

THE AUTISM SOCIETY
INLAND EMPIRE PRESENTS

The Ultimate Winter Social Recreation RESOURCE GUIDE for Special Needs Families

IEAUTISM.ORG/RESOURCES

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



In 2019, our Inland Empire families continue to say that their number one need was to help find Social/Recreational opportunities for their loved one. Each quarter, we update and publish a season Recreation Guide in addition to the over 700 resources we have listed on our Resource Directory available at www.ieautism.org/resources.

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. You may also consider checking your city Park and Recreation Department – many of them offer adaptive programs.

If you have any additions or corrections, you can contact us at info@ieautism.org

We hope this helps your family find the services you are looking for. Best Wishes for a happy 2020 to you and your family!

Sincerely,

Beth Burt
Executive Director

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.

Table of Contents

Art.....	4
Basketball.....	5
Bocce	6
Bowling.....	7
Dance.....	8
Football	10
Games	11
Gymnastics.....	12
Hiking.....	13
Hockey	14
Horseback Riding & Equine Therapy.....	15
Ice Skating	18
Martial Arts.....	19
Movies.....	20
Music.....	21
Play Group.....	22
Skiing and Snowboarding.....	23
Sports Sampler	24
Swimming.....	26
Teens & Adults.....	27
Yoga.....	30

Art

A Place for All Pieces

Murrieta

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.

IncredABLES Rancho Cucamonga

Held at the Gold S Lewis Community Center, Rancho Cucamonga

This class is intended for individuals with special needs ages 7 years and older. Learn how to paint, draw and create different arts and crafts. Held Tuesdays from 4-6pm. Cost is \$34 for residents and \$48 nonresidents. Material fee of \$10 due to instructor on the first day of class.

Riverside Art Museum

3425 Mission Inn Ave., Riverside

(951) 684.7111

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

Basketball games and practices will be at Glendora Crowther Teen Center (241 W Dawson Ave, Glendora, 91740)

Ages 7 to 18 years. 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 noncompetitive sports league but does offer mild competitive sports program for older high functioning children. Registration is open! Closes on January 12th, registration can be done by going to our web site.

Special Olympics

Held in Barstow, Fontana, Central River, Chino Hills, Desert, Meniffee, Mojave, Rebels, Temecula, West San Bernardino

(562) 502-1100

www.sosc.org/sports/basketball

Held Feb - June

Basketball is a favorite among Special Olympics athletes. In addition to team competition, Special Olympics Basketball also offers individual skills competition, which allows athletes to train and compete in basic basketball skills. The development of these key skills is necessary prior to advancing to team play. These events include target pass, ten-meter dribble and spot shot. The range of events is intended to offer competition opportunities for athletes of all abilities.

Bocce

Special Olympics

Barstow, Corona-Noro, Menifee, Mojave, Rancho Cucamonga, T.E.A.M., Temecula,
West San Bernardino
(562) 502-1100

www.sosc.org/sports/bocce

Held Feb - June

Bocce is a game of skill and strategy. The object is for one team to get as many of their balls (boccia) closer to the pallina (the smallest ball) than the opposing team's closest ball.

Bowling

Autism Spectrum Athletics (ASA)

www.autismspectrumathletics.org

Games start Sunday January 26th and finish on March 8th, games to be held at Chaparral Lanes (400 W Bonita Ave, San Dimas, 91773). All games will start at 3:00. Non-competitive seasonal sports programs. These programs are open to all children with Autism, Asperger's, Central Auditory Processing (CAPD), Attention Deficit Hyperactivity (ADHD/ADD) and other related disorders. This program is designed for low to high functioning children from ages 4 to 18. Players will bowl two games per week and will be assigned to a team with a volunteer for guidance.

Autism Youth Sports League

San Dimas

909-284-8989 or 626-251-3417

Hilda Alvarez Se Habla Espanol

626-327-1614

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

www.billsspecialkids.org/

Runs Jan 11th – Feb 19th on Saturdays.

Registration is closed.

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 Cojack@earthlink.net

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.

