

Resources, Sports, and Recreational Activities



Baseball

Little League Challenger

The Little League Challenger Program is Little League's adaptive baseball program for individuals with physical and intellectual challenges. Any individual with a physical or intellectual challenge may participate. If an individual can participate in the traditional Little League Baseball or Softball program with reasonable accommodations they should do so. The Little League Challenger Division accommodates players ages 4-18, or up to age 22 if still enrolled in school. The Senior League Challenger Division accommodates players ages 15 and above (no maximum age).



You can find a local Little League Challenger program by

Email: challenger@LittleLeague.org

Web: <https://www.littleleague.org/play-little-league/league-finder/>

*Multiple leagues, please check their website to find the league closest to you**

Autism Youth Sports League

This is a baseball league in San Dimas, call, or email for more information.

Email: aleaguesports@yahoo.com

Address: P.O. Box 362, San Dimas, CA 91773

Phone: 909-284-8989, Español: 626-327-1614

Web: <http://www.autismyouthsportsleague.org/>

The Miracle League Los Angeles

Miracle League Los Angeles is the first of its kind organization in the Los Angeles area. We are a full 501c3 dedicated to providing a life changing experience for children with special needs by allowing them to play baseball on a field built specifically for them.

Email: INQUIRIES@MIRACLELEAGUELA.ORG

Address: 5401 Highlight Place, Los Angeles, CA, 90016

Phone: (213) 283- 7047

Web: <https://www.miracleleaguella.org/>

Soccer

AYSO VIP Soccer

AYSO is proud to offer a very special program for children and adults with physical or mental disabilities. Our VIP (Very Important Player) program provides a safe, fun environment with trained coaches and volunteers who facilitate an enriching experience that the players and their families will cherish forever.



Buddies assist during the games in which players learn soccer while meeting new friends, having fun and increasing skills and self-esteem. Players and their families, along with the volunteers, enjoy the complete AYSO experience – team uniforms, scoring goals, cheering from the sidelines, and the list goes on!

Email: vip@ayso.org

Phone: 800-872-2976

There are many regions please visit the link below to find the region near you

Web: [http://www.ayso.org/For Families/AYSO Soccer Programs/VIP.htm#.Ws0YvU0kuM8](http://www.ayso.org/For_Families/AYSO_Soccer_Programs/VIP.htm#.Ws0YvU0kuM8)

Friendship Circle-Soccer Stars

Soccer Stars pairs teen volunteer soccer players with kids, teens and adults to teach them the fundamentals of soccer. The kids get a chance to play soccer at

their own pace and take pride in improving their skills. Open to all skill levels. For girls and boys ages 7 and up. Visit their website to register.

Address: 2240 University Drive, Newport Beach, CA 92660

Phone: (949) 721-9800

Email: info@FriendshipOC.org

Super Soccer Stars Shine Program

Super Soccer Stars Shine Program uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. We work with a developmentally-appropriate curriculum designed by licensed educators and therapists that promotes the complete growth of each individual and encourages players to improve at his or her own pace. We use soccer to enhance peer interactions and provide a safe environment for players to increase social potential. Our low player-to-coach ratio ensures that individuals receive continuous support and personal attention.

Email: la@supersoccerstars.com

Phone: 310-998-0010

Web: <http://la.supersoccerstars.com/shine/>

Basketball

Friendship Circle- Basketball Club

At Basketball Club, kids get to experience the thrill of the gym firsthand - right from the court! Coached by a professional sports therapist, the children learn the rules of the game, develop teamwork and most of all, have fun! For boys ages 8-18/Volunteers 6th Grade & Up

Address: Pressman Academy, 1055 S. La Cienega Blvd

Email: racheli@fcla.org

Phone: 310-280-0955

Web: https://www.fcla.org/templates/articlecco_cdo/aid/2898619/jewish/Basketball-Club.htm

Friendship Circle- Basketball Buddies

Basketball Buddies is a program for kids with special needs who would like to learn fundamental basketball skills and make new friends! Participants play along side their teen buddies who assist them in using their newly learned skills. For ages 8 and up.

Address: 2240 University Drive, Newport Beach, CA 92660

Phone: (949) 721-9800

Email: info@FriendshipOC.org

Web: https://www.friendshipoc.org/templates/articlecco_cdo/aid/3032231/jewish/Basketball-Buddies.htm

Keen Basketball

KEEN Basketball program is designed for athletes who want to focus on developing their basketball skills. Designed by former collegiate basketball players, each session includes a group warm up, 1:1 coaching on passing, dribbling and shooting drills and lots of fun! The session ends with each athlete showcasing what they learned that day along with our usual "Prouds" circle.

