutic Riding**

3659 Pedley Ave, Norco  
(951) 283-3967

<http://ndrtherapeuticriding.org>

In partnership with the spirit of the horse, PATH certified instructors (with credentials in mental health & learning) provide opportunities to achieve developmental milestones through therapeutic play while learning to ride horses. Equine assisted activities promote motor skills, sequencing, social connections, focus, competency, and confidence. We believe the human-horse bond enables success for exceptional children and adults where traditional therapies have been ineffective. Serves students from the age of 4 and our oldest served is 95 years of age. The maximum upper weight limit for students is 200 lbs. English and Spanish. Open Tuesday through Saturday 8:00 a.m. to 5:00 p.m. All riders must have completed, signed & dated student/rider packet signed by their physician.

### **Oak Meadows Therapeutic Horseback Riding**

Wildomar

[www.oakmeadowsranch.com/therapeutic-ride.html](http://www.oakmeadowsranch.com/therapeutic-ride.html)

Oak Meadows Ranch Therapeutic Horseback Riding by Appointment Only \$40 per person. Please reserve and book your Therapeutic horseback Ride at least 3 days or more in advance. \$40 donation per rider. Donations go towards the feed and care of the

rescued horses. Donation needs to be paid in advance by Paypal to guarantee day. Donation is non refundable, but ride class can be rescheduled. RSVP at least one day before the Horseback Therapeutic Ride to confirm availability.

### **Queen of Hearts Therapeutic Riding Center, Inc.**

6405 Dana Avenue, Mira Loma  
(951) 734-6300

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

Dedicated to providing an avenue to improve the bodies, minds and spirits of children, youth, and adults with physical and/or developmental disabilities through therapeutic horseback riding lessons and other equine activities.

### **REINS (Riding Emphasizing Individual Needs and Strengths) Horse Therapy**

4461 S. Mission Rd, Fallbrook  
(760) 731-9168

<https://www.reinsprogram.org/>

Provides physical, mental, and emotional therapy to a wide range of disabled children and adults through the use of carefully supervised horseback riding. Our therapeutic horsemanship program serves disabled children and adults from San Diego, Orange, and Riverside counties.

### **Round-up Hope**

35105 CalleLa Coca, Temecula  
(951) 757-3424

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

Round-Up HOPE is Temecula Valley's therapeutic horseback riding equestrian center for the disabled serving Southern California's Inland Empire. Their mission is dedicated to improving the lives of children, adolescents, and adults with a wide range of physical, cognitive and/or emotional disabilities, the underprivileged and their families. Able-bodied program for siblings. Family

rate is available. Scholarships may also be available.

### **Special Needs Children's Rodeo**

Victorville

760 951 2200

<https://www.renorodeo.com/p/get-involved/211>

Held once a year in the summer. Get ready to saddle up at the Special Needs Children's Rodeo. Learn how to rope a steer, ride a mechanical bucking bull and a stick horse, and meet real cowboys and cowgirls!

### **T.H.E. Center, Inc**

27260 Girard St, Hemet (951) 658-7790

[www.t-h-e-center.org](http://www.t-h-e-center.org)

Provides therapeutic riding for children and adults with disabilities. T.H.E. Center

is certified by PATH International. For persons enrolled in therapeutic horseback riding who are considered low-income, T.H.E. Center provides a sliding scale depending on household income. Documentation as to income is required for sliding scale fee (paycheck or other verification).

### **TRAX**

2121 St. Lawrence Ave, Riverside

(951) 689-8009 or (951) 689-8010

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

By appointment only. Non-profit organization (pending 501-c-3 approval) providing equine facilitated learning for children and young adults with special needs including neurological and physical impairments.

# Play Groups

## **A Place for All Pieces**

Murrieta

[www.aplaceforallpieces.org](http://www.aplaceforallpieces.org)

Art and Science Club meets every other month, and provides an opportunity for children on the spectrum to explore, socialize and develop friendships, in a supporting environment. Events include small and directed activities so that everyone can get to know each other and build a strong and healthy bond. Previous activities have included science experiments, cooking, painting and holiday parties.

