

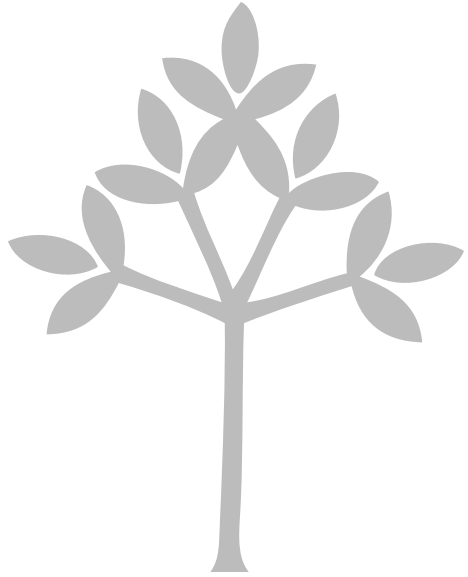
Recreational Resources Guide



SAN DIEGO
REGIONAL CENTER
Serving Individuals with Developmental Disabilities
in San Diego and Imperial Counties

This guide was inspired by a plan to increase access to generic recreation resources for consumers of San Diego Regional Center.

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Special thanks to Barbie Lynch

RECREATION COMMITTEE MEMBERS/2010:

Susan Aguilar
Heather Berryman
Linda Bolton-Mosley
Kelly Evanilla
Molly Gonzalez
Leigh Ann Harms
Amy MacKenzie
Martha Pecor
Colleen Thornton
Christie Torge
Raquel Zaragoza
Kids Included Together

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2-1-1

2-1-1 211
www.211sandiego.org
2-1-1 is the new national dialing code for information about community, health and disaster services. If you are unable to reach 2-1-1 from your cell phone, from your business phone, or are calling from outside San Diego County, call 858-300-1211.

CAMP OPPORTUNITIES

◆◆◆SUMMER CAMPS IN CALIFORNIA◆◆◆

www.americantowns.com

Where to send kids in the summer to have fun. Includes arts, sports, technology and more.

A TOUCH OF COUNTRY VACATIONS 800-920-4473
www.atouchofcountryvac.net
PO Box 158, Ramona CA 92065
Quality vacations/retreats for persons with developmental disabilities. Ambulatory/ Nonambulatory.

ACADEMY BY THE SEA/CAMP PACIFIC 760-434-7564
www.abts.com
Ages 8-16. Day/Residential camps. Surfing and body boarding, talent shows, scavenger hunts and more.

AMERICAN CAMPING ASSN 800-428-2267/765-342-8456
www.acacamps.org
List of accredited camps in Southern California.

BOY SCOUTS 619-298-6121 Ext 244
www.sdicbsa.org
Based on Boy Scout activities. Residential camp located at Mataguay Scout Ranch.

BOY SCOUTS, Cub Scout-Webelos 619-298-6121 Ext 214
www.sdicbsa.org
Based on Cub Scout activities. Residential camp including crafts, games, nature hikes and swimming.

BOYS & GIRLS CLUB OF SAN DIEGUITO 858-720-2180
www.positiveplacesd.org
Ages 5-18 years. Spring and summer day camp.

- CAMP-A-LITTLE (ARC OF SAN DIEGO).....619-685-1178 Ext 255 or 254
 pals@arc-sd.com
 Ages 5-17 residential summer camp, Palomar Mountain outdoor school.
- CAMP-A-LOT (ARC OF SAN DIEGO)619-685-1178 Ext 255 or 254
 pals@arc-sd.com
 Ages 18+ residential summer camp, Palomar Mountain outdoor school.
- CAMP ABLE858-627-9498
 www.campable.net
 Ages 6+. Summer day camp. Silver Strand State Beach, Coronado.
- CAMP AT THE BAY619-525-8247
 Ages 7-Adult. Sign-ups during the month of May. Call for application procedure.
- CAMP BEYOND THE SCARS.....858-541-2277
 www.burninstitute.org
 Ages 5-17. For burn survivors at Camp Cuyamaca.
- CAMP CONRAD-CHINNOCK310-751-3057
 www.dys.org
 Ages 7-17. Residential camp in San Bernardino Mountains for children with diabetes.
- CAMP ESPERANZA.....323-954-5760 Ext 243
 www.arthritis.org/chapters/southern-california/campesperanzasol.php
 Ages 8-17. Week long (August) residential camp in San Bernardino Mountains for children with any form of arthritis.
- CAMP-I-CAN858-715-0678
 www.sd-autism.org/campICan
 Ages 6-17. Summer day camp for children with autism spectrum disorders living in San Diego County. Extended care am/pm is available at an additional cost.
- CAMP IVEY760-722-4839
 www.iveyranch.com
 Ages 7-17 summer day camp. Horseback riding, ground training and humane education with small animals and reptiles, feeding and daily care of horses.
- CAMP JAYCEE858-362-1132
 www.lfjcc.org/campjaycee
 Ages 2-16. Summer day camp. 1 or 2 week sessions. Inclusion setting. La Jolla.

- CAMP LA JOLLA800-825-8746
www.campajolla.com
 Ages 8-18. Weight loss and fitness program with traditional camp activities.
- CAMP OLIVER619-445-5945
www.campoliver.com
 Ages 6-16. Residential camp in a rustic setting includes arts and crafts, archery, hiking, drama, sports, swimming, nature, dances in Descanso.
- CAMP PAVIKA.....909-338-1102
www.abilityfirst.org
 Ages 5-Adult. Year residential, Crestline, CA.
- CAMP QUEST619-296-0162
www.epilepsysandiego.org
 Ages 8-12. Residential 6-day camp for children who have epilepsy and seizure disorders, a nurse is provided.
- CAMP REACH FOR THE SKY619-682-7427
www.cr4ts.org
 Ages 4-18. Day camp for children who have been diagnosed with cancer and their siblings. Includes archery, arts and crafts, baseball, dance, soccer, swimming and more. Run by the American Cancer Society.
- CAMP TALK.....619-574-8181 Ext 11
www.county-speech.com
 Ages 6-18. Turning Augmentative/Alternative Language into Conversation. Summer day camp for individuals using voice output devices.
- CAMP WET & WILD619-525-8247
 Ages 7-Adult with any disability. Day camp meets at South Mission Beach jetty in July.
- CARLSBAD (City of) PARKS & REC.....760-602-7527
www.carlsbadca.gov/recreation
 Ages 3-15. Various day camps, sports, etc.
- CHULA VISTA (City of) COMMUNITY DAY CAMPS619-409-5979
www.chulavistaca.gov/rec
 Ages 6-17. Summer day camp.
- COMMUNITY CAMPERSHIP COUNCIL OF SAN DIEGO858-268-9888
www.kidstocamp.org
 Ages 6-18. Provides scholarship for many day and residential camps throughout the San Diego area, based on family income.