Address: Sinai Temple – Westwood 10400 Wilshire Blvd, Los Angeles, CA 90024

Phone: 213.267.1777

Email: info@keenlosangeles.org

Web: <https://www.keenlosangeles.org/programs/175>

YMCA Jr. Clippers Basketball

It's no surprise our Youth Basketball program is offered in partnership with the Los Angeles Clippers®. After all, did you know that basketball was founded at the Y? James Naismith, a teacher at the international YMCA training school, invented the sport in 1891! Through positive coaching, our Jr. Clippers Youth Basketball program teaches young athletes the fundamentals of the game while building their confidence, getting them active, and helping them learn valuable lessons in teamwork, sportsmanship and leadership. Our Jr. Clippers Basketball program and basketball leagues run year-round and are open to both boys and girls. We make sure each child participates in every game and receives equal playing time, regardless of skill level. In addition to practices and league play, Jr. Clipper's participants receive many unique opportunities, including FREE basketball clinics hosted by the LA Clippers. Play together. Grow together.

Address: Various Locations, please check the link below to find the YMCA* closest to you.

Web: <https://www.yocala.org/metro/classes/youth-basketball>

Football

Palos Verdes Pop Warner Challenger Flag Football and Cheer

The mission of the Palos Verdes Peninsula Pop Warner Challenger Flag Football and Cheer Program is to bring the Pop Warner experience to the children of our community with special needs. Our Challenger program is offered to special needs children between the ages of 5 and 18 who have a desire to



experience Pop Warner Flag Football and Cheer. The eight game season flag football games are non-competitive and no score is kept. The games are modeled after a typical Pop Warner game and EVERYONE participates. Mentoring and a “buddy” system are implemented during Challenger Flag Football games to assist the Challenger Football Participants and Challenger Cheerleaders on the field.. There are no Registration fees to participate in the Palos Verdes Pop Warner Challenger Program and registration is open to all special needs residents of Los Angeles County. All Challenger Participants complete online registration at the Palos Verdes Pop Warner Online Registration website: <https://active.leagueone.com.Olr/Pages/Welcome.aspx?ClubId=10901>

Contact Person: Bruce Humiston

Email: brucehum111@gmail.com

Phone: (310) 784-8484

Address: 46-E Peninsula Center PMB #375, Rolling Hills Estates, CA, 90274

For cheer contact: Kelly-Ann (310) 995-3571

Snap Sports-Football

SNAP Sports provides individuals with disabilities the opportunity to engage in a variety of sports-based activities. Our athletes often shatter the notion of commonly held limitations, by accepting the challenge of more complex competitive sports. Players gain confidence and poise while becoming better equipped to manage their individual disabilities. Athletes who participate regularly, routinely develop the essential physical and social skills needed to improve their everyday lives.

Web: <http://snaphockey.org/about/>

Phone: (661) 481-3032

Email: info@snaphockey.org

Boys and Girls Club of Venice

Ages 7-13. This great 5-on-5 program gets your kid pumped and primed, and feeling a part of something special.

Field Location: Mark Twain Middle School 2224 Walgrove Ave, Los Angeles, CA 90066

Phone: 310.390.4477

Youth Flag Football League - Malibu

Grades K-5. Flag football with an ocean view - what more could a player (or parent spectator) want? Practices are once per week, and games are on Wednesdays.

Address: Malibu Bluffs Park 24250 Pacific Coast Highway, Malibu, CA 90265

Phone: 310.456.2489 x363

NFL Flag Football

Ages 5-17. Registration for spring opens in fall. Official NFL Flag belts and reversible jerseys make this league feel like the real deal. Practices are held one hour before Sunday games. Register before February for reduced rate.

Playa Vista Sports Park, John H. Henschel Soccer Field

Address: 13196 W. Bluff Creek Dr. Los Angeles, CA 90094

Phone: 310.871.9171

Adaptive Ski Lessons

United States Adaptive Recreation Center

USARC works with schools, hospitals, rehabilitation centers and park and recreation departments to serve children and adults with all types of cognitive or physical disabilities.

Address: 43101 Goldmine Dr, Big Bear Lake, CA 92315

Phone: 909-584-0269

Email: mail@usarc.org

Disabled Sports Eastern Sierra

Provides adaptive sports and therapeutic outdoor recreation for people with disabilities.

Address: 1 Minaret Rd, Mammoth Lakes, CA 93546

Phone: 760.934.0791

Web: <https://disabledsportseasternsierra.org/daily-lessons/>

Mountain High Adaptive Program

Help persons with disabilities develop new skills and build self-confidence. We strive to create an atmosphere which produces positive physical, psychological, and therapeutic results.