## **My Play Club – The Arc of Riverside County**

Riverside

<http://arcriverside.org/mpc-philosophy/>

Contact: Debbie Piantadosi – [dpiantadosi@arcriverside.org](mailto:dpiantadosi@arcriverside.org)

Free play date for children with and without special needs and their families. My Play Club meets every third Saturday of the month at the universally accessible playground at Fairmount Park in downtown Riverside.

# Sensory Friendly Movies

## **AMC Theatres**

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

Show times are on the second and fourth Saturday (family friendly) and Tuesday evenings (mature audiences). Check local theatre listings for specific show times. In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down, families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie. Additionally, audience members are welcome to get up and dance, walk, shout or sing – in other words, AMC's "Silence is Golden®" policy will not be enforced unless the safety of the audience is questioned. No need to RSVP. For schedule and movies visit our website.

- AMC CLASSIC Apple Valley 14, 22311 Bear Valley Road Bldg A Apple Valley
- AMC DINE-IN Ontario Mills 30, 4549 Mills Circle, Ontario

## **Galaxy Mission Grove Luxury+**

121 E. Alessandro Blvd., Riverside

<https://www.galaxytheatres.com>

Offers Sensory Friendly Saturdays. No need to RSVP. A special opportunity for individuals living with autism and others to enjoy their favorite films in a safe and accepting environment.

## **Tristone Cinemas**

<http://www.tristonecinemas.com/content/Autism+Friendly+Movies>

Movies are shown the first Saturday of the month. Tristone Cinemas offers a monthly movie day with a private showing of a kid friendly movie. To make it autism friendly – the sound is lowered and there are no previews. The concession stand will be open for those who choose to purchase snacks. gluten and casein free snacks will be allowed. No need to RSVP. Just show up that morning and purchase tickets at the box office.

- Temeku Cinemas, 26463 Ynez Rd. Temecula
- Jurupa 14 Cinemas, 8032 Limonite Ave, Riverside
- Terra Vista 6 Cinemas, 10701 Town Center Drive, Rancho Cucamonga
- Brea 5 Cinemas, 453 S. Associated Rd, Brea CA, 92821

# Splash Pads

## Chino

[Monte Vista Park](#)– 13196 Monte Vista Av  
[Prado Regional Park](#)-16700 S. Euclid Ave

**Chino Hills:** [The Shoppes at Chino Hills](#)–  
13920 City Center Dr. (Right in the  
middle of the shopping center)

## Claremont

[El Barrio Park](#)-400 block of Claremont  
[Memorial Park](#)– 840 N. Indian Hill Blvd.  
[Wheeler Park](#)– 626 Vista Drive

**Colton:** [Veterans Park](#)– 290 East O Street

## Corona

[Citrus Park](#)- 1250 Santana Way  
[Deleo Park](#)-25655 Santiago Canyon  
Road  
[Dos Lagos Shopping Center](#)– 2780  
Cabot Drive (Right in the middle of the  
shopping center)  
[Ridgeline Park](#)– 2850 Ridgeline Drive  
[Sycamore Homes Swim Center](#)– 11875  
Indian Truck Trail

## Eastvale

[Cedar Creek Park](#)- 6709 Cedar Creek  
[Dairyland Park](#)- 14520 San Remo

## Fontana

[Fontana Park Aquatic Center](#)-15610  
Summit Ave  
[Martin Tudor Splash Park](#)– 11660 Sierra  
Avenue \$3/youth, \$5/adult (also has  
small waterslide)

**Lake Elsinore:** [Canyon Hill Community  
Park](#)– 34360 Canyon Hill Dr.

**Moreno Valley:** [Celebration Park](#)– 14965  
Morgan Ave

**Murrietta:** [Firefighters Park](#)-Corner of Hot  
Springs Rd and Whitewood

**Ontario:** [Cucamonga-Guasti Park](#)– 800  
N. Archibald. \$8/vehicle, \$10/weekends  
(fishing, Swim Lagoon, Water Slides  
(Handicap accessible), Playground &  
Zero depth water play park