- CORONADO (City of) PARKS & REC.....619-522-7342
www.coronado.ca.us
 Ages 7-16. Weeklong camps. Themes include aquatics, sports, gymnastics, mad science.
- DEL MAR SPORTS CAMP.....858-504-0808
www.delmarsportscamp.com
delmarsportscamp@gmail.com
 Surfing, beach volleyball, ocean kayaking, golf, tennis, indoor volleyball, and other summer sports.
- DESTINATION SCIENCE.....888-909-2822
www.destinationsscience.org
 Ages 5-11. Activate your imagination and get your hands on some wildly outrageous science as you create extreme machines, build a futuristic city, visit the International Space station and more.
- EASTER SEALS CAMP RESPITE.....760-737-3990
www.southernca.easterseals.com
 Ages 5+. Residential weekend respite camps throughout the year for children and adults with special needs, including autism, Down syndrome and cerebral palsy. 1 time/year. Camp Oakes
- EASTER SEALS CAMP RESPITE – NATIONAL CITY619-336-0630
www.southernca.easterseals.com
 Age 18+ with disabilities. Camp Respite offers camp experience. 1 time/year. Camp Oakes.
- EL CAJON (City of) PARKS & REC.....619-441-1516
www.elcajonrec.org
 Camps for every week during summer.
- ENCINITAS (City of) PARKS & REC760-633-2740
www.ci.encinitas.ca.us
 Ages 6-12. Click on Special Events, Seaside Day Camp on website.
- EPILEPSY FOUNDATION OF SAN DIEGO COUNTY.....619-296-0162
www.epilepsysandiego.org
 Ages 8-12. Medically supervised summer camp for children with epilepsy/seizure disorders. 6 days/5 nights camp for one week in July. Camp costs funded by donations.

- GIRL SCOUTS619-298-8391
www.sdgirlscouts.org
 Ages 7-18. Residential and day camps in (Camp Winacka and Camp Whispering Oaks) throughout San Diego County. Camper Support Specialist will work 1:1 to help special needs campers.
- HELEN WOODWARD CENTER 858-756-4117
www.animalcenter.org/education/critter_camp
 Ages 4-13. Summer camp.
- HERITAGE CENTER DAY CAMP619-421-7032
 Ages 6-12. Spring, summer and fall day camp.
- INCLUDING ALL OF US.....619-525-8247
www.sandiego.gov/park-and-recreation/activities
 City of San Diego Parks and Recreation, Disabled Services Program. Inclusive Children's Activities. Recreation opportunities and support for children with special needs.
- INSTITUTE FOR EFFECTIVE EDUCATION (THE)619-243-1325
www.tiee.org
 Camp specifically for Children's Workshop and Young Person's Annex students.
- JUNIOR WHEELCHAIR SPORTS CAMP
 SAN DIEGO ADAPTIVE SPORTS FOUNDATION.....619-336-1806
www.sdasf.org/jrwheelchaircamp.php
 Ages 4-18. Day camp for kids with physical disabilities. At North Crown Point Shores and Southwestern College.
- JUVENILE ARTHRITIS CAMP858-495-1877 Ext 124
 Summer camp. Traditional camp activities for children with rheumatic diseases.
- KIDS ZONE SUMMER ADVENTURE CAMP 619-525-8247/TDD 619-692-3866
www.sandiego.gov/park-and-recreation
 Ages 6-12 with any disability. Meet at Tecolote Park.
- LA MESA (City of) PARKS & REC 619-667-1333/619-667-1300
www.cityoflamesa.com
 Click on Community Services on website for camp information.
- MISSION BAY SPORT CENTER858-488-1036
www.missionbayaquatic.org
 Ages 6-17. Learn to sail, surf, windsurf and kayak.

- MISSION BAY WATER SPORTS CAMP858-539-2003
www.watersportscamp.com
 Ages 6-17. Wakeboarding, waterskiing, surfing, sailing and more.
- NATIONAL CITY (City of) PARKS & REC619-336-4290
www.ci.national-city.ca.us
 Ages 6-12. Community Services Division. Camps for every week during summer.
- OCEANSIDE (City of) PARKS & REC760-435-5233
www.ci.oceanside.ca.us
 Ages 6-12 (depends on individual camps). Camps for every week during summer.
- PALOMAR CHRISTIAN HORSE CAMP760-742-3438
www.pcc.org
 Learn to care for and ride horses, trail rides, camp fires, show, cookouts, archery, swimming, basketball and more.
- PARKWAY CENTER SPRING CAMP619-691-5083
 Ages 6-12. Spring break (March-May) day camp.
- POWAY (City of) LAKE POWAY DAY CAMP858-668-4679
www.poway.org/daycamp
 Ages 6-12. Hiking, boating, fishing at Lake Poway, arts and crafts, play group, games and more. Summer months.
- POWAY (City of) PARKS & REC858-668-4595
www.poway.org
 Community Services Division. Summer day camps, extended day care. Sports camps, mini camps, swim lessons.
- PROJECT TURNAROUND858-481-3998
www.project-turnaround.org
 710 S Nardo Ave., Solana Beach CA 92075
 Ages 12-18. Summer day camp. Drama. Summer months. St. James Academy in Solana Beach.
- RAWHIDE RANCH760-758-0083
www.rawhideranch.com
 Ages 7-15. Bonsall. Experience the rustic living of the old west. Roping, riding, wrangling, and more. Summer months.

- RAY & JOAN KROC CORP CMTY CTR/SALVATION ARMY619-287-5762
www.kroccenter.org
 6845 University Ave., San Diego CA 92115
 Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.
- SAN DIEGO (City of) PARKS & REC—KEARNY MESA.....858-573-1387
www.sandiego.gov/park-and-recreation/centers/kearny.shtml
 3170 Armstrong St., San Diego CA 92111
 Ages 5-16. 8 weeks day camp.
- SAN DIEGO YOUTH AQUATICS CENTER619-298-6121
 Residential camp includes aquatics, boating, canoeing, kayaking, arts and crafts, fishing, nature study, swimming and more.
- SAN MARCOS (City of) PARKS & REC760-744-9000
www.ci.san-marcos.ca.us
 Ages 6-14. Community Services Division. Day camps for every week during summer.
- SCAMP CAMP619-297-3901
www.lungusa.org
 Ages 8-13. Week long camp in Julian for children with asthma, medical supervision allows for traditional camp activities.
- SEAWORLD ADVENTURE CAMP800-380-3202
www.seaworld.org/camp
 Day and residential camps include a nonstop animal adventure.
- SOLANA BEACH (City of) PARKS & REC858-793-2564
www.ci.solana-beach.ca.us
 Ages 8-12. Day camps include various themes such as ecology, art, drama, shutterbug at San Dieguito Park.
- SUPER CAMP800-285-3276
www.supercamp.com
 Residential camp to teach learning and life skills during summer camp. Includes basketball, soccer, swimming and more in Oceanside.
- SURFERS HEALING FOUNDATION949-492-1398
www.surfershealing.org
 Summer surfing camps for individuals with autism. All camp sessions are free.

TECH CAMP AT UCSD 818-752-4332
 www.internaldrive.com
 Ages 8-17. Day and residential camps, learn programming, robotics, create video games, digital movies and music.

TERI INC CAMP RED 760-721-1706
 www.teriinc.org
 Ages 4-22. Specializing in serving day campers who have severe behavior needs in Oceanside spring, summer and winter.

THEATER CAMP 619-588-0206
 www.cctcyt.org
 Classes, rehearsals, performance and fun.

TOTAL EDUCATION SOLUTIONS
 HANDWRITING SKILLS SUMMER CAMP 619-275-4525
 www.tesidea.com
 5151 Murphy Canyon Rd., #150, San Diego CA 92123
 Ages 3-9. Through developmentally appropriate games, music, crafts and multi-sensory writing activities, TES handwriting groups make the experience of writing engaging, as well as entertaining for every child.

TOTAL EDUCATION SOLUTIONS
 SOCIAL SKILLS SUMMER CAMP 619-275-4525
 www.tesidea.com
 5151 Murphy Canyon Rd., #150, San Diego CA 92123
 All ages. A wide range of teaching strategies is used to facilitate skill development, including role play, video modeling, and interactive games. Sessions focus on areas such as problem solving, maintaining appropriate boundaries, and developing and maintaining friendships.