Phone: (760) 316-7862

Address: 24510 State Highway 2, Wrightwood, CA 92397

Web: <http://www.mthigh.com/site/lessons-and-rentals/specialty-programs/adaptive-lessons.html>

Horseback Riding

Ride On Therapeutic Horsemanship

Teaching adaptive horseback riding to children and adults with physical and cognitive disabilities and we provide physical and occupational therapy specializing in using the movement of the horse to improve specific medical conditions.

Address: 10860 Topanga Canyon Blvd., Chatsworth, CA 91311

Phone: (818) 700-2971

Email: Sara@RideOn.org

Web: <https://www.rideon.org/>

Let's Ride! Therapeutic Equestrian Program

Los Angeles area equine and equestrian program for adults and children with disabilities. Located in the Sunland/Tujunga area, we help those with emotional issues and developmental disabilities to develop positive behaviors through the use of horses.

Address: 11900 Big Tujunga Canyon Rd. Tujunga, CA 91042

Phone: 818-917-7839

Email: ann@laequinetherapy.org

Web: <https://www.laequinetherapy.org/horse-therapy-lessons/>

Dream Catcher of Los Angeles Horses for Forces

Improving the lives of children, adults, and veterans with cognitive, physical, and emotional disabilities through the benefits of therapeutic horseback riding and other equine-assisted activities, while serving the therapeutic riding profession through training and education.

Address: 1003 W. Carson Street, Long Beach, CA. 90810

Phone: 310-350-1311

Email: Info@dreamcatcherla.com

Web: <http://www.dreamcatcherla.com/home.html>

Therapeutic Riding Center of Huntington Beach

Offering educational riding programs for students with disabilities. Riders learn techniques and strategies established by the Professional Association of Therapeutic Horsemanship International (PATH International), which highlights safety, horsemanship, body position, steering, and problem solving.

Address: 18381 Golden West St, Huntington Beach, CA 92648

Phone: (714) 848-0966

Email: info@trchb.org

Web: www.trchb.org

Queen of Hearts Therapeutic Riding Center, Inc.

Offering a supportive and dynamic environment for the development of children and adults with disabilities who live in and around the Inland Empire. Personal strengths are emphasized while physical, mental, and emotional challenges are offset through the association with the horse.

Address: 6407 Dana Avenue, Jurupa Valley, CA 91752

Phone: 951-734-6300

Web: www.QueenofHeartsRanch.org

Pony Time Lakewood Equestrian Center

Enthusiasts can participate in a variety of activities including riding lessons, horse boarding and training.

Address: 11369 Carson St, Lakewood, CA 90715

Phone: (562) 425-1905

Web: <https://www.lakewoodcity.org/about/mapsinfo/profiles/equestrian.asp>

Ride to Fly

Dedicated to providing therapeutic horseback riding and the associated learning experiences to children and adults with disabilities in a safe, nurturing environment

Address: 50 Narcissa Dr, Rancho Palos Verdes, CA 90275

Phone: (310) 541-4201

Web: <https://www.ridetofly.com/>

Ahead With Horses

Unique, highly motivating and effective therapy, education and recreation through horses and related experiences to disabled/disadvantaged/at-risk/special-needs children and has earned recognition educationally, medically and scientifically.

Address: 10157 Johanna Avenue, Shadow Hills, CA 91040

Phone: (818) 767-6373

Web: <http://aheadwithhorsesla.org/>



Valley View Vaulters- Equestrian Vaulting

Teaches the sport of equestrian vaulting in a safe and inclusive environment.

Address: 11295 Orcas Ave, Lake View Terrace, CA 91342

Phone: (818) 302-0153

Web: <https://www.valleyviewvaulters.com/>

BIG Heart Ranch

Community wellness center and animal sanctuary where rescued animals and people awaken each other.

Address: P.O. Box 474, Malibu, CA 90265

Phone: (323) 989 - 3921

Email: howdy@bigheartranch.com

Web: <https://www.bigheartranch.com/>

Martial Arts

Torrance South Bay YMCA Jujitsu School

Participants are taught escaping techniques from numerous holds, rolling and falling techniques, take down techniques, control techniques, joint locks, joint manipulation techniques, kicking, striking, blocking as well as effective combinations

Address: 2900 Sepulveda Blvd, Torrance, CA 90505

Phone: (818) 882-7022

Web: <http://www.valleyjijitsu.com/page48.html>



Karate for All

Community Occupational Therapy based Martial Arts Program in Orange County, developed specifically for children and adults with special needs. Using Occupational Therapy knowledge and skills, KFA combines the discipline of martial arts to achieve motor, cognitive, social and processing goals.

