



THE AUTISM SOCIETY  
INLAND EMPIRE PRESENTS

# The Ultimate Fall RESOURCE GUIDE for Special Needs Families

[IEAUTISM.ORG/RESOURCES](http://IEAUTISM.ORG/RESOURCES)

 **AUTISM SOCIETY**

*Improving the Lives of All Affected by Autism*

*Inland Empire*





It is back to school! This is the time of year where we have families ask for information on different kind of athletic activities for their child. We have included resources which only serve individuals with disabilities as well as those organizations and businesses who may be “friendly” and accepting of our population.

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 Fall Resource Listing was compiled from our online database with over 700 resources – available at [www.ieautism.org/resources](http://www.ieautism.org/resources).

Enjoy!

*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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# Art

## 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.

## Art Moppet Studio

24550 Village Walk Place #F, Murrieta  
(951) 696-4880

Special needs friendly art classes.

## Riverside Art Museum

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/)

Art Education Classes & Workshops  
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.



## Special Needs Visual Arts Program – City of Temecula Recreation Dept

(951) 694-6480

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

For adults 18 and older with special needs. This program will enhance self-expression, coordination, and imagination through visual arts. Participants will develop skill in painting, drawing, and visual design all while enjoying themselves. Held Thursdays from 3:00 – 5:00 pm at the Craft Room at the MPSC. Participants must register before attending. Winter & Spring Sessions are 14 week programs.

# Basketball

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

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

Non-competitive seasonal sports programs. These programs are open to all children with Autism, Aspergers, 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 non competitive 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**

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

San Dimas

909-284-8989 or 626-251-3417

Hilda Alvarez Se Habla Espanol 626-327-1614

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](mailto:plosner@aol.com)

[www.billsspecialkids.org/](http://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.

## **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 is a non-profit organization dedicated to providing year-round sports training and competition in a variety of Olympic-type sports for people eight 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. Three levels of sports competition in Southern California: Area (Local) games, Regional games, and Championships Visit the website for nearby programs. Free to the public, accepts donations. Please refer to websites for emails and contact information specific to area.

# Bowling

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

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

Non-competitive seasonal sports programs. These programs are open to all children with Autism, Aspergers, 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 non competitive 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.

## **Bowling – Teens and Adults with Special Needs in the High Desert**

Victor Bowl, 12277 Mariposa Road,  
Victorville

(760) 963-6620

Every Tuesday 3-5pm. All ages.

## **Challenger Bowling**

Ready to hit the lanes? Join the Challenger Bowling group at the Brunswick Zone bowling alley in Upland! This league lasts for 12 weeks, and the fee is \$6 per week which includes two games of bowling plus your shoes. The

league meets at 10 a.m. every Saturday. Contact Cora or Jack Peterson at (909) 225-9076 or email [Cojjack@earthlink.net](mailto:Cojjack@earthlink.net)

## **Exceptional Sports**

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

Ages from 6 to 65, all disabilities. Most Saturday mornings will bowl at Brunswick California Oaks Bowl in Murrieta as part of a nonprofit organization called Exceptional Sports. Runs in Spring and Fall.

## **Special Olympics**

1600 Forbes Way, Suite 200, Long Beach,  
(562) 502-1100

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

Three levels of sports competition in Southern California: Area (Local) games, Regional games, and Championships Visit the website for nearby programs. Free to the public, accepts donations. Please refer to websites for emails and contact information specific to area.

## **Victor Bowl BOWLING LEAGUE FOR ADULTS WITH DISABILITIES – 18yrs +**

12277 Mariposa Rd, Victorville  
760) 241-7396

Must be accompanied by parent /guardian/caregiver. Starts in Sept through April. Every Tuesday from 3pm – 5pm. Cost: \$7 per person (includes shoes & ball rental). Registration is at the bowling alley prior to start time.

# Cheerleading

## **Autism Youth Sports League**

San Dimas

909-284-8989 or 626-251-3417

Hilda Alvarez Se Habla Espanol 626-327-1614

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.