Dance

Academy of Ballet

26305 Jefferson Ave, Murrieta (951) 216-1853

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

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

Goldy S. Lewis Community Center, Rancho Cucamonga

Offers Tap class every other week on Thursdays 5:15 to 5:45pm. Additional Contract Classes Offered: Cost for monthly tap classes \$36 residents and \$50 for non-residents.

Ms. Tanya's Dance Studio

4371 Phelan Road, Phelan (760) 868-6395

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 Alamitos

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

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

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

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

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.

Football

Special Olympics

www.sosc.org/sports/football

Held Feb - June

562.502.1100

Held Feb - June

Flag football is an exciting, new sport offered to Special Olympics Southern California athletes. In the spring of 2018, flag football kicked off as a demonstration sport, and athletes trained and competed locally only. Starting in 2019, it became an official sport, and athletes are eligible to compete at regional and Southern California competitions. Flag Football is also offered as a unified sport as athletes with and without intellectual disabilities train and compete together on the same team. Flag football caters to athletes of all abilities and teaches skill development in several areas including passing, route running, defensive strategy, and more. Check out the website for location and schedule.



Games

A Place for All Pieces – Chess Club

Murrieta

www.aplaceforallpieces.org/chess-club.html

Chess club meets on the first and third Wednesday of each month. If your child is at least 5 years old, and you are interested in attending, please email us at chess@APlaceForAllPieces.org. Siblings are welcome.

Autism & Asperger's Empowerment

Contact: Arman Khodaei 909-996-9706

<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. Check the schedule for game days.

Murrieta Teen & Adult Group – Autism Society Inland Empire

www.ieautism.org/murrieta

(951) 220-6922 or 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. Check schedule for game days.

Rancho Cucamonga Adults – Autism Society Inland Empire

<https://www.ieautism.org/rancho/>

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 the schedule for game days.

<http://www.ieautism.org>

Gymnastics

Cartwheels Gymnastics

(951) 698-0707

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.

IncredABLES Rancho Cucamonga

Held at Precision Gymnastics, 9518 Ninth Street Suite B, Rancho Cucamonga

(909) 483-8161

<https://apm.activecommunities.com/>

Register through the City of Rancho Cucamonga Parks and Rec Dept

For ages 5 years to 19 years. Class will emphasize flexibility, gross motor skills, muscular strength and endurance, social skills, and coordination. Class will learn gymnastics on obstacle courses, foam filled pit, trampolines, balance beams, uneven bars, floor exercise, and vault. Classes are held in our state of the art 20,000+ square foot facility. Class is on Mondays from 3:15pm-4:00 pm. Parent participation is required. Monthly fee \$61.00 (Resident); \$75.00 (Non-resident)

My Gym High Desert

12044 Dunia Rd Suite A1, Victorville
(760) 646-8841

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

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.

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

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!



Hockey

Special Olympics

<https://www.sosc.org/sports/floorhockey>

(562) 502 1100

Played in Mojave and West San Bernardino in the Inland Empire

Floor Hockey is adapted from the games of ice hockey and ringette. Floor Hockey is played in a rink, but the surface is made of wood or concrete, not ice. The athletes use wooden poles (without blades) as the sticks and the pucks are large felt discs with an open center. Floor Hockey has moved to its own sports season and will happen from November to March. The season will culminate with the Floor Hockey Championship in March every year.



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

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

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

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

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

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

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. Abled- body 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

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

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.

Ice Skating

City of Riverside Adaptive Ice Skating

https://apm.activecommunities.com/riversideprcsd/Activity_Search/44282

Held at Icetown in Riverside

The program encourages skaters to learn the sport of skating for physical recreation and activity while taking limitations into consideration. Open to participants with down syndrome, autism, are blind, deaf and more. Note: Bicycle helmets and gloves are required. Knee pads are recommended. If skaters have a therapist or aide, they will be accommodated. Please arrive 30 minutes early on the first day of class. Notes: Bicycle helmets and gloves are required. Knee pads are recommended. If skaters have a therapist or aide, they will be accommodated. Please arrive 30 minutes early on the first day of class. Standard registration opens Dec 1st. Ages: At least 8 but less than 18. You must RSVP.