TOTAL EDUCATION SOLUTIONS
 SPEECH AND LANGUAGE SUMMER CAMP 619-275-4525
 www.tesidea.com
 5151 Murphy Canyon Rd., #150, San Diego CA 92123
 Ages 2-5. An enrichment program focusing on speech, language, and early reading skills. Children participate in fun, play-based activities focused on concepts that include identifying and recognizing rhyming words, describing objects by their attributes, such as color, size, shape and location, and engaging in imaginative and creative play.

- USD SPORTS CAMPS619-260-2999
www.usdcamps.com
sportscamps@sandiego.edu
 USD Sports Camp Office, Sports Center, 5998 Alcalá Park, San Diego CA 92110
 Day camps include baseball, basketball, field trips, soccer, swimming, tennis and more.
- VISTA (City of) PARKS & REC760-726-1340
www.cityofvista.com/departments/parks
 Ages 5-12. Community Services Division. Day camps for every week during summer.
- WHEELCHAIR CAMP619-336-1806
www.sandiego.gov/park-and-recreation/activities
 Sign-ups begin in May. Inclusion support available. Call for application procedure.
- YMCA—BORDER VIEW619-428-1168
www.borderview.ymca.org
 3085 Beyer Blvd. A-103, San Diego CA 92154
 Ages 5-12. Serving families in Imperial Beach, San Ysidro, South San Diego, Nester and Otay Mesa.
- YMCA—CAMP MARSTON760-765-0642
www.camp.ymca.org
 Ages 7-17. Day and residential camps including archery, arts and crafts, backpacking, canoeing, challenge/rope course, nature studies, riflery, wilderness trips and more.
- YMCA—CAMP RAINTREE760-765-0642
www.camp.ymca.org
 Ages 9-16. Residential summer camp with focus on horsemanship.
- YMCA—CAMP SURF760-765-0642
www.camp.ymca.org
 Day and residential camps including surfing, body boarding, kayaking, archery, arts and crafts, fishing, nature study and swimming.
- YMCA—COPLEY FAMILY619-283-2251
www.copley.ymca.org
 3901 Landis St., San Diego CA 92105
 Ages 7-16. Day camps include aquatics, basketball, computers, dance, field trips, hiking, swimming and more, serving families in mid-city San Diego, Kensington and Tierrasanta.

- YMCA—EAST COUNTY619-464-1323
www.eastcounty.ymca.org
 8881 Dallas St., La Mesa, CA 91942
 Ages 7-16. Serving families in Alpine, Del Cerro, El Cajon, Jamul, Lakeside, La Mesa, Lemon Grove, Rancho San Diego, San Carlos, Santee and Spring Valley.
- YMCA—JACKIE ROBINSON.....619-264-0144
www.jackierobinson.ymca.org
 151 YMCA Way, San Diego, CA 92102
 Ages 7-16. Day camps include academics, aquatics, arts and crafts, basketball, computer, team sports and more. Serving families near the 805 Freeway and Imperial Avenue, including Encanto, Logan Heights, Mountain View, Oak Park, Skyline and Valencia Park.
- YMCA—JOE & MARY MOTTINO FAMILY760-758-0808
www.mottino.ymca.org
 4701 Mesa Dr., Oceanside CA 92056
 Ages 7-16. Serving families in Oceanside, Fallbrook and Bonsall.
- YMCA—LA JOLLA.....858-453-3483
www.lajolla.ymca.org
 8355 Cliffridge Ave., La Jolla CA 92037
 Ages 7-16. Day camps include aquatics, arts and crafts, backpacking, skating, soccer, swimming, tennis and more. Serving families in La Jolla, University City, North Clairemont, Del Mar, Pacific Beach, Sorrento Valley and Mira Mesa.
- YMCA—LA JOLLA DAY CAMP858-453-3483
www.lajolla.ymca.org
 8355 Cliffridge Ave., La Jolla CA 92037
 Ages 3-17. Summer day camp.
- YMCA—MAGDELENA ECKE FAMILY760-942-9622
www.ecke.ymca.org
 200 Saxony Rd., Encinitas CA 92024
 Ages 7-16. Serving families in Encinitas, Cardiff, La Costa, Leucadia, Solana Beach, Carmel Valley, Carlsbad, Del Mar and Rancho Santa Fe.
- YMCA—MISSION VALLEY619-298-3576
www.missionvalley.ymca.org
 5505 Friars Rd., San Diego CA 92110
 Ages 7-16. Specialty day camps range from surfing to laser tag and residential camps at Camp Marston and Camp Wolahi. Serving families in Mission Valley, Linda Vista, Clairemont, Old Town, Hillcrest, Normal heights and Kearny Mesa.

- YMCA—PALOMAR FAMILY760-745-7490
www.palomar.ymca.org
 1050 N. Broadway, Escondido, CA 92026
 Ages 7-16. Day camps serving families in Escondido, San Marcos and Valley Center.
- YMCA—PENINSULA FAMILY619-226-8888
www.peninsula.ymca.org
 4390 Valeta St., San Diego CA 92107
 Ages 7-16. Day camps include dance, drama, fishing, kayaking, marine science, martial arts, water sports and more. Serving families in Point Loma, Mission Beach, Ocean Beach and Pacific Beach.
- YMCA—RANCHO FAMILY858-484-8788
www.rancho.ymca.org
 9410 Fairgrove Ln., San Diego CA 92129
 Ages: 7-16. Serving families in Poway, Mira Mesa, Scripps Ranch, Carmel Mountain Ranch, Sabre Springs, Rancho Bernardo and Rancho Penasquitos.
- YMCA—SOUTH BAY FAMILY619-421-8805
www.southbay.ymca.org
 1201 Paseo Magda, Chula Vista CA 91910
 Ages 7-16. Serving families in Chula Vista, Bonita and National City.

CHILDREN’S CORNER

- ALPINE COMMUNITY CENTER619-445-7330
www.alpinecommunitycenter.com
 1830 Alpine Blvd., Alpine CA 91901
 Year-round after-school and summer recreational activities.
- ARTS (A REASON TO SURVIVE)619-297-2787
www.artsurvive.org
 2820 Roosevelt Rd., #106, San Diego CA 92106
 ARTS provides opportunities for kids to participate and experience the arts including painting, ceramics, music, dance, media arts, and literature.
- BOY SCOUTS OF AMERICA, DESERT PACIFIC COUNCIL619-298-6121
www.sdicsa.org
 1207 Upas St., San Diego CA 92103
 A year-round youth development program offering educational, recreational, and social activities ages 6-20.

- BOYS & GIRLS CLUB..... to locate a club: www.bgca.org
- BOYS & GIRLS CLUB—SUPPORT SERVICES OFFICE.....866-739-6884
www.sdyouth.org
 115 W Woodward Ave., Escondido CA 92025
 Provides after-school activities. Fee may apply. Call for information.
- BOYS & GIRLS CLUB—BORREGO SPRINGS.....760-767-9989
www.sdyouth.org
 630 Cahuilla, Borrego Springs CA 92004
 Boys 7-21; Girls 14-21. Children participate in positive activities such as crafts, homework help, fitness program, team sports, games, computers, dance and storytelling.
- BOYS & GIRLS CLUB—CARMEL VALLEY/ALLRED BRANCH858-793-9196
www.positiveplacesd.org
 12353 Carmel Park Dr., San Diego CA 92130
 Provides after-school activities. Fee may apply. Call for information.
- BOYS & GIRLS CLUB—CARLSBAD/LA COSTA BRANCH760-729-0207
www.bgccarlsbad.org
 7805 Centella St., Carlsbad CA 92009
 Ages 6-12. Provides after-school social, recreation, educational, arts and crafts and athletic activities. Optional educational field trips available. Homework hour available.
- BOYS & GIRLS CLUB—CARLSBAD/VILLAGE BRANCH.....760-729-0956
www.bgccarlsbad.org
 3115 Roosevelt St., Carlsbad CA 92008
 Guidance based programming to provide youths with a safe environment nurturing adults to care for them and a variety of activities.
- BOYS & GIRLS CLUB—CHULA VISTA619-421-4011
www.bgccv.net
 1301 Oleander Ave., Chula Vista CA 91911
 Ages 6-18. Provides opportunities for development of education, social, and recreation skills. M-F; 2pm-6pm; \$50 annual membership. Includes a skate park.
- BOYS & GIRLS CLUB—CLAIREMONT.....858-273-1645
www.sdyouth.org
 4635 Clairemont Mesa Blvd., San Diego CA 92111
 Arts and crafts, education, sports, swimming, social, transportation-fee, computer center.