Address: 3002 Dow Ave. #114, Tustin, CA 92780

Email: KarateForAll@cox.net

Phone: 714-731-4668

Web: <https://www.karateforall.org/>

Koshiki Karate-Do

Traditional Okinawan martial arts school in Lawndale, CA. Koshiki Karate-Do dojo (school) teaches the various elements of Shorin-Ryu Karate-Do: kumite (sparring), kata (forms), weapons (kubudo), and self-defense. Classes are offered for children, adults, and persons with developmental disabilities.

Address: 4333 W 147th St, Lawndale, CA, 90260

Phone: 310.219.3173

Email: koshikikaratedo@gmail.com

Web: <https://www.koshikikaratedo.com/>

Dawn Barnes Karate Kids

Different karate types for different age groups.

Address: Beverly Hills, Manhattan Beach, Santa Monica, Sherman Oaks, Calabasas/Woodland Hills.

Web: <http://www.karatekids.net/>

Andres Martial Arts

Instills discipline to his students and endeavors to bring the best out of them. He has experience in teaching autistic children, wherein one of them achieved his dream of becoming a black belt. He has helped and trained people with autism and developmental disabilities. We also have special classes for the deaf and hard of hearing.

Address: 201 E. Magnolia Blvd., Ste. 140, Burbank, CA 91502

Email: andresmartialarts@yahoo.com

Phone: 818 843 2637

Web: http://www.mastervincent.com/special_needs

5 Star Martial Arts

Kids Martial Arts does not fall into a specific individual or team sport category. Our Kids Martial Arts Program is actually the best of both worlds, encouraging individual performance and growth within a positive team environment that fosters effective interaction with others. This combination makes martial arts the absolute best way for children to grow as individuals and learn the value of teamwork.

Address: 4201 Wilshire Blvd #105, Los Angeles, CA 90010

Email: info@5starmartialarts.com

Phone: (323) 933-1708

Web: <https://www.5starmartialarts.com/>

Gymnastics

Superkids Family Gym

SuperKids now operate gymnastics and dance classes in several locations throughout the south bay.

Address: 22730 Hawthorne Blvd. Suite 100, Torrance, CA 90505

Phone: (310) 378-4800

Web: <http://www.superkidsfun.com/>

Broadway Gymnastic School

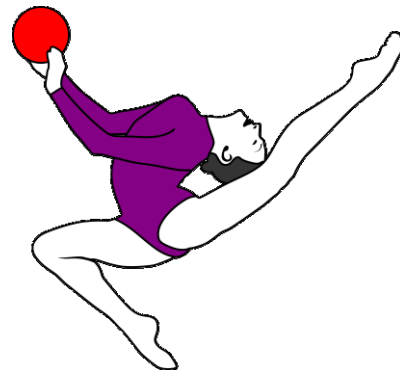
Health and fitness is the gift of life and Broadway Gymnastic School welcomes you to enjoy our facility and the sport of gymnastics. All our programs are educationally based and we offer a wide variety of physical education services. Please contact our office for more information.

Our staff will be happy to assist you.

Address: 5433 Beethoven St, Los Angeles, CA 90066

Phone: (310) 302-0035

Web: <http://broadwaygym.com/home.php>



Gymboree Play Programs, Inc.

Gymboree Play Programs, Inc. designs and provides early childhood development play programs for babies, toddlers, infants, and preschoolers. The company's age-appropriate programs and activities help develop the cognitive, physical, and social skills of children as they play. It offers play and learn, music, art, family fun, and school skills classes, as well as fun parent-child classes for

preschool children. Check their website out as there are more Los Angeles Locations.

Address: 22724 Hawthorne Blvd, Torrance, CA 90505

Phone: (310) 373-3222

Web: <https://www.gymboreeclasses.com/en/locations/CA/Torrance/>

California Rhythms

With roots in ballet, dance and movement expression, Rhythmic Gymnasts turn, leap, and dance, while manipulating and maintaining control of 1 of 5 different pieces of equipment, rope, hoop, ball, ribbon, or clubs. By combining strong athletic skills with flexibility, agility, dance, and apparatus handling, Rhythmic Gymnastics helps young women develop a healthy body, good posture, grace of movement, muscular flexibility, and strong self-esteem.