**Rancho Cucamonga:** [Victoria Gardens  
Shopping Center](#)– 12505 N. Main Street

## Riverside

[Doty Trust Park](#)– 5410 Golden Avenue  
[Fairmount Park](#)– 2601 Fairmount Blvd  
[Heritage Park](#)-7701 Mission Blvd. in  
Jurupa.  
[Orange Terrace Park](#) – 20010 Orange  
Terrace Parkway  
[Rancho Jurupa Park](#)– 4800 Crestmore  
Road in Jurupa \$6/Adult, \$3/Child 200-  
acre recreational area with many  
amenities including a splash pad for  
water play, a rock climbing playground,  
miniature golf surrounded by  
spectacular waterfalls, a disc golf  
course and two fishing lakes.  
[Veterans Memorial Park](#)-4393 Riverview  
Park

## San Bernardino

[Perris Hill Water Park](#)– 900 E. Highland  
[Tom Minor Park](#)– 3066 W. Irvington

## Temecula

[Margarita Community Park](#)– 29119  
Margarita Rd.  
[Wolf Creek Park](#)– 45754 Wolf Creek Dr

**Victorville:** [Mojave Narrows Regional  
Park](#)– 18000 Yates Road

**Yucaipa:** [7th Street Park](#)– 12385 7th St

Splashpad list adapted from Inland Empire.com's  
Splash Pads in the Inland Empire  
[inlandempire.com/splash-pads-in-the-inland-empire/](http://inlandempire.com/splash-pads-in-the-inland-empire/)



# Sports

## **Adrenaline Combat Sports and Fitness**

1930 South E St, San Bernardino  
1-888-423-2496

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

Full service fighting sports, traditional martial arts and fitness training center.

## **Cartwheels Gymnastics**

(951) 698-0707

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

Exists to provide a safe, fun, motivating environment for your child to build self confidence through gymnastics and physical fitness. Special needs class.

## **C.A.S.T. for Kids (Catch A Special Thrill)**

[www.castforkids.org](http://www.castforkids.org)

The C.A.S.T. program provides one day fishing and boating events designed to accommodate children (ages 7-16 yrs) with a wide range of special needs. Enjoy a memorable day of fishing on a boat, pairing an expert angler with a child and their parent/guardian, plus FREE entrance to the lake, fishing pole, tackle, t-shirt, games, family lunch, and plenty of fun.

## **Combined Martial Science**

13611 Twelfth Street, Suite A, Chino

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

Josh@ (909) 224-1107 or email Cms-autism@live.com

Mixed Martial Arts Class specifically for autistic children of all ages on Saturdays from 11:45-12:45. Cost is \$70/month. Cash, check accepted, auto-debit preferred. No contract required.

## **Educate. Advocate. Hiking Club.**

<http://www.educateadvocateca.com/>

Email:

[educateadvocateca@educateadvoca](mailto:educateadvocateca@educateadvoca)

teca.com

Educate. Advocate. is a group founded on the principal that we educate ourselves so we can better advocate for those with disabilities. The Educate. Advocate. Hiking Club. meets monthly for a family friendly hike in various locations. Parents or caregivers are responsible for the children they bring. Additionally make sure to pack supplies for your families hydration, dietary, comfort, first aid and safety needs. Come and hike as little or as long as you like!

## **Fish for Life**

[www.fishforlife.org](http://www.fishforlife.org)

Non profit organization headquartered in Southern California with a charter to enhance the lives of special needs individuals by inviting selected groups to enjoy a complimentary half day fishing trip on the sea. This program is designed to provide love and inspiration to a multitude of special needs people while teaching fishing skills and ministering to the value of life.

## **IncredAbles – Rancho Cucamonga Parks & Recreation**

<https://www.cityofrc.us/cityhall/cs/incredables/default.asp>

Friday Night Fun Club, Goldy S. Lewis Community Center, Rancho Cucamonga  
(909) 774-3853

For ages 13 & up. Become a part of this new and exciting monthly fun club.

Every month they host a fun themed night that includes dances and special activities such as crafts, games, food and more. Additional Contract Classes

Offered: Star Performers, Tap Dance, Jazz and Hip Hop, Social Line Dance, Self Defense for Women and Girls, Martial Arts and Gymnastics

### **Martial Arts 101 – American Sports University Gym**

Court and D Street, Down Town San Bernardino

Barbara Sky @ 951-202-6149

Thursday night at 6:00 pm The teachings of Martial Arts 101 are derived from the Korean Arts of Tae kwon Do and Hapkido. With an emphasis on physical fitness, proper diet, and nutrition. At Martial Arts 101 you will learn self-defense while getting your body into great shape. Martial Arts 101 is open to all ages and genders with a special invitation to those with special needs who are forced to face life challenges on a daily basis. The group often meets to participate in additional activities such as baseball and line dancing.

### **My Gym Temecula**

30570 Rancho California Rd., 111B, Temecula

(951) 699-8800

[www.mygym.com/temecula](http://www.mygym.com/temecula)

Happy to include children with ASD with parent participation classes (especially under age 3yrs). The cost is \$5 and a parent or guardian needs to be out on the floor with the child. They have great gymnastics equipment including two large trampolines. For future information, they do this the first Saturday of every month. It's usually from 12:00 to 1:00, but it is suggested to call.

### **No Limits Creative Arts**

Yorba Linda & Los Alamitos

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

Program designed to bring the arts to kids with special needs. Arts for all children is a special gift that allows them to be creative and have a voice all their

own. Their goal is to provide a safe, comfortable environment for our students to express themselves creatively. Offers Dance, Musical Theater and Tumbling classes in our program. All of our classes are structured and provide a fun and safe environment for our students.

### **Precision Gymnastics**

9518 Ninth Street Suite B, Rancho Cucamonga

(909) 483-8161

<http://precision-gym.com/PrecisionGymnastics/SpecialNeeds.htm>

Offers Special Needs gymnastics class for ages 5 years – 20 years. Class is on Mondays from 3:15pm-4:00 pm. Parent participation is required.

### **Redlands Gymnastics Club**

1915 W. Redlands Blvd., Suite #103, Redlands

(909) 335.6780

<http://www.redlandsgymnasticsclub.com/>

Parent Participation Special Needs class as Tumble Tots for children of all ages. Call for updated class information, monthly cost and annual registration fee.

### **Sailing Facination**

Newport Beach

Tom Tolbert (Volunteer Director) – (949) 640-1678

John Byerlein (Skipper, OASIS Sailing Club) – (949) 640-6423

<http://sailingfascination.org/>

Since 1996, Sailing Fascination, a 501(c) 3 nonprofit organization, has provided free sailing lessons to over 500 students with a range of disabilities. Students with spinalcord injuries, cerebral palsy, multiple sclerosis, post-polio conditions, quadriplegia and other physical conditions, as well as high school

students with developmental disabilities, come weekly for classes. All they need is an enthusiasm for learning and the desire for an increased quality of life. With no prior experience needed, the Foundation teaches students everything from boat safety, sailing terminology and concepts, steering, tacking, running down-wind, crewing and perhaps most importantly, confidence building.

### **TGA of Temecula Valley**

Jeff Sampson 33266 Morning View Dr.,  
Temecula (760) 518-2725

<http://golftga.com/temeculavalley/>

Experienced with children with ASD.  
Hold free gold lessons once a month at Redhawk Park in Temecula. Golf instruction that is age-appropriate and effective. Works on character development lessons through our initiative "Play the Fair Way with TGA." Physical education and fitness. Rules &

Etiquette lessons utilizing our custom 2 Hole Teaching Aid. Academic lessons connecting to golf in math, science, history and English. Every TGA student gets our custom-made Student Handbook that includes all of these lessons plus interactive activities, skills challenges and notes.

### **Unique Kickers Karate – Time 2 Shine KarateDo and Kobu Jitsu**

1520 S. San Jacinto Ave. Ste#1, San Jacinto

(951) 282-4650

[www.facebook.com/shiryudokai/](http://www.facebook.com/shiryudokai/)

Special needs karate is a combination of both physical and mental training to help students with disabilities improve their sensory, speech and social skills. At Unique Kickers, students will learn martial arts in their own way, at their own pace and be promoted as they advance.

# Sports Leagues for Individuals with Special Needs

## **Autism Spectrum Athletics (ASA)**

San Dimas

[www.autismspectrumathletics.org](http://www.autismspectrumathletics.org)

Non-competitive seasonal sports programs. These programs are open to all children with Autism, Central Auditory Processing (CAPD), Attention Deficit Hyperactivity (ADHD/ADD) and other related disorders. ASA utilizes traditional sports to develop sports knowledge, physical motor skills, independence and socialization skills. This is a primarily a noncompetitive sports league but does offer mild competitive sports program for older high functioning children. Winter season sports: Basketball, bowling; Spring Season Sports: Baseball/Tball; Fall Season Sports: Flag Football and soccer.

## **Autism Youth Sports League**

San Dimas

909-284-8989 or 626-251-3417

Hilda Alvarez Se Habla Espanol 626-327-1614

[www.autismyouthsportsleague.org](http://www.autismyouthsportsleague.org)

For ages 2 – 18 yrs. Offers year round traditional sports including baseball, bowling, hip hop, flag football, soccer, cheerleading and basketball. Some programs offer sibling inclusion.

## **Bill's Special Kids**

Moreno Valley

(951) 242-7261 plosner@aol.com

<https://www.billsspecialkids.org/>

For special kids ages 5-18. The program offers Pony Baseball, Basketball, Bowling, Dance and Soccer in the belief that if you teach young people to play

by the rules, they will learn to live by the rules of everyday life.

## **Love Them All Foundation**

397 N. Central Ave., Upland

(909) 917-3115

[www.lovetheall.org/](http://www.lovetheall.org/)

LTAf serves children & young adults, with disabilities such as Down syndrome, Autism, and Cerebral Palsy, through sponsorship in sports activities such as basketball, golf, baseball, bowling, football & soccer, realizing how very important it is to each of them to be a part of a team, have on-going opportunities to meet others just like them, and create life-long friendships. In addition, LTAf sponsors social events such as its annual Valentine's Day Dance, Easter Egg Hunt, Summer Sports Camp, and Winter Holiday Dance.

## **Special Olympics**

1600 Forbes Way, Suite 200, Long Beach, CA 90810

(562) 502-1100

[www.sosc.org/Page.aspx?pid=421](http://www.sosc.org/Page.aspx?pid=421)

Special Olympics provides year-round sports training and competition in a variety of Olympic-type sports for people 8 years of age and older with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community. Visit the website for nearby programs. Free.

## **U.S. Adaptive Recreation**

Big Bear

(909) 584-0269

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

In July and August, the USARC takes to the fresh waters of Big Bear Lake for wet and wild water skiing, jet skiing, kayaking, stand-up paddle boarding, sailing and fishing. Using a variety of modified and standard recreation equipment, along with a skilled staff of recreation therapists, lifeguards, licensed boat operators and expertly trained volunteers, the excitement and adventure of these sports are safely introduced to each participant.

# Surfing

Surfing experiences can be a lot of fun. Registration for these tends to fill up quickly. It is best to get on their mailing list so you will know when registration opens – and don't wait to register.

## **A Walk on Water**

<https://awalkonwater.org/>

A Walk On Water provides Surf Therapy to children with special needs or disability. The ocean's transformative properties empower our participants, who enjoy a much-deserved day of laughter, love, and acceptance alongside their family. For one perfect, restorative day at the beach, there are no labels. Everyone is an Athlete. National organization which provides events periodically in Southern California. Check website for calendar.

## **Best Day Foundation – Adventure Activities for Kids with Special Needs**

[bestdayfoundation.org](http://bestdayfoundation.org)

Best Day Foundation is a volunteer organization that helps children and young adults ages 4 -24 with special needs build confidence and self-esteem through safe, fun, adventure activities like surfing, bodyboarding, kayaking, snow sports, and more. All volunteer organization. Has Orange County and San Diego chapters.

## **Stoke for Life Foundation**

<https://stokeforlife.org/>

The main goal for the Stoke for Life Foundation is to bring awareness to the rehabilitative benefits of adaptive water sports through clinics and education. Our goals are to introduce these benefits in an effort to advance adaptive water sports and to

raise awareness for access to our beach communities for those with disabilities. Stoke for life will host paddle clinics for adaptive paddle boarding and adaptive surfing; these will be free open clinics to further education of adaptive water sports, beach access for the disabled, and the advancements in adaptive water sports equipment. National organization which provides events periodically in Southern California. Check website for more info.

## **Surfers Healing**

San Juan Capistrano

(866) 647-HEAL

[www.surfershealing.org](http://www.surfershealing.org)

Surfing Camp for children with autism.

Refer to website for camp

dates. Dates available online in April.

Registration must be completed online.

Provides a free camp, free lunch, snacks, and beverages for the participants and their families.

## **Waves of Impact**

(949) 303-5664

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

Many people have found that getting in the ocean can be an incredible stress reducing activity. Waves of Impact seeks to spread this experience through free surf camps for kids with special challenges and injured veterans.

# Swimming Lessons

## **Adapted Aquatics – DropZone Waterpark**

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

Individualized instruction to develop water safety, swimming, and social skills in a safe environment. This brand new program is designed to provide individualized instruction for individuals with disabilities in the Inland Empire.

## **Apple Valley Recreation Department “Special Apples”**

Lena Quinonez 760-240-7000 ext. 7883

[www.avrecreation.org](http://www.avrecreation.org)

Special Needs swim lessons at the Civic Center Park Aquatic Center for 18 and under, and “Special Apples” Family Pool Night on the 4th Saturday of the month from 4-6 during June, July and August.

## **Aquatic Zone**

1138 E. Sixth Street, Corona

(951) 739-4300

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

Operates two pools both located in Corona. Indoor swim lessons at a heated indoor pool. Offers private lessons and has experience with special needs children. Group lesson class sizes do not exceed four students. Family Time swim Friday nights. Offers a free trial swim lesson and a special rate for children with autism. Visa, MC, cash and checks.

## **Casa Colina**

255 East Bonita Avenue, Pomona

(909) 596-7733 x4200 or 1 (800) 926-5462

[www.casacolina.org](http://www.casacolina.org)

Splash Zone- (ages 18 months to 4 yrs) and Get Swimming (5-12 yrs).

Therapeutic swim program designed for

children with special needs between the ages of 18 months to 12 years. 8 week session focuses on basic water safety, breath control, submersion and water comfort, basic locomotion and motor planning and social group participation.

## **Fontana Park Aquatic Center**

(909) 854-5111

15610 Summit Ave., Fontana

<https://www.fontana.org/2566/Fontana-Park-Aquatic-Center>

Are we open year-round? Yes, the Fontana Park Aquatic Center is always open! Come visit us for lap swimming, aqua aerobics, swim lessons or recreational swim.

## **SwimAbilities**

Loma Linda

<https://teampossabilities.org/swimabilitiesaugust/>

LLU Drayson Center and LLU PossAbilities have teamed up to present an adaptive swim program. This program is designed for swimmers and non-swimmers with special needs of all ages! The goal of this program is to teach participants an understanding of water safety and develop new swim skills.

## **Temecula Community Services**

<https://temeculaca.gov/408/Adaptive-Swim-Lessons>

Learning to swim is for everyone. These classes for participants with special needs will focus on basic water skills and water adjustment to help participants gain confidence in the water and improve kicking and stroking ability.



# Teens & Adults

## **AbilityFirst Claremont Center**

480 South Indian Hill Boulevard,  
Claremont  
(909) 621-4727

[www.abilityfirst.org](http://www.abilityfirst.org)

Offers an after-school children's program and a Recreation and Leisure Program for children and adults with physical disabilities and developmental disabilities, such as autism, cerebral palsy, Down syndrome, and epilepsy. The center features an activity room, computer lab, an indoor heated swimming pool, an outdoor play area and a specialized learning lab that is ideal for students with autism and other communicative disorders. The after school program is Mon –Fri for ages 5-22. Vendedored through Inland Regional Center. The Recreation and Leisure Program is for ages 18 and up.

## **Autism & Asperger's Empowerment**

<http://meetup.com/empoweringautism>

A special program designed to empower people on the autism spectrum to reach their full potential in life. Learn how to make friends, learn how to date and talk to people of the opposite gender, learn how to deal with anxiety, and much more. For more information contact: Arman Khodaei 909-996-9706

## **Center for Individual Development (CID)**

8088 Palm Lane, San Bernardino  
(909) 384-5426

[https://www.ci.san-bernardino.ca.us/cityhall/parks/centers/center\\_for\\_individual\\_development\\_\(cid\).asp](https://www.ci.san-bernardino.ca.us/cityhall/parks/centers/center_for_individual_development_(cid).asp)

Offers a Teen Club for teenagers with a developmental disability. A variety of

programs M-F from 2-5 pm. A small fee may be charged. Offers "Merry Mixers," a program for adults 25 years and older with developmental disabilities, T-Th 9:30 am– 12:30pm.

## **City of Corona Adaptive Recreation Program – "Out of Bounds"**

Corona

The Out of Bounds program is held on Thursdays from 10:30 am to 12:00 pm at the Circle City Center. Provides recreational games, interactive presentations and social activities for teens and adults with developmental disabilities. Programs are designed to engage participants, create a friendly environment, promote mobility and exercise. Each Thursday has a unique theme and activity, check out the flyer for specifics. To register for activities, please call the Library & Recreation Services Department at (951) 736-2241 or visit

[www.CoronaCA.gov/Registration](http://www.CoronaCA.gov/Registration).

## **City of Ontario Recreation and Community Services – Adapted Program**

(909) 395-2021

[www.ontario.ca.gov](http://www.ontario.ca.gov)

Provides a time and place for adults 18 years and older with special needs to meet together. This program will enable this unique and special segment of our population to socialize with their peers and interact with one another while participating in seasonal classes and events. Check the current Recreation guide for the latest schedule. Activities are for individuals who are self-sufficient and able to function in a group environment without causing harm to

themselves or others, or disrupting the group. Activities include dining out monthly, a bowling league, dance lessons, day trips to varied locations throughout So. Ca., and a Social Club every Saturday morning. Registration and payment are accepted at the Armstrong Center and the Ontario Senior Center. Sorry, no refunds; no exceptions.

### **E.E.K. Fitness (Exceptionally Excited Kids)**

130 S. Buena Vista St., Hemet  
(951) 303-7892

<https://www.eekfitness.com/>

E.E.K. is a nonprofit organization for all special needs individual's ages 2- 25. E.E.K. involves exercise, play, socializing, non-competitive games, and nutrition to bring children and adults with special challenges into optimum condition within their disabilities. Offers a Basketball Program for Kids and Young Adults with Disabilities on Saturdays, and bowling, exercise classes, seasonal swimming and basketball are also available.

### **Friendly Stars, City of Riverside**

Contact: Jocelyn N. Volk, City of Riverside Friendly Stars Instructor (951) (951) 351-6453

[https://www.riversideca.gov/park\\_rec/programs-sports/adults/friendly-stars-developmentally-disabled-adults-program](https://www.riversideca.gov/park_rec/programs-sports/adults/friendly-stars-developmentally-disabled-adults-program)

The Friendly Stars program is a social recreation program for special needs adults 18 and over. The program is held most Friday nights from 6-8pm at La Sierra Senior Center for six-month sessions, January-June and July-December. Activities encourage participants to interact with each other and with staff. Activities include arts and crafts, karaoke, movies, a weekly dance, and one special monthly event. There are fun themed events each

month and refreshments are served. At Friendly Stars most of the participants are dropped off by Parents/Care providers or busses. They do accept adults with behavioral issues but require a caregiver to accompany them every Friday night to ensure to safety of Staff and other participants. Registration is limited and costs \$62 for 6 months, or \$108 for non-residents.

### **High Hopes – City of Temecula**

(951) 694-6480

<https://temeculaca.gov/807/Special-Needs-Programs>

Provides adults who are 18+ with an opportunity for social interaction with peers on Fridays from 6-9. Pre-registration is required.

### **IncredAbles – Rancho Cucamonga Parks & Recreation**

<https://www.cityofrc.us/cityhall/cs/incredables/default.asp>

Friday Night Fun Club, Goldy S. Lewis Community Center, Rancho Cucamonga  
(909) 774-3853

For ages 13 & up. Become a part of this new and exciting monthly fun club. Every month they host a fun themed night that includes dances and special activities such as crafts, games, food and more. Additional Contract Classes Offered: Star Performers, Tap Dance, Jazz and Hip Hop, Social Line Dance, Self Defense for Women and Girls, Martial Arts and Gymnastics.

### **Inland Regional Center Consumer Advisory Committee (CAC)**

[www.inlandrc.org/2018/01/26/irc-welcomes-consumers-join-cac/](http://www.inlandrc.org/2018/01/26/irc-welcomes-consumers-join-cac/)

Free for Inland Regional Center clients 16 years or older. Check out their calendar for a list of fun upcoming events!

**Party Partners Program – City of Norco Parks and Recreation**

Norco Senior Center, 2690 Clark Avenue, Norco  
(951) 270-5647 or email  
partypardners@ci.norco.ca.us  
<http://www.norco.ca.us/depts/parks/specialneeds/default.asp>

Program for developmentally disabled adults 18 and over. Meetings are on the second and fourth Friday of the month from 6 p.m. to 8:30 p.m. Provides activity, watch a movie, play a game or dancing. Caregivers can stay to assist with behaviors if necessary.

**Murrieta Teen & Adult Group – Autism Society Inland Empire**

Contact Kelly Londenberg at (951) 220-6922 or [info@ieautism.org](mailto:info@ieautism.org)  
Meets at the Murrieta Community Center. 41810 Juniper St., Murrieta, CA, 92562. Murrieta Area Meets twice a month for fun event. Once at the Community Center, once out in the community. Occasionally have lectures on topics that pertain to adults and adolescents on the spectrum.

**RAD – Resources for Adults w/disAbilities**

Victorville  
GINA @ 760-220-7936  
[urspecial2wo@msn.com](mailto:urspecial2wo@msn.com)  
SPANISH, BLANCA @ 760-962-9214  
Holds seasonal dances every few months for adults in the High Desert.

**Rancho Cucamonga Adults – Autism Society Inland Empire**

Meets once a month. Group for adults over 18 – fun, age appropriate events each month facilitated by volunteers. This is a drop off program. Check our website for schedule <http://www.ieautism.org>

**Riverside Adults with Aspergers and Autism Meetup –**

[www.meetup.com/Riverside-Aspergers-Meetup/](http://www.meetup.com/Riverside-Aspergers-Meetup/)

This meet-up is for high-functioning autistic adults who want to socialize and connect with other like-minded individuals. Any adult with high-functioning Autism is welcome to join this group. We will participate in various social activities to have fun and get to know each other. Game nights twice a month.

**Women's Autism Spectrum Group**

Claremont, Ca  
<https://www.meetup.com/WomensASgroup/>

A group for women on the autism spectrum and between the ages of 18 and 35. monthly meetings in which we discuss pertinent and engaging topics and do fun activities. Moreover, we have awesome outings such as going to play mini golf, go kart racing, or hanging out at the mall. This group is for women only.

# Trampoline Parks

## **Get Air**

12410 Amargosa Rd A, Victorville – (760) 205-0578

26201 Ynez Rd #101, Temecula – (951) 268-3851

<http://getairtemecula.com/special-needs>

Offers “A Special Time Just for You” dedicated for jumpers with special needs. Music is played at a lower volume and the park’s atmosphere is calmer. One parent of guardian can support jumpers on the trampoline for free. Siblings of jumpers are welcome to jump for the same price. Offered every Saturday from 8-10am and is \$12 for two hours. Special needs jumpers and their families are the only one allowed to jump during this time.

## **Just Play Adventure**

7391 East Ave, Fontana

(909) 689-0620

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

Holds Sensory Days once a month on Sundays from 1-5 pm to celebrate and raise awareness for special needs kids. Presale \$10 per person or \$15 at the door. Special needs registration is \$3 per person.

## **LOL Kids Club**

735 N Milliken Ave, Unit A. Ontario

(909) 948-8588

<https://lolkidsclub.com>

LOL Kids Club is an indoor family fun center with a variety of options for you and your child to interact and play. From multi-colored slides and obstacle courses, to air compressed guns, to multiple fun-filled ball pits, to our jump until your feet fall off!

## **We Rock the Spectrum Kids Gym**

3185 N Garey Ave, Pomona

909-219-4241

<http://www.werockthespectrumpomona.com/>

Rock the Spectrum Pomona is committed to providing a safe, nurturing, and fun environment to foster learning, exploration and safe sensory experiences. Offers Open Play, where children are welcome to come in and enjoy the same activities that are offered during the private sessions and private parties. This includes full use of the gym with all equipment, and an arts & crafts section that has beading, painting, lanyards and much more. Additionally, offers Respite & Break Time Care and One-to-One Attendant Care. Our Respite & Break Time Care and for children who require constant care and who have behavioral or safety concerns, we’ve created a more intensive level of support with our One-to-One Attendant Care. All We Rock Care services are for an hourly rate of \$15 per hour. Additional costs may apply. Children without special needs may only use this service 1 time a week for a maximum of 4 hours. See site for other requirements.