- BOYS & GIRLS CLUB—DEL MAR BRANCH 858-481-4116
 www.positiveplacesd.org
 14125 Mango Dr., Del Mar CA 92014
 Provides after-school activities. Fee may apply. Call for information.
- BOYS & GIRLS CLUB—EL CAJON.....619-442-0371
 www.bgcec.org
 1171 E. Madison Ave., El Cajon CA 92021
 Ages 6-18. Provides athletic activities, a daily drop-in program, a craft shop program, a resource room and group clubs.
- BOYS & GIRLS CLUB—ENCANTO.....619-263-6407
 www.sdyouth.org
 6785 Imperial Ave., San Diego CA 92114
 Arts and crafts, education, sports, social, transportation-fee, computer center. \$10 membership fee.
- BOYS & GIRLS CLUB—ENCINITAS/GRISET BRANCH.....760-753-6351
 www.positiveplacesd.org
 1221 Encinitas Blvd., Encinitas CA 92024
 Provides after-school activities. Call for information. \$60 year.
- BOYS & GIRLS CLUB—ESCONDIDO/BAKER BRANCH760-745-0515
 www.sdyouth.org
 835 W. 15th Ave., Escondido CA 92025
 Provides after-school activities. Call for information. \$25 membership.
- BOYS & GIRLS CLUB—ESCONDIDO/MITCHELL BRANCH.....760-746-3315
 www.sdyouth.org
 115 W. Woodward Ave., Escondido CA 92025
 Ages 5-13. Drop-in recreational activities are offered on an ongoing basis during after-school hours.
- BOYS & GIRLS CLUB—IMPERIAL BEACH619-424-2266
 www.bgcib.org
 847 Encina Ave., PO Box 493, Imperial Beach CA 91932
 Athletic leagues, sports and gym activities, ceramics, social recreation, computers, homework help. Leadership activities open for children ages 7-17.
- BOYS & GIRLS CLUB—LAKESIDE.....619-443-9293
 www.bgcec.org
 12824 Lakeshore Dr., Lakeside CA 92024
 Provides after-school activities. Call for information.

- BOYS & GIRLS CLUB—LA MESA TEEN CENTER.....619-303-0268
www.bgcec.org
 77775 Junior High Dr., La Mesa CA 91941
 The Smart Moves Prevention/Education Program addressed problems such as drugs and alcohol.
- BOYS & GIRLS CLUB—LINDA VISTA (ROBERTS)858-277-6670
www.sdyouth.org
 2230 East Jewett, San Diego CA 92111
 After-school program, day camps, homework clubs.
- BOYS & GIRLS CLUB—LINDA VISTA TEEN CENTER..... 858-751-0611
 2230 E. Jewett St., San Diego CA 92111
 Ages 6-18. After-school program. Arts and crafts, education, sports, swimming. Social transportation-fee, computer center. \$5/year transportation fee.
- BOYS & GIRLS CLUB—LOGAN HEIGHTS BRANCH619-525-1739
www.sdyouth.org
 2930 Marcy Ave., San Diego CA 92113
 Arts and crafts education, sports, swimming, social, \$10 transportation-fee, computer center.
- BOYS & GIRLS CLUB—NATIONAL CITY619-477-5445
www.bgcnc.org
 1430 D Ave., National City CA 91950
 Ages 5-18. Social development program offers athletic and recreational activities. Fees apply. Call for details.
- BOYS & GIRLS CLUB—NORTH COUNTY760-728-5871
www.bgcnorthcounty.com
 PO Box 476, Fallbrook CA 92028
 Ages 6-18. After-school program for Health to Life Skills, art, sports fitness and recreation, education and career development, character to leadership development, homework help, sports, and arts and crafts. \$35 annual membership. Languages spoken: English and Spanish. M-F 2pm-6pm.
- BOYS & GIRLS CLUB—OCEANSIDE760-433-8920
www.bgcoceanside.org
 401 Country Club Ln., Oceanside CA 92054
 Ages 5-18. After-school program. Program includes power hour, tutoring, computer training, sports, arts and crafts, smart girls, keystone club and street safe, SASS and gangbusters to name a few. M-F 2pm-6:30pm.

- BOYS & GIRLS CLUB—OCEANSIDE/LIBBY LAKE BRANCH760-721-5851
www.bgcoceanside.org
 489 Calle Montecito, Oceanside CA 92057
 Provides after-school activities. Fee may apply. Call for information.
- BOYS & GIRLS CLUB—RAMONA.....760-788-7564
www.sdyouth.org
 622 E St., Ramona CA 92065
 Children participate in positive activities such as crafts, homework help, fitness program, team sports, games, computers, dance and storytelling. \$60 a year membership fee. Call for details and days of operation.
- BOYS & GIRLS CLUB—SAN DIEGO858-273-1645
www.bgca.org
 4635 Clairemont Mesa Blvd., San Diego CA 92117
 Provides after-school activities. 2pm-6:30pm. Summer: 7am-6pm. After-School: \$25/week. Transportation: \$35/week. Day Camp: \$85/week.
- BOYS & GIRLS CLUB—SAN DIEGUITO858-481-4116
www.positiveplacesd.org
 14125 Mango Dr., Del Mar CA 92014
 K-6th Grade. After-school program. M-F 12pm-6pm.
- BOYS & GIRLS CLUB—SAN MARCOS760-471-2490
www.boysgirlsclubsm.org
 1 Positive Place, San Marcos CA 92078
 Ages 6-18. Open 11 hours per day. Activities for members are planned in educational, cultural, social, recreational, health, physical, and environmental fields with special concern for the disadvantaged. The organization helps families by providing a safe adult supervised place for their children every day after school and for all non-school days. M-F. 2pm-7pm. \$40 annual fee. (Early bird before school M-F 6:30am-8:30am: \$2/day.)
- BOYS & GIRLS CLUB—SOLANA BEACH/
 LOMAS SANTA FE BRANCH.....858-755-9371
www.positiveplacesd.org
 533 Lomas Santa Fe Dr., Solana Beach CA 92075
 Provides after-school activities. Fee may apply. Call for information.