Address: 11755 Exposition Blvd., Los Angeles CA 90064

Phone: 424.262.5091

Email: info@californiarhythms.com

Web: <https://www.californiarhythms.com/>

Leaps n Boundz

Leaps n Boundz provides adaptive sports, recreation and social programming for individuals with special needs. We teach in therapeutic and fun environments that promote strength and growth in all aspects of life. Play and movement are used as tools to increase motivation, improve life-skills, build self-esteem and create opportunities for social interactions. Every participant at Leaps n Boundz has an individualized program designed to address his or her specific needs. These needs are addressed through a variety of activities which incorporate coordination, body awareness, strength, endurance and focus. This unique blending of sensory movement and activities, exercise and athletics allows for improved physical well-being and increased confidence. We thrive on the success of every individual.

Address: 5301 Beethoven St. Ste. 15 Los Angeles, CA 90066

Phone: 310.821.0963

Web: <https://leapsnboundz.com/>

Los Angeles School of Gymnastics

An educational institution focused on the athleticism of children, young adults, adults, and people with disabilities, the LA School of Gymnastics leverages its team of coaching experts to furnish a consistently high professional standard of training.

Address: 8450 Higuera St. Culver City, CA, 90232

Phone: 310-204-1980

Web: <https://www.lagymnastics.com/>

Tennis

ACEing Autism

We currently service more than 500 children with autism across 30 locations nationwide. We are passionate about our mission to connect kids through tennis, and we look forward to meeting volunteers, families and children on our courts across the country as we continue to grow.

Address: 12445 Mountaingate Dr., Los Angeles, CA 90049

Phone: (310-435-6822)

Web: <https://aceingautism.org/>

Beach City Tennis

Offering different tennis programs/camps, please visit their website to see their options.

Address: 2701 Barnard Way, Santa Monica, CA 90405

Phone: 424-289-0484

Email: info@beachcitytennis.com

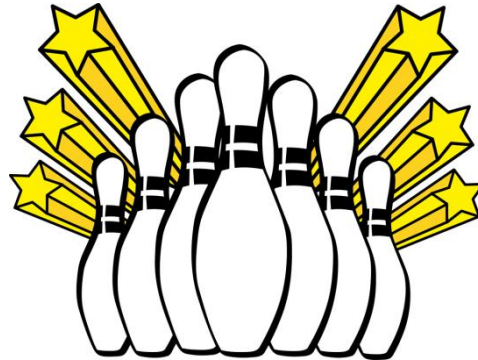
Long Beach Wounded Warrior Tennis Program

Tennis Clinic in Long Beach, Contact Steve Weaver. # Below.

Address: El Dorado Park Tennis Center,
2800 N. Studebaker Road, Long Beach,
CA.

Email: weaversww@gmail.com

Phone: 562-505-0462



Bowling

Pin Pals Bowling League

Mychals Learning Place, in collaboration with AMF El Dorado Lanes, is starting a bowling league for individuals with disabilities. All are welcome to bowl whether a seasoned bowler or first timer. The purpose of the league is to create a social network for friends and families to gather and have fun!

Address: Two Locations in LA

Phone: 310 297 9333

Email: info@mychals.org

Web: <http://www.mychals.org>

Yoga

N.A.A.M Yoga

Simple but effective practice that uses the power of the Word, combined with yoga to bring healing to the body, mind and spirit.

Address: 1231 4th Street, Santa Monica CA, 90401

Phone: 310-751-7550

Email: info@naamyoga.com



Web: <https://www.naam.life/>

YogAbility

Therapeutic approach to Yoga for people with special needs or disabilities. The sessions focus on breathing exercises, gentle poses, and movement to music, safe stretching, and deep relaxation.

Address: 537 San Vicente Blvd. #104. Santa Monica, CA 90402

Phone: 310.451.0598

Email: bea@yogability.org

Mindfulness and Yoga Course for Kids & Teens

For kids and teens are offered in LA and Orange County. Kids learn self-awareness and mindfulness tools, plus yoga and meditation for deeper happiness, peace, concentration, focus, good health and success in life.

Phone: 714-928-2520

Email: Jessilovesyoga@yahoo.com

Web: <http://letsenlightentogether.com/mindfulness-for-kids/>

Mini Yogis

Children aren't little adults. They have different needs, respond to different stimuli, and learn in different ways. That's why mini yogis offers nontraditional yoga classes: invigorating, interactive, imaginative journeys into your child's developing mind, body, and spirit. Shana conducts mini yogis teacher trainings around the globe, certifying all of her teachers to think boldly, and profoundly change the lives of children.

Address: Various Los Angeles locations.

Phone: 1.310.471.9644

Web: <https://miniyogis.com/>

Insight L.A.

Offers yoga and meditation classes.