Martial Arts

Adrenaline Combat Sports and Fitness

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

www.adrenalinefc.com

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

City of Riverside – Special Needs Karate

Orange Terrace Community Center,
Riverside

https://apm.activecommunities.com/riversideprcsd/Activity_Search/43469

Jan 2020 – Each Wed 4pm to 4:50pm

Ages 7 to 17. Designed to develop fine motor skills in a fun and positive environment. Participants utilize traditional Shotokan Karate techniques to teach self-defense and the use of body action to generate power. Note: Individuals must be accompanied by a caregiver or guardian. A material fee of \$45 is due and payable to the instructor at the first class.

Combined Martial Science

13611 Twelfth Street, Suite A, Chino

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>

(909) 774-3853

Held Mondays from 5pm – 6:30pm ages 5 and up. Cost is \$34 resident and \$48 non-resident. Have fun learning the art of Karate! Participants will learn the basic karate principles, katas and drills. This is a great way to increase self-esteem, get active and meet new friends. A \$72 material fee is due to instructor at the first class for first time students and a \$15 material fee for returning students.

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. 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 daily. 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/

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

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

(951) 220-6922

Just Play Adventure Park, 7391 East Ave, Fontana

Held on the 3rd 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

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

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.

San Bernardino Parents of Asperger kids Meetup Group

www.meetup.com/San-Bernardino-Parents-of-Aspergers-kids-Meetup-Group

Make play dates and events for kids with High-functioning Autism and Asperger's Syndrome. Share experiences and help. Check site for schedule.

Skiing and Snowboarding

U.S. Adaptive Recreation

Big Bear

(909) 584-0269

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. Using the best adaptive equipment and teaching techniques available, private one-on-one instruction maximizes each participant's potential for success. Mono-skis, bi-skis and outriggers allow beginners to quickly feel the freedom of gliding down the mountain while those with more skill and determination

Rim Special Athletes

909 867-2751 EXT. 100

Lake Arrowhead/Big Bear area

<https://rimspecialathletes.org/>

Rim Special Athletes are individuals with visual and hearing impairments, amputations, spinal cord injuries, traumatic brain injuries, Post Traumatic Stress Disorder, Down Syndrome, Autism, as well as many other cognitive and physical disabilities. At Snow Valley Mountain Resort during the winter Rim Special Athletes provides Adaptive skiing and snowboard lessons, including bi-ski and mono-ski. During the Spring, Summer and Fall we have weekly golf clinics. Year-round they provide yoga. During the summer Rim Special Athletes' water sports program includes kayaking, aqua biking, stand up paddle boarding, boating, biking, fishing, hiking and outings. Their objective is to have the adaptive athletes have fun, learn a new skill, and develop self-confidence from the experience.



Sports Sampler

Autism Spectrum Athletics (ASA)

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 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

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

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. Will switch sports every month. Check the website for schedule.

Mighty Me, City of Menifee

Menifee

951-672-6777

<https://cityofmenifee.us/550/Mighty-Me-Program>

Special Needs Program that offers FREE monthly programming for all abilities and all capabilities. Held once a month from 9am - 10am for ages 0-11 years and 10am- 11am for ages 12 years and older. Each month has a different focus. Check out their website for more info.

Rim Special Athletes

909 867-2751 EXT. 100

Lake Arrowhead/Big Bear area

<https://rimsspecialathletes.org/>

Rim Special Athletes are individuals with visual and hearing impairments, amputations, spinal cord injuries, traumatic brain injuries, Post Traumatic Stress Disorder, Down Syndrome, Autism, as well as many other cognitive and physical disabilities. At Snow Valley Mountain Resort during the winter Rim Special Athletes provides Adaptive skiing and snowboard lessons, including bi-ski and mono-ski. During the Spring, Summer and Fall we have weekly golf clinics. Year-round they provide yoga. During the summer Rim Special Athletes' water sports program includes kayaking, aqua biking, stand up paddle boarding, boating, biking, fishing, hiking and outings. Their objective is to have the adaptive athletes have fun, learn a new skill, and develop self-confidence from the experience.

Rock'n Our Disabilities Foundation

13558 Palm St, Hesperia, CA

(760) 998-2241

<https://rocknourdisabilitiesfoundation.org>

Holds Saturday Sports Camp.

Check their website for registration form and schedule.

Special Olympics

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

(562) 502-1100

www.sosc.org/sports/sportsoffered

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 schedule.

Swimming

Aquatic Zone

1138 E. Sixth Street, Corona

(951) 739-4300

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.

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.

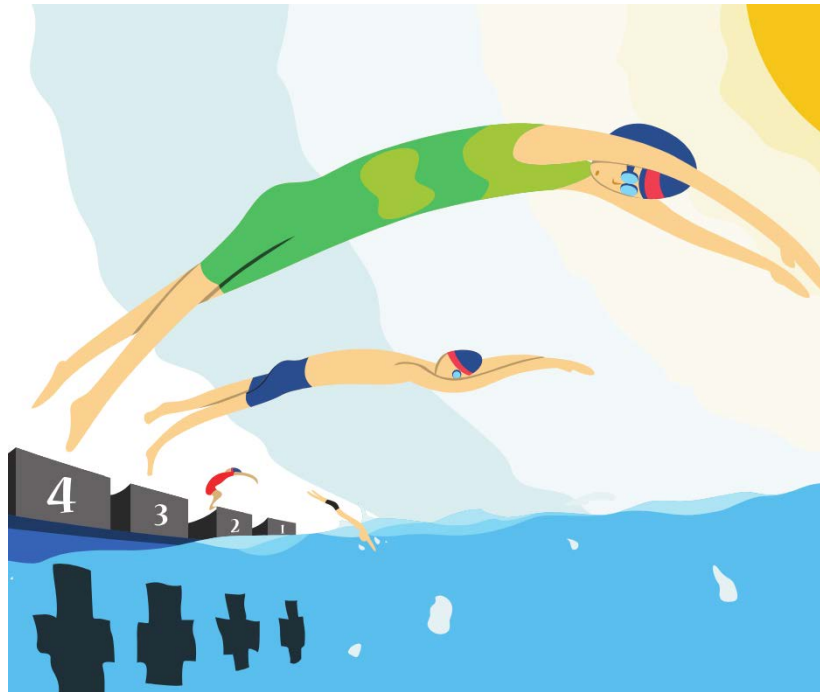
Special Olympics

www.sosc.org/sports/swimming

Held in Central Riverside, Desert, Fontana, Mojave, Rebels, Temecula

Held Feb - June

Because of the wide array of swimming events offered, it is appropriate for a range of ages and ability levels. Swimming competition events are based on a variety of strokes. An athlete with Down syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in Butterfly events, Individual Medley events, diving starts or diving.



Teens & Adults

AbilityFirst Claremont Center

480 South Indian Hill Boulevard,

Claremont

(909) 621-4727

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. Vendored 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.

City of Ontario Recreation and Community Services – Adapted Program

(909) 395-2021

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

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/

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

Party Parners 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

(951) 220-6922 or 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

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/

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

Rim Special Athletes
909 867-2751 EXT. 100
Lake Arrowhead/Big Bear area
<https://rimsspecialathletes.org/>

Rim Special Athletes are individuals with visual and hearing impairments, amputations, spinal cord injuries, traumatic brain injuries, Post Traumatic Stress Disorder, Down Syndrome, Autism, as well as many other cognitive and physical disabilities. At Snow Valley Mountain Resort during the winter Rim Special Athletes provides Adaptive skiing and snowboard lessons, including bi-ski and mono-ski. During the Spring, Summer and Fall we have weekly golf clinics. Year-round they provide yoga. During the summer Rim Special Athletes' water sports program includes kayaking, aqua biking, stand up paddle boarding, boating, biking, fishing, hiking and outings. Their objective is to have the adaptive athletes have fun, learn a new skill, and develop self-confidence from the experience.

Up & Movin' Pediatric Physical Therapy
6180 Brockton Ave. Suite 202, Riverside (951) 684-6500

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.