- BOYS & GIRLS CLUB—VISTA760-724-6606
www.bgcvista.org
 410 W. California Ave., Vista CA 92083
 Ages 6-18. Offers core program activities in character-leadership development, education and career development, health and life skills, the arts, sports, fitness and recreation. M-F 2pm-6:30pm. January-December. \$50 annual fee. Day Camp: \$15/day or \$75/week.
- BOYS & GIRLS CLUB—VALLEY CENTER BRANCH760-749-9822
www.sdyouth.org
 28751 Cole Grade Rd., Valley Center CA 92082
 Provides after-school activities. Fee may apply. Call for information.
- CAMP FIRE COUNCIL OF SAN DIEGO COUNTY619-291-8985
www.campfiresdi.org
 3101 Balboa Dr., San Diego CA 92109
 Grade 3-12. Camp Fire does after-school clubs for children ages 3-18. Also conducts day camps. Club meets weekly.
- CHILDREN'S LITERACY PROGRAM619-574-1641
www.literacysandiego.org
 2515 Camino Del Rio So, #125, San Diego CA 92108
 Provides one-to-one tutoring to enhance reading abilities.
- COOPERATIVE EXTENSION, UNIVERSITY OF CALIFORNIA
 FARM & HOME ADVISOR OFFICE858-694-2845
www.cesandiego.ucdavis.edu
 5555 Overland Ave., #4101, San Diego CA 92123
 Ages 9-19. Provides youth education through adult volunteer assisted community clubs.
- GIRL SCOUTS, SAN DIEGO-IMPERIAL COUNCIL, INC.619-298-8391
www.girlscoutssdi.org
 1231 Upas St., San Diego CA 92103
 Daisies Ages 5-18. Ambassadors Ages 17-18. Resident—2 camps; basic camp experience to high adventure girls ages 7-18. Day camp of varying specialties, science to surfing, girls ages 6-18. Both programs offer leadership opportunities for girls 13-18.
- GRAHAM CRACKER KIDS & COMPANY619-258-7571
www.grahamcrackerkids.com
 PO Box 562, Lakeside CA 92040
 Provides children's toys, books and resources. Call for fee.

- LAWRENCE FAMILY JEWISH COMMUNITY CENTER
 LA JOLLA BRANCH 858-457-3030
 www.lfjcc.org
 4126 Executive Dr., La Jolla CA 92037
 Grade K-12. Provides after-school enrichment, camp programs and sports activities.
- MUSIC FOR KIDS 858-487-7867
 www.musicforkidsonline.com
 16475 Bernardo Center Dr., San Diego CA 92128
 Ages 5+. Various music classes. Private and group lessons.
- RAY & JOAN KROC CORP CMTY CTR/SALVATION ARMY 619-287-5762
 www.kroccenter.org
 6845 University Ave., San Diego CA 92115
 All ages. Children, singles, families, adults. Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.
- SAN MARCOS (City of) 760-744-9000
 www.san-marcos.net
 Community Services Department, 3 Civic Center Dr., San Marcos CA 92078
 Provides special interest classes, hobbies, aquatics, creative cultural experiences, softball and soccer leagues, teen activities, preschool education and various special events throughout the year for ages 2 and up. Includes a Senior Center. M-F 8am-7pm.
- SAN DIEGO YOUTH & COMMUNITY SERVICES, INC.
 CENTRAL COMMUNITIES 619-232-8126
 www.sdyouthservices.org
 2220 Broadway, San Diego CA 92102
 Ages 8+. Provides services to youth including individual, peer, and family counseling, remedial education and tutoring, career development, cultural and recreational activities. Teen pregnancy prevention program. Early diversion program.
- TOTAL EDUCATION SOLUTIONS 619-275-4525
 www.tesidea.com
 5151 Murphy Canyon Rd., #150, San Diego CA 92123
 Year-round after-school and summer recreational activities.
- UNITED CEREBRAL PALSY ASSOCIATION 858-278-5420
 www.ucpsd.org
 Toy and Software Library, 6153 Fairmount Ave., #150, San Diego CA 92120
 Toy and software mobile library program allows one the opportunity to check out toys or software for a \$10 fee for two weeks to one year. Call for schedule.

- VISTA (City of) PARKS & COMMUNITY SERVICES DEPT760-726-1340
www.cityofvista.com/departments/parks
 1200 Vale Terrace, PO Box 1988, Vista CA 92085-1988
 Grades K-8. Offers a day camp program. Summer camp 6:30am-6pm June 21 to September 3.
- YMCA—MAGDALENA ECKE FAMILY BRANCH.....760-942-9622
www.ecke.ymca.org
 200 Saxony Rd., Encinitas CA 92024
 Special Olympics Swim Team. Ages 8 and up. Saturdays 11am-12pm. No fees but must register and have medical information on file with coach. Sign up for a month and at times. Meets once a week.
- YMCA—PALOMAR FAMILY BRANCH.....760-745-7490
www.palomar.ymca.org
 1050 North Broadway, Escondido CA 92026
 Learn about Indian culture and history. Program is designed to strengthen the family unit. For ages 6 and up.
- YMCA—RANCHO FAMILY BRANCH858-484-8788
www.rancho.ymca.org
 9410 Fairgrove Ln., San Diego CA 92129
 14 months - Age 6. Year round Age 6 - Adult. Pee Wee sports programs ages 3-7. Gymnastics ages 2-14. Summer day camps ages 3-17. Swim lessons May-Aug ages 2-12.
- YMCA—SOUTH BAY FAMILY619-421-8805
www.southbayymca.org
 1201 Paseo Magda, Chula Vista CA 91910
 Health and fitness, aquatics, camping, family childcare, community development, sports, teens. M-F 4:30pm-10pm; Saturday 6:30am-7pm; Sunday 7am-5pm
- YMCA—YOUTH LITERACY PROGRAM.....619-232-7451
www.ymca.org
 500 W. Broadway, #B, San Diego CA 92101
 The youth literacy program matches students with volunteer tutors on a one-to-one basis. Our goal is to aid in areas that pertain specifically to literacy, ages 5 to 15. Free of charge.

SOCIAL ACTIVITIES

- A TOUCH OF COUNTRY VACATIONS.....800-920-4473
www.atouchofcountryvac.net
PO Box 158, Ramona CA 92065
Quality vacations/retreats for persons with developmental disabilities. Ambulatory/
Nonambulatory.
- ACCESS TO INDEPENDENCE OF SAN DIEGO619-293-3500
www.a2isd.org
1295 University Ave., #10, San Diego CA 92103
Provides various resources and social activities.
- ACCESSIBLE SAN DIEGO858-279-0704
www.asd.travel
2850 6th Ave., #311, San Diego CA 92103
Publishes access guide. Resource Center for seniors, veterans, and individuals with
disabilities.
- ADAPTIVE COMPUTER EMPOWERMENT SERVICES.....858-244-1226
www.adaptive.org
8525 Gibbs Dr., #100, San Diego CA 92123
Donates computers to low income individuals. Call for an application.
- ARC OF SAN DIEGO858-715-3780
www.arc-sd.com
9575 Aero Dr., San Diego CA 92123
Provides socialization programs for persons enrolled in Arc programs.
- AREA BOARD 13, OFFICE OF THE SCDD..... 619-688-3323/800-748-2055
ab13@scdd.ca.gov
8880 Rio San Diego Dr., #250, San Diego CA 92108
Self-Advocacy groups held throughout San Diego and Imperial counties.
- BARRIO STATION.....619-238-0314
www.barrio-station.org
2175 Newton Ave., San Diego CA 92113
Bilingual services. Counseling and recreational services for Logan Heights youths
and their families. Ages 6-24.