Address: 1430 Olympic Blvd, Santa Monica CA 90404

Phone: 310-450-1821

Email: support@insightla.org

Web: <https://insightla.org/>

Swimming

Rose Bowl Aquatics Center

This world-class aquatics facility offers year round aquatic and fitness programming to children, youth, families and seniors so that all generations can achieve the benefits of healthy living habits, regular exercise, and sports training.

Address: 360 N Arroyo Blvd, Pasadena, CA 91103

Phone: (626) 564-0330

Web: <https://www.rosebowlaquatics.org/>



Aquatics-Leaps n Boundz

From beginners to swim team, our adaptive aquatics program has something to offer all ages and skill levels. Each swimmer is assessed and provided individual swim goals geared to achieve progressive swim levels. Swimming is a great way to improve muscle strength and tone, and increase range of motion. Learning

aquatic safety and skills provides the opportunity to increase self-esteem and confidence while developing meaningful relationships with peers and coaches. Both 1:1 and group lessons available.

Address: 5301 Beethoven St. Ste. 155 Los Angeles, CA 90066

Phone: 310.821.0963

Web: <https://leapsnboundz.com/programs/aquatics/>

Southbay Aquatics Swim School

South Bay Aquatics is a year round indoor swim facility dedicated to providing quality swim instruction to our customers and their families in a fun, friendly and family oriented environment. Servicing the entire South Bay, South Bay Aquatics provides an indoor, climate controlled facility, maintaining a comfortable 90° water temperature and 80° air temperature on the pool deck YEAR ROUND. NEVER miss a lesson due to weather.

Address: 2433 Moreton Street, Torrance, CA 90505

Email: torranceinfo@southbayaquatics.com

Phone: (310) 325-7946

Web: <https://www.southbayaquatics.com/programs.php>

Sunsational Swimming

Private Swim Lessons in Los Angeles , CA. When you sign up for private swim lessons with our Los Angeles-area swim instructors, you can rest assured that your child will make rapid progress with the essential safety skills needed in and around the water. Our Los Angeles swim lessons are perfect for learners of all ages—infants, toddlers, older children, and adults!—to improve their swimming ability in a matter of weeks. After several one-on-one lessons, your swimmer will show increased confidence, safety, and skills in the water, whether in your own backyard pool or at a community pool in the Los Angeles-area.

Phone: 1-888-788-2140

Email: office@sunsationalswimschool.com

Web:

https://www.sunsationalswimschool.com/?gclid=CjwKCAjw_fnBRANEiwAuFxE_T5qps049j_cDnvyyZpV_DXttmnab9J7wD3rY8G_P15RI8HrYKaX8xoCQZ8QAvD_BwE

Surfers Healing

Here at Surfers Healing, our mission is to enrich the lives of people living with autism by exposing them to the unique experience of surfing.

Address: P.O. Box 1267 San Juan Capistrano, CA 92693

Phone: (877) 966-SURF

Web: <https://www.surfershealing.org/>

One with the Water

Our special needs swimming's lessons for children and adults and the One with Water Adaptive Sports Swim program for adults and the Dolphin Swim Program for children is designed for persons with cognitive or physical challenges.

Address: 2355 Westwood Blvd #914, Los Angeles, CA, 90064

Phone: 323-364-7946

Web: <http://onewiththewater.org/owtw/special-needs-swim-lessons-los-angeles/>

Safe Splash Swim School

SafeSplash Swim School maintains a staff of SafeSplash Certified instructors with explicit training and experience in working with students with special needs of all ages. We work with several third party organizations that support the tuition for student with special needs. Please ask us how we can help you and your student work with third parties to help manage tuition.

Address: 3030 N Bellflower Blvd, Long Beach, CA 90808

Phone: (714) 923-1312

Web: <https://www.safesplash.com/additional-programs/special-needs-program>

Hockey

California Condors Hockey

11 years ago, the California Condors became the first ever ice hockey program in California for children and adults with developmental disabilities such as autism spectrum disorders, intellectual and learning disabilities, seizures or mild cerebral palsy. Our program is open to individuals with these special needs, of all ages, male or female and at all levels of ability – including those who have never skated before. It provides a unique opportunity for individuals with developmental disabilities to experience the thrills and skills and camaraderie of ice hockey, while developing physical strength and coordination, an appreciation of cooperation and team-work, and enhanced self-confidence and self-esteem.

Address: 131 West Easy Street Simi Valley, CA. 93065

Phone: 805-210-2237

Web: <https://www.condorsspecialhockey.org/>

Pasadena Maple Leafs

We are excited to continue offering our community program to teach hockey to athletes with developmental disabilities! This is a wonderful opportunity to learn to play this exciting sport in a safe, supportive, family-friendly environment, with an experienced and dedicated coaching staff.