## **Fierce All Stars**

8333 Rochester Ave, Rancho Cucamonga

(909) 945-0290 Shelby Magelsen

<http://fierceallstars.com/special-needs-team/>

A competitive cheerleading company that offers children with special needs an opportunity to compete. Takes children 5 yrs old through college. Sponsorships for competitions and uniforms. \$45/month donation. Practice 5-6 pm Monday nights. New kids get 1-2 practices free

## **High Desert Cheer Special Needs All Star**

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

(760) 947-7130

Cheerleading squad for boys and girls ages 5 yrs and older. Team participates in competitions. Private pay.

## **Intensity Allstars**

38444 Sky Canyon Dr Murrieta

(951) 696-2433

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

We are proud to announce the startup of our special needs class. This is our first ever program for special athletes with a variety of special needs. This class is open to all ages and skill levels. With adult coaches and senior athlete helpers, special athletes will get the attention they need and the opportunity to be part of a family here at INTENSITY ALL STARS! This class and our instructors provide social interaction, a positive environment, an energetic workout, and improved coordination all while building self-confidence and having fun. Thursday 4:30PM-5:30PM

## **Pop Warner Challenger Cheer**

CHINO – [www.Chinopopwarner.org](http://www.Chinopopwarner.org) Mariza (909)519-9998

FONTANA – [www.fontanapopwarner.org](http://www.fontanapopwarner.org)

Registration is just \$50.00 per child and includes an entire season of football or cheer, a trophy, jersey, team pictures, bowl games, and end of year party! Challenger Division follows Pop Warner Flag Football Rules with modifications as noted in Rules. All children ages 5-16 who are currently enrolled in school with physical or mental disabilities. Level of play based on size, age and skill level are recommended where numbers allow.

# Dance

## **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 believes that art does not discriminate and more importantly it offers a universal language for shared dialogue which increases understanding which is vital to empowering, transforming, healing and building communities. The last class in each session will feature a special performance for family and friends. Check the website for updated schedule of classes. Classes are also open to the public.

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

[www.rcpark.com/classes](http://www.rcpark.com/classes)

Friday Night Fun Club

Goldy S. Lewis Community Center, Rancho Cucamonga

For ages 13 & up. Become a part of this new and exciting monthly fun club. This is a great way to meet new friends and increase self-esteem. 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.

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

4371 Phelan Road, Phelan (760) 868-6395

[www.tanyasdancers.com](http://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

[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.

## **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>

Founded in 2004 to provide a quality performing arts education that is 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. Ovation currently meets twice a week, on Mondays & Wednesdays from 4:00 to 6:15 PM. We have 3 groups of classes – Kids (ages 5-8), Tweens (ages 9-12), and Teens (ages 13-18.) Each class group takes 3 classes on each day. On Mondays, the students take Voice, Acting and Musical Theater. On Wednesdays the students take Jazz, Acting and Tap. Offers a Performing Arts Program on Saturdays from 12:00-2:00 for teens and young adults with special needs. The program incorporates Dance, Acting and Singing.

### **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, CA 91710

(909) 628-4242

[tothepointedanceproductions.com](http://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

[www.vspa.net](http://www.vspa.net)

Very 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. DANCE classes: Jazz, Tap, Ballet, Hip-Hop, Lyrical, Breaking, Contemporary, Modern, Pointe Tumbling, Mommy & Me, Dance Improv. MUSIC: Piano, Flute, Clarinet, Saxophone, Drums, Voice, Guitar, Choir, Rock School. THEATER: Musical Theater, Drama, Improvisation, Broadway Musicals, Dance, Drama Film & Video. VSPA produces an Annual Showcase each summer, a spring play or musical, Spring & Fall Music recitals, and a Fall Dance Drama. In addition to these large productions, VSPA has an affiliated non-profit performing troupes Expressions, Encore, Entourage, Improv Troupe & Rock School.

# Fishing

## 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.

## 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.



# Football

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

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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.