- BAYSIDE SETTLEMENT HOUSE–LINDA VISTA BRANCH858-278-0771
www.baysidecc.org
 2202 Comstock St., San Diego CA 92111
 Provides social and recreational activities for Linda Vista residents. Serving children through seniors.
- BEST BUDDIES CALIFORNIA.....310-642-2620
www.bestbuddiescalifornia.org
 5711 W. Slauson Ave., Culver City CA 90230
 Enhancing the lives of people with developmental disabilities by providing opportunities for group activities and events in San Diego.
- BLIND REC CENTER.....619-298-5021
www.bccsd.gov
 1805 Upas, San Diego CA 92103
 Offers social and resource information for non-sighted individuals.
- CARLSBAD (City of) CARLSBAD REC CTR760-434-2824
www.carlsbadca.gov
 1200 Carlsbad Village Dr., Carlsbad CA 92008
 Provides various social and recreational activities. Call for information.
- CARLSBAD (City of) PARKS & REC.....760-602-4685
www.carlsbadca.gov
 Community Swim Complex, 3401 Monroe St., Carlsbad CA 92008
 Provides various social and recreational activities. Call for information.
- CASA FAMILIA REC CENTER619-428-2125
www.infocasafamilia.org
 212 W. Park Ave., San Ysidro CA 92173
 Provides various social and recreational activities. Call for information.
- CHARLES I. CHENEWETH FOUNDATION619-267-7054
www.cicfcap.org
 Community Access Program, 715 S. V Avenue, PO Box 2615, National City, CA 91951
 Monthly social activities, as well as speech and language scholarships. Various recreational activities, transportation, and supervision provided. Adults.
- CHRISTIAN YOUTH THEATER619-588-0206
www.cyt.org
 1545 Pioneer Way, El Cajon CA 92020
 Provides after-school theatrical experiences for members.

- CHRISTIAN YOUTH THEATER 619-588-0206/800-696-1929
www.cytsandiego.org
 1545 Pioneer Way, El Cajon CA 92020
 Classes and after-school recreation. Rancho Bernardo, Santa Fe and Carlsbad.
- CHULA VISTA (City of) LOMA VERDE REC CTR.....619-691-5081
www.chulavistaca.gov/rec
 1420 Loma Lane, Chula Vista CA 91911
 Aquatic Center. Provides various social and recreational activities. Call for information.
- CHULA VISTA (City of) NORMAN PARK SENIOR CENTER619-691-5086
www.lifeoptionsouthbay.com
 270 F St., Chula Vista CA 91910
 Ages 6-Adult. This program offers a variety of activities. Fees vary. Languages spoken: English/Spanish.
- CHULA VISTA (City of) LEISURE CONNECTION619-409-5800
www.chulavistaca.gov
 Norman Park Center, 270 F St., Chula Vista CA 91910
 Conference calling technology to bring fun and informative topics to individuals in the comfort of their own homes.
- CHULA VISTA (City of) REC CENTER PARKWAY POOL.....619-691-5088
www.chulavistaca.gov/rec
 385 Park Way, Chula Vista CA 91910
 Provides aquatic activities. Call for information.
- COMMUNITY INTERFACE SERVICES
 SOCIAL SUPPORTS FACILITATION760-729-3866
www.communityinterfaceservices.org
 Promotes access to recreational opportunities for adults and children with developmental disabilities.
- CORONADO (City of) REC CENTER619-522-7342
www.coronado.ca.us
 1845 Strand Way, Coronado CA 92118
 Provides various social and recreational activities. Call for information.

- CORPORATE HELICOPTERS.....858-505-5650
www.corporatehelicopters.com
 3753 John J Montgomery Dr., #2, San Diego CA 92123
 Provides area tours of San Diego. Call for fees.
- EDUCATIONAL CULTURAL COMPLEX619-388-4883
www.sdcity.edu/ecc
 4343 Ocean View Blvd., San Diego, CA 92113
 Adaptive arts, ceramics, weight training, aquatics and more.
- EL CAJON (City of) PARKS & REC CENTER.....619-441-1754
www.ci.el-cajon.ca.us
 200 E. Main, El Cajon CA 92020
 Various recreational activities.
- ENCINITAS (City of) SENIOR CENTER760-943-2260
www.ci.encinitas.ca.us
 1140 Oak Crest Park Dr., Encinitas, CA 92024
 Community and senior activities.
- ENCINITAS (City of) PARKS & REC760-633-2740
www.encinitascity.com
 505 S. Vulcan Ave., Encinitas CA 92024
 Plans and administers recreation services for youth, adults and seniors.
- EXCEPTIONAL FAMILY RESOURCE CENTER.....800-281-8252
www.efrconline.org
 9245 Sky Park Ct., #130, San Diego CA 92123
 Provides a variety of resources for individuals with disabilities including support groups, parent support, sibling support and information on disabilities.
- FRIENDSHIP CIRCLE.....858-487-4879
www.friendshipcirclesd.com
 16934 Chabad Way, Poway CA 92064
- HORNBLOWER CRUISES619-686-8715
www.hornblower.com
 1066 N. Harbor Dr., San Diego CA 92101
 Harbor cruises, wheelchair accessible. Call for fees.

- I CAN DANCE PROGRAM.....760-747-9012
www.dancefxstudio.com
 1348 E. Mission Rd., San Marcos CA 92069
 Offers positive social environment, allows students to be interactive, strengthens coordination, encourages self expression through dance. For students with special needs.
- IVEY RANCH PARK.....760-722-4839
www.iveyranch.com
 110 Rancho Del Oro Dr., Oceanside CA 92057
 Offering therapeutic horseback riding, community gardens, operation relief, day care/ respite, camp, adaptive aquatics, kayaking, bird aviary, and wheelchair accessible playground.
- JEWISH FAMILY SERVICES OF SAN DIEGO858-637-3000
www.jfssd.org
 8804 Balboa Ave., San Diego CA 92123
 Ages 16-Adult. Social and Jewish oriented group for persons with developmental and physical disabilities. Meet others and develop supportive relationships.
- KIWANIS AKTION CLUB OF NORTH COUNTY SAN DIEGO.....760-743-5490
www.aktionclub.org
msilinda@aol.com
 Aktion Club is a community service club for adult citizens who live with a disability. An official Kiwanis sponsored program.
- KPBS RADIO READING SERVICE619-594-8170
www.radioreadingservice.com
 KBPS 89.5FM, SDSU, 5250 Campanile, San Diego CA 92108
 Provides a link between the visually and physically impaired and the printed page. It keeps listeners informed and entertained through timely, practical and enlightening material. A special radio needs to be ordered through KPBS.
- LA MESA (City of) POOL.....619-667-1494
www.cityoflamesa.com
 5100 Memorial, La Mesa CA 91941
 Swimming class and provides class for individuals with disabilities.
- MUSIC FOR KIDS858-487-7867
www.musicforkidsonline.com
 16475 Bernardo Center Dr., San Diego CA 92128
 Ages 8 months–10 years. Group music lessons.

- NATIONAL CITY (City of) PARKS & REC619-336-4290
www.ci.national-city.ca.us
 Community Services, 140 E. 12th St., #B, National City CA 91950
 Provides various social, recreational and summer camp opportunities. Call for information.
- NEW DIRECTIONS TRAVEL888-967-2841
www.newdirectionstravel.org
 5276 Hollister Ave., #207, Santa Barbara CA 93111
 Quality vacations for people who have developmental disabilities. Local to international tours.
- NORTH PARK VAUDEVILLE & CANDY SHOP619-220-8663
www.northparkvaudeville.com
 2031 El Cajon Blvd., San Diego CA 92104
 Teach the STARS Theater arts program for individuals with developmental challenges.
- PALOMAR COLLEGE, DISABILITY RESOURCE CTR760-744-1150 Ext 2375
www.palomar.edu – click on “DRC”
 1140 W. Mission Rd., San Marcos CA 92078
 Ages 18+. Fall: Ski trip activities, fundraising and fun. Must be a Palomar College student.
- PARTNERSHIPS WITH INDUSTRY760-941-7534
www.pwiworks.org
 4059 Oceanside Blvd., #B, Oceanside CA 92056
 Consumer Advocacy Training Session
 A social group of individuals who meet monthly in the community to discuss issues relating to work, home, or leisure activities. Meet quarterly. \$2 donation.
- PARTNERSHIPS WITH INDUSTRY760-941-7534
www.pwiworks.org
 4059 Oceanside Blvd., #B, Oceanside CA 92056
 Job Retention Skills. A social group of individuals who meet monthly to discuss issues pertaining to having or keeping a challenging job.
- PARTNERSHIPS WITH INDUSTRY
 SOCIAL EVENT..... 619-681-1999/760-941-7534
www.pwiworks.org
 7540 Metropolitan Dr., #105, San Diego CA 92108
 Monthly social and recreational activities. Call for dates, times and fees.