Phone: 626-765-7400

Email: specialhockey@pasadenamapleleafs.com

Web: <https://www.pasadenamapleleafs.com/special-needs>



Music

Children's Music Fund

Children's Music Fund is a 501(c)(3) nonprofit dedicated to providing music therapy and musical instruments to children and young adults affected by chronic conditions or life-altering illnesses, as well as to support quantitative research on such efforts.

Email: info@theCMF.org

Web: www.thecmf.org

Marina Music Together

Music learning supports all learning. It enhances a child's language, cognitive, emotional, social, and physical development. This comprehensive music program offers your child a high level of music education through open expression, exploration, and play. Music Together® is an internationally recognized early childhood music program for babies, toddlers, preschoolers and the adults who love them. First offered to the public in 1987, it pioneered the concept of a research-based, developmentally appropriate early childhood music curriculum that strongly emphasizes and facilitates adult involvement. Music Together® classes are based on the recognition that all children are musical. All children can learn to sing in tune, keep a beat, and participate with confidence in the music of our culture, provided that their early environment supports such learning.

Web: <http://www.marinamusictogether.com/index.html>

Phone: (424) 835-1591

Email: MarinaMusicTogether@gmail.com

Musical Beginnings

Music Classes for Children: Babies, Toddlers & Preschoolers, Elementary-Age Children

Address: 6607B W. 80th Street, Westchester, CA 90045

Phone: (310) 641-8518

Web: <http://musicalbeginnings.org/>

Carousel School

Focuses on children's movement and coordination development. Once students master some of the basic skills, they are able to apply their acquired skills to perform choreographed dance. The Music & Movement Program makes dance accessible to all children, especially those children with disabilities or special needs. Through the dance classes and performances, children learn about performance arts, and learn the components to theatre production. Students enjoy their regular dance practice, perform costume rehearsals on stage, and after months of preparation, they perform for an audience.

Address: Different Los Angeles Locations

Web: <https://carouselschool.com/contactus>

The Realm Creative Academy

Is your child interested in piano lessons? How about guitar, ukulele, brass instruments, composition & music theory lessons, or even the accordion? The REALM offers private music lessons! As with everything here, lessons are tailored to meet the students' musical/learning goals and learning styles. Students will also have the opportunity to share their accomplishments each year at a music recital.

Address: 400 Pico Boulevard, Santa Monica, CA 90405

Phone: (310) 399-1139

Email: info@realmacademy.com

Web: <https://www.realmacademy.com/what-we-offer/music-lessons/>

Music Therapy Clinic @ CSUN

The Music Therapy Wellness Clinic provides individually designed music activities for children and adults with disabilities and special challenges, including autism, developmental delay, physical, mental and emotional disorders, and learning disabilities.

Address: 18111 Nordhoff Street, Northridge, CA 91330

Email: csunmtwc@csun.edu

Phone: 818-677-5663

Web: <https://www.csun.edu/mike-curb-arts-media-communication/music/music-therapy-clinic-information>

Art

Palos Verdes Art Center

Palos Verdes Art Center / Beverly G. Alpay Center for Arts Education, a nonprofit community visual arts school and gallery, inspires individuals to create, appreciate and celebrate art. Since it was founded in 1931, PVAC's exhibition, education and outreach programs have made the visual arts available, accessible and affordable.

Address: 5504 West Crestridge Road, Rancho Palos Verdes, CA 90275

Phone: 310.541.2479

Email: info@pvarcenter.org

Web: <https://pvarcenter.org/>

Spectrum Laboratory

Education, entertainment & empowerment! We support individuals with autism and neuro-diversity through the arts by developing professional skills, building community and self-esteem, exploring passions and fulfilling dreams.

Web: <https://www.speclabs.org/>

Able Arts Work

The primary vision of Able ARTS Work (formerly known as Arts & Services for Disabled, Inc.) is to provide lifelong learning, community service and vocational opportunities through the creative arts for people of all abilities and all ages in an environment of warmth, encouragement and inclusion. Able ARTS Work offers valid continuing education to further the education of board certified music therapists and other creative art therapists.

Address: 3626 E. Pacific Coast Highway Long Beach, CA 90804

Phone: (562) 982-0247

Email: info@ableartswork.org

Web: <https://www.ableartswork.org/>

Dance

Free 2 Be Me Dance

Free 2 Be Me Dance is an adaptive dance program for children and adults with Down syndrome in the Los Angeles area. It began as a labor of love by Colleen Perry, former ballet dancer and current Marriage and Family Therapist. Having always felt an affinity for people with Down syndrome, Colleen found her connection when she read an article about the Boston Ballet's adaptive dance program in conjunction with Children's Hospital Boston.