## **Pop Warner Challenger Football**

Chino – [www.Chinopopwarner.org](http://www.Chinopopwarner.org)

Rancho Cucamonga – [www.rcfootball.org](http://www.rcfootball.org)

Fontana – [www.fontanapopwarner.org](http://www.fontanapopwarner.org)

La Verne San Dimas – [www.leaguelineup.com/lvsdpw/](http://www.leaguelineup.com/lvsdpw/)

Jurupa – [www.leaguelineup.com/jurupamammoths/](http://www.leaguelineup.com/jurupamammoths/)

Sam Jacinto – [www.leaguelineup.com/sanjacintopopwarner](http://www.leaguelineup.com/sanjacintopopwarner)

Riverside – [www.leaguelineup.com/riversidepopwarner](http://www.leaguelineup.com/riversidepopwarner)

Eastvale – <http://www.eastvalepopwarner.org/>

Registration is just \$50.00 per child and includes an entire season of football or cheer, a trophy, jersey, team pictures, bowl games, and end of year party! Challenger Division follows Pop Warner Flag Football Rules with modifications as noted in Rules. All children ages 5-16 who are currently enrolled in school with physical or mental disabilities. Level of play based on size, age and skill level are recommended where numbers allow.

# Golf

## **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



# Gymnastics

## **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.

## **My Gym High Desert**

12044 Dunia Rd Suite A1, Victorville

(760) 646-8841

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

Autism friendly. Has Ninja classes, cardio classes, sibling classes, tumbling and more for up to age 12.

## **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.

## **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.

# Hiking

## Educate. Advocate. Hiking Club.

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

Email: [educateadvocateca@educateadvocateca.com](mailto:educateadvocateca@educateadvocateca.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!



# 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.

# Martial Arts

## **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.

## **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.

## **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.

## **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.

# Movies (Sensory Friendly)

## **AMC Theatres** with Autism Society

<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
- AMC Tyler Galleria 16, 3775 Tyler St, Riverside

## **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

# Music

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

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

<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. The dA believes that providing an avenue for self-expression for all ages and all populations is essential in bridging the distance from alienation to community. The dA believes that art does not discriminate and more importantly it offers a universal language for shared dialogue which increases understanding which is vital to empowering, transforming, healing and building communities. The last class in each session will feature a special performance for family and friends. Check the website for updated schedule of classes. Classes are also open to the public.

## **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.

## **Music Changing Lives**

(951) 992-0721

<http://www.musicchanginglives.org>

(951) 992-0721

Provides music, art and tutoring programs in America's public schools and community centers to underprivileged and at-risk youth, between the ages of 5-19, helping them improve their chances of achieving a positive and successful future. Has experience with autism.



# 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.

## **Autism Society Inland Empire – Indoor Adventure Night**

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

(951) 220-6922

Just Play Adventure Park, 7391 East Ave, Fontana

Held on the 3<sup>rd</sup> Thursday of the month from 6:30-8:30pm. Fun for the entire family and all ages. This Adventure Park is a giant trampoline park with an indoor playground for smaller children, rock walls, dodgeball, and more! \$7 donation per jumper (a savings of \$12 per jumper)! Parents/caregivers are free! You must have or purchase jumping socks for \$2. Check the calendar for the latest info.

## **Autism Society Inland Empire - PLAY Together Family Night**

Chino

(951) 220-6922

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

The Autism Society Inland Empire (ASIE) partnership with the Chino Youth Museum for PLAY Together Family Night. This will be an opportunity for children with autism and other disabilities under the age of 6 years AND their family to have fun in a sensory friendly atmosphere. There will be snacks and fun! Cost is \$5 per family – normally \$4 person. Guests will explore interactive exhibits, including a theater where they can play dress up, a bank to count their millions, and a science room where they can blast off in astronaut gear. Dates will be 4th Friday of the month 5pm-7pm. You must RSVP. Check the calendar for the latest info.

## **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.

# Skiing and Snowboarding

## U.S. Adaptive Recreation

Big Bear

(909) 584-0269

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

Offers summer and winter sports programs, reservations must be made well in advance as availability is limited and demand is high. Summer sessions are either single day or overnight sessions in July and August, with activities such as water skiing, jet skiing, kayaking, stand-up paddle boarding, sailing, and fishing. Winter sessions are from December through March, with activities such as skiing and snowboarding.



# Soccer



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

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

Non-competitive seasonal sports programs. These programs are open to all children with Autism, Aspergers, 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 non competitive 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.

## **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.

## **Kick with Nick – Our Nicholas Foundation**

Temecula

[www.ournick.org/kickwithnick](http://www.ournick.org/kickwithnick)

Kick with Nick runs end of August 20, 2018 for 8 weeks at Paloma del Sol Park for ages 4 – 20 years old. For Peer Players it is from 8 and up. Sessions will be from 5:30-6:30pm. Kick with Nick is provided for FREE, no costs to players. A ball, uniform and trophy party are all included. Peer Players and Coaches receive free apparel too! For more information, [ONFSoccer@gmail.com](mailto:ONFSoccer@gmail.com).

## **Murrieta Youth Soccer League – TOPS Program**

Coached by A Place for All Pieces

<http://www.aplaceforallpieces.org/soccer2.html>

Murrieta Youth Soccer League has completed registration for the Fall 2018 TOPSoccer Program. Jeff Kirshberg will be coaching the team again. Games will begin in September and end in November, and will be played on Friday nights at Los Alamos Sports Park. Registration for the Fall 2019 TOPSoccer Program will begin in May 2019. The TOPSoccer program can accommodate only 20 players, so space is limited.

## **Rancho Cucamonga Parks & Rec/Special Olympics**

[www.cityofrc.us/community-services/special-needs](http://www.cityofrc.us/community-services/special-needs)

Special Olympics provides FREE sports training and athletic competitions for children and adults with intellectual disabilities, giving them the opportunities to develop physical fitness, demonstrate courage and experience friendship. Rancho Cucamonga IncredABLES Soccer programs runs August -

November at Ralph M. Lewis Park  
(7898 Elm St.) from 5:30 p.m. - 6:30 p.m.  
For more information about Special  
Olympics visit [Special Olympics Inland  
Empire](http://www.specialolympicsinlandempire.org)

### **TOPSOCCER Program**

Temecula

(951) 767-1961

<http://tvsa.org/tops/>

TOPSOCCER program for the Temecula  
Valley's youth who are mentally and/or  
physically challenged. TOPSoccer is  
designed to bring the opportunity of  
learning and playing soccer to our  
many disabled young athletes. The  
program is structured for athletes 4 years  
of age and older. TOPSoccer stresses  
player development rather than  
competition. Athletes are placed on  
teams according to ability, not by age.  
Spring Season 2013 date: April 5th – May  
24th n Fridays 5:00-6:00 at Pala Park .  
Registration Fee: \$25.00 (includes  
uniform for new players) Fall Season  
2012 dates September 7th – October  
26th. Fridays 5:00-6:00 at Pala Park.  
Registration Fee: \$45.00, includes  
uniform, trophy and end of season  
party.

### **Victorville City Parks and Recreation – V.I.P. Sport Sampler**

14973 Joshua Street, Victorville  
Westwinds Activity Center & Hook  
Community Center, Victorville (760) 245-  
5551

[www.Victorvillesports.com](http://www.Victorvillesports.com) [click on :  
"REC PAGES" to download class  
schedule]

Fun, non-competitive, active sport  
sampling for mobile special education  
children, ages 5-18. All disabilities  
welcome. Children will learn skills and  
play a short game. Session will include T-  
ball, basketball, and soccer. Volunteer  
coaches and assistants are needed.

### **VIP SOCCER – Jurupa AYSO Region 462**

<http://www.ayso462.org/vip/>

The AYSO Very Important Players (VIP)  
Program provides a quality soccer  
experience for children and adults  
whose physical or mental disabilities  
make it difficult to successfully  
participate on mainstream teams.



# 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/p/programs-sports/adults/friendly-stars-developmentally-disabled-adults-program](https://www.riversideca.gov/park_rec/p/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.

# Yoga

## **Up & Movin' Pediatric Physical Therapy**

6180 Brockton Ave. Suite 202, Riverside (951) 684-6500

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

Besides offering physical, speech and occupational therapy, Offers yoga classes, dance Classes, Fitness For Kids, Language & Literacy Classes, Social Skills Groups, Cooking & Eating For The Picky Eater, Handwriting & Crafts, Sensory Exploration & Motor Skills Development and Toddler Play & Move. Accepts over 20 different insurances.