- POSITIVE ACTION COMMUNITY THEATRE (PACT)760-815-8512
 www.pacthouse.org
 info@pacthouse.org
 535 Encinitas Blvd., Suite 100, Encinitas CA 92024
 Dance North County. Social skills through expressive arts.
- POWAY (City of) COMMUNITY SERVICES858-668-4595
 www.poway.org
 PO Box 789, Poway CA 92074-0789
 Provides social and recreational opportunities. Services offered to persons with special needs include bowling, socialization, and art class. Offers programs for all ages.
- POWAY (City of) POWAY SENIOR CENTER858-748-6094
 www.poway.org
 13094 Civic Center Dr., Poway CA 92064
 Elder help provided. Dancing, TiChi, yoga, bingo, art classes.
- RAY & JOAN KROC CORP COMMUNITY CTR/
 SALVATION ARMY619-287-5762
 www.kroccenter.org
 6845 University Ave., San Diego CA 92115
 Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.
- READ SAN DIEGO ADULT LITERACY619-527-5475
 www.readsandiego.org
 Malcolm X Library, 5148 Market St., San Diego CA 92114
 Assessment and one-on-one tutors to promote literacy.
- ST. MADELEINE SOPHIE'S CENTER619-442-2033
 www.stmsc.org
 2119 E. Madison Ave., El Cajon CA 92019
 Social and recreational activities and aquatics year-round. Call for information.
- SAN DIEGO (City of) ADAMS REC CENTER619-235-1149
 www.sandiego.gov/park-and-recreation/centers
 3491 Adams Ave., San Diego CA 92116
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) ALLIED GARDENS REC CTR619-235-1129
 www.sandiego.gov/park-and-recreation/centers
 5155 Greenbrier Ave., San Diego CA 92120
 Provides various social and recreational activities. Call for information.

- SAN DIEGO (City of) AZALEA REC CTR..... 619-235-1162
www.sandiego.gov/park-and-recreation/centers
 2596 Violet, San Diego CA 92105
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) BLACK MTN GYM REC CTR 619-538-8128
www.sandiego.gov/park-and-recreation/centers
 9353 Oviedo St., San Diego CA 92129
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) CABRILLO REC CTR 619-531-1534
www.sandiego.gov/park-and-recreation/centers
 3051 Canon St., San Diego CA 92106
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) CADMAN REC CTR 858-581-9929
www.sandiego.gov/park-and-recreation/centers
 4280 Avati Dr., San Diego CA 92117
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) CANYONSIDE REC CTR 619-538-8131
www.sandiego.gov/park-and-recreation/centers
 12350 Black Mountain Rd., San Diego CA 92129
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) CARMEL MTN/SABRE SPRINGS REC CTR..... 619-538-8100
www.sandiego.gov/park-and-recreation/centers
 10152 Rancho Carmel Dr., San Diego CA 92128
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) CARMEL VALLEY REC CTR..... 858-552-1616
www.sandiego.gov/park-and-recreation/centers
 3777 Townsgate Dr., San Diego CA 92130
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) CESAR CHAVEZ REC CTR 619-424-0464
www.sandiego.gov/park-and-recreation/centers
 455 Sycamore Rd., San Diego CA 92173
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) CHOLLAS LAKE REC CTR 619-527-7683
www.sandiego.gov/park-and-recreation/centers
 6350 College Grove Dr., San Diego CA 92105
 Provides various social and recreational activities. Call for information.

- SAN DIEGO (City of) COLINA DEL SOL REC CTR..... 619-235-1144
www.sandiego.gov/park-and-recreation/centers
 5319 Orange Ave., San Diego CA 92115
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of)
 DELORES MAGDALENA MEMORIAL REC CTR..... 619-235-1125
www.sandiego.gov/park-and-recreation/centers
 2902 Marcy Ave., San Diego CA 92113
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) DOYLE REC CTR..... 858-552-1612
www.sandiego.gov/park-and-recreation/centers
 8175 Regents Rd., San Diego CA 92122
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) ENCANTO REC CTR 619-527-3411
www.sandiego.gov/park-and-recreation/centers
 6508 Wunderlin Ave., San Diego CA 92114
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) GOLDEN HILL REC CTR 619-235-1138
www.sandiego.gov/park-and-recreation/centers
 2600 Golf Course, San Diego CA 92102
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) KEARNY MESA REC CTR 858-573-1387
www.sandiego.gov/park-and-recreation/centers
 3170 Armstrong St., San Diego CA 92111
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) LA JOLLA REC CTR..... 858-552-1658
www.sandiego.gov/park-and-recreation/centers
 615 Prospect St., La Jolla CA 92037
 Basketball courts, 3 large children's play areas, picnic facilities, community building
 and 2 meeting rooms, tennis courts. Serves all ages but focus is from ages 2-10 and
 seniors.
- SAN DIEGO (City of) LINDA VISTA REC CTR..... 858-573-1392
www.sandiego.gov/park-and-recreation/centers
 7064 Levant St., San Diego CA 92111
 Offering a variety of sports, arts and crafts, and recreational activities. No fee. Call
 for a brochure.

- SAN DIEGO (City of) MARTIN LUTHER KING JR REC CTR.....619-527-3415
www.sandiego.gov/park-and-recreation/centers
 6401 Skyline Dr., San Diego CA 92114
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) MID-CITY GYM REC CTR.....619-516-3082
www.sandiego.gov/park-and-recreation/centers
 4302 Landis St., San Diego CA 92105
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) MIRA MESA REC CTR858-538-8122
www.sandiego.gov/park-and-recreation/centers
 8575 New Salem St., San Diego CA 92126
 Offering a variety of sports, arts and crafts, and recreational activities. Call for a brochure. Languages spoken: English, Spanish, Chinese, Vietnamese.
- SAN DIEGO (City of) MONTGOMERY WALLER REC CTR.....619-424-0466
www.sandiego.gov/park-and-recreation/centers
 3020 Coronado Ave., San Diego CA 92154
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) MOUNTAIN VIEW COMMUNITY CTR619-527-3417
www.sandiego.gov/park-and-recreation/centers
 641 S. Boundary St., San Diego CA 92113
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) NOBEL ATHLETIC FIELDS & REC CTR.....858-552-1626
www.sandiego.gov/park-and-recreation/centers
 8810 Judicial Dr., San Diego CA 92122
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) NO. CLAIREMONT REC CTR858-581-9926
www.sandiego.gov/park-and-recreation/centers
 4421 Bannock Ave., San Diego CA 92117
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) NORTH PARK REC CTR.....619-235-1152
www.sandiego.gov/park-and-recreation/centers
 4044 Idaho St., San Diego CA 92104
 Provides various social and recreational activities. Call for information.

- SAN DIEGO (City of) OCEAN AIR REC CTR858-552-1689
www.sandiego.gov/park-and-recreation/centers
 4770 Fairport Way, San Diego CA 92130
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) OCEAN BEACH REC CTR.....619-531-1527
www.sandiego.gov/park-and-recreation/centers
 4726 Santa Monica Ave., San Diego CA 92107
 Provides various social, recreational activities and summer camp opportunities.
 Call for information.
- SAN DIEGO (City of) PACIFIC BEACH REC CTR.....858-581-9927
www.sandiego.gov/park-and-recreation/centers
 1405 Diamond St., San Diego CA 92109
 Multipurpose municipal park and recreation facility for residents of the City of San Diego. Ages 2-90. Fees vary.
- SAN DIEGO (City of) PARADISE HILLS REC CTR619-527-3419
www.sandiego.gov/park-and-recreation/centers
 6610 Potomac St., San Diego CA 92139
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) PENN ATHLETIC REC CTR619-527-3458
www.sandiego.gov/park-and-recreation/centers
 2555 Dusk Dr., San Diego CA 92139
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) PRESIDIO REC CTR.....619-692-4918
www.sandiego.gov/park-and-recreation/centers
 2811 Jackson St., San Diego CA 92110
 Provides various social and recreational activities. Call for information. Located in Old Town.
- SAN DIEGO (City of) RANCHO BERNARDO COMMUNITY CTR.....858-538-8129
www.sandiego.gov/park-and-recreation/centers
 18448 W. Bernardo Dr., San Diego CA 92127
 Ages 3-Adult. A variety of activities including sports, camps, arts and crafts.
 Cost varies. Program hours are from 12pm-9pm.
- SAN DIEGO (City of) ROBB FIELD REC CTR.....619-531-1563
www.sandiego.gov/park-and-recreation/centers
 2525 Bacon St., San Diego CA 92107
 Provides various social and recreational activities. Call for information.

- SAN DIEGO (City of) SAN CARLOS REC CTR.....619-527-3443
www.sandiego.gov/park-and-recreation/centers
 6445 Lake Badin Ave., San Diego CA 92119
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) SAN YSIDRO REC CTR.....619-424-0472
www.sandiego.gov/park-and-recreation/centers
 179 Diza Rd., San Diego CA 92173
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) SANTA CLARA POINT REC CTR.....858-581-9928
www.sandiego.gov/park-and-recreation/centers
 1008 Santa Clara Pl., San Diego CA 92109
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) SERRA MESA REC CTR.....858-573-1408
www.sandiego.gov/park-and-recreation/centers
 9020 Village Glen Dr., San Diego CA 92123
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) SILVERWING REC CENTER619-424-0465
www.sandiego.gov/park-and-recreation/centers
 3737 Arey Dr., San Diego CA 92154
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) SKYLINE REC CENTER619-527-3486
www.sandiego.gov/park-and-recreation/centers
 8285 Skyline Dr., San Diego CA 92114
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) SOUTH BAY REC CTR.....619-424-0470
www.sandiego.gov/park-and-recreation/centers
 1885 Coronado Ave., San Diego CA 92154
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) SO. CLAIREMONT REC CTR858-581-9924
www.sandiego.gov/park-and-recreation/centers
 3605 Clairemont Dr., San Diego CA 92117
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) SOUTHCREST REC CTR619-527-3413
www.sandiego.gov/park-and-recreation/centers
 4149 Newton Dr., San Diego CA 92113
 Provides various social and recreational activities. Call for information.

- SAN DIEGO (City of) STANDLEY REC CENTER.....858-552-1652
www.sandiego.gov/park-and-recreation/centers
 3585 Governor Dr., San Diego CA 92122
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) STOCKTON REC CENTER.....619-235-1163
www.sandiego.gov/park-and-recreation/centers
 330 32nd St., San Diego CA 92102
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) TECOLOTE REC CENTER858-581-9930
www.sandiego.gov/park-and-recreation/centers
 4675 Tecolote Rd., San Diego CA 92110
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (City of) THERAPEUTIC
 SERVICES PROGRAM.....619-525-8248/TDD 619-525-8249
www.sdcity.sannet.gov
 War Memorial Bldg., Balboa Park, 3325 Zoo Dr., San Diego CA 92101
 A city-wide program providing planned recreation experiences for ages 3 and up with
 any type of disability. Community inclusion opportunities and resource referral. Ages
 3-12.
- SAN DIEGO (City of) TIERRASANTA REC CTR858-573-1393
www.sandiego.gov/park-and-recreation/centers
 11220 Clairemont Mesa Blvd., San Diego CA 92124
 Provides various social and recreational activities. Pool. Call for information.
- SAN DIEGO (City of) WILLIE HENDERSON SPORTS COMPLEX.....619-527-3407
www.sandiego.gov/park-and-recreation/centers
 1035 So. 45th St., San Diego CA 92113
 Provides various social and recreational activities. Call for information.
- SAN DIEGO COUNCIL ON LITERACY.....619-574-6832
www.literacysandiego.org
 2515 Camino Del Rio So., #125, San Diego CA 92108
 Assessment and one-on-one tutors to promote literacy.
- SAN DIEGO JUNIOR THEATRE.....619-239-1311
www.juniortheatre.com
 1650 El Prado, #208, San Diego CA 92101
 Performing Arts.

- SAN DIEGO REGIONAL CENTER, COMMUNITY SERVICES858-576-2966
 www.sdrc.org
 4355 Ruffin Rd., #104, San Diego CA 92123
 Provides a variety of resources for individuals with disabilities, including fishing license.
- SAN DIEGO REGIONAL CENTER, P.E.E.R. GROUP619-596-1000
 www.sdrc.org
 Santee Office: 8760 Cuyamaca St., #100, Santee CA 92071
 Self-directed social group for adults with developmental disabilities. A group is also held in Ramona.
- SAN MARCOS (City of) COMMUNITY SERVICES.....760-744-9000
 www.san-marcos.net
 3 Civic Center Dr., San Marcos CA 92078
 Pool, swim lessons, nature center, hikes, senior center, two swimming pools.
- SUNDIAL SPECIAL VACATIONS, INC..... 800-547-9198/503-738-3324
 www.sundialtour.com
 2609 Hwy 101, N., #103, Seaside OR 97138
 Supervised vacations for developmentally disabled adults to various destinations. About two trips per month.
- SUSIE D'AGOSTINO, DANCE INSTRUCTOR619-466-4081
 www.susiedanceparty.com
 San Diego Therapeutic Recreation Services
 10152 Rancho Carmel Dr., San Diego CA
 Ages 16+. Dance instruction and team rehearsal. High energy music. Weekly classes. \$5/class, 5pm-7pm Sat; 4:45pm-6:15pm Tues; 7pm-9pm Fri. Line dancing. Dances are also held in Escondido.
- TRIPS, INC. SPECIAL ADVENTURES800-686-1013
 www.tripsinc.com
 PO Box 10885, Eugene OR 97440
 Provides all-inclusive vacation packages for people with intellectual and developmental disabilities.
- UNITED CEREBRAL PALSY, AQUATICS PROGRAM.....858-571-7803
 www.ucpsd.org
 8525 Gibbs Dr., #100, San Diego CA 92123

- UNITED CEREBRAL PALSY, YOUTH GROUP/SIBLINGS.....858-571-7803
www.ucpsd.org
 8525 Gibbs Dr., #100, San Diego CA 92123
 Ages 15-25. Youth group meets 6x/year on Friday or Saturday night. Ages 15-25.
- UNITED CEREBRAL PALSY ASSOCIATION.....858-278-5420
www.ucpsdtechcenter.org
 San Diego Assistive Technology Center
 6162 Mission Gorge Rd, #F, San Diego CA 92120
 Variety of software. Can utilize lab for appropriate applications. Speech and Augmentative assessments available.
- UNITED CEREBRAL PALSY ASSOCIATION.....858-571-7803
www.ucpsd.org
 Project Success, 8525 Gibbs Dr., #100, San Diego CA 92123
 Ages 12-22. A community service program that engages middle and high school ages youth in planning and implementing local service projects. No fee. The group meets weekly and