Address: 255 Main Street, Suite 301, Venice, CA 90291

Email: info@free2bemedance.com

Phone: (310) 259-8970

Web: <https://www.free2bemedance.org/>

GuiDANCE Autism

Developed over ten years for children and young adults ages 5-25 years, GuiDANCE Autism incorporates a guided hands-on, modeling, and cue based approach utilizing strengthening and stretching exercises, body isolations, relaxation and touch therapy techniques, repetition, individual and partnering movement combinations, and free expression--all to invigorating rhythmic music.

Address: 11105 Weddington St., North Hollywood, CA 91601

Phone: 424.265.265.7473

Email: info@guiDANCEAutism.com

Web: <https://www.guidanceautism.com/>

No Limits Impact Dance Center

Impact Dance Center helps provide a place where our No limits kids feel comfortable and included in an environment where they can learn their art like everyone else. Impact dance students get a chance to be mentors for the No Limits program and earn service hours if needed. Kids all participate in shows together for an all-inclusive performance. Two locations please check online for contact info.

Address: Los Alamitos, Cypress

Web: <https://www.impactdancecenter.com/no-limits>

Ballet for All

Ballet for All Kids is a truly unique non-profit dance studio. Our cooperative program makes classical ballet and other dance styles accessible using The Schlachte Method - a certified curriculum developed to accommodate all learning styles, body types, and abilities. At Ballet for All Kids, we know everybody has abilities that can be used as a springboard to learn new skills and enhance a personal sense of accomplishment. Unfortunately, many children

cannot succeed in a traditional class setting and are thus excluded from the numerous benefits that dance classes offer. Our integral approach offers a less restrictive environment paired with individualized attention and support in order to help every student succeed.

Address: Agoura Hills, Encino

Email: info@balletforallkids.com

Phone: 805-524-5503

Web: <https://www.balletforallkids.com/>

Drama/Theater

Performing Arts Studio West

Performing Arts Studio West (PASW) provides hands-on individualized training, career management, and on-location support for performers with intellectual disabilities working in film, television and commercials. Our year round training program gives each performer the chance to explore their creativity, test their courage, show their determination and build their self-esteem. PASW is a non-profit affiliated arts program funded by the State of California Department of Developmental Services through the Regional Centers of the Greater Los Angeles Area.

Address: 438 S Market St, Inglewood, CA 90301

Phone: 310-674-1346

Email: info@pastudiowest.com

Web: <https://www.pastudiowest.com/>

Other Great Organizations

Special Olympics

Special Olympics is a global organization that serves athletes with intellectual disabilities working with hundreds of thousands of volunteers and coaches each year. Since the establishment of Special Olympics in 1968, the number of people with and without intellectual disabilities who are involved with the organization has been growing, but the unmet need to reach more people with intellectual disabilities is staggering.

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

Phone: (562) 354-2600

Keen: Kids Enjoy Exercise Now

Empower youth with disabilities by providing free, non-competitive one-to-one programs of exercise, fitness and fun, led by volunteer coaches. Foster confidence, self-esteem and community inclusion for youth with disabilities; strengthen communities through education of volunteers; and provide families with respite and a supportive network.

Address: 601 South Figueroa Street Suite 2500 Los Angeles, CA 90017

Phone: 213-267-1777

Email: info@keenlosangeles.org

My PlayClub® is a community outreach program of Shane's Inspiration that brings children of ALL abilities together at one of our inclusive playgrounds for a play date. Our goal is to Build Common Ground® between the children through play. We buddy children with challenges with typically developing kids, giving both the opportunity to get to know about each other. Visit their website to find a park near you.

Web: <https://shanesinspiration.org/>

Boy Scouts of America

Scouting is adventure, family, fun, character, leadership and so much more. In Scouting, boys and girls start with their best right now selves and grow into their very best future selves. It's fun, hands-on learning and achievement that puts kids in the middle of the action and prepares them for today – and for life. Visit their website to find a local chapter near you.

Phone: 972-580-2000

Web: https://beascout.scouting.org/?utm_source=scouting&utm_medium=FSYA_welcome&utm_campaign=ongoing

Girl Scouts of America

Girl scouting builds girls of courage, confidence, and character, who make the world a better place.

Please visit their website to find a local chapter near you

Web: <https://www.girlscouts.org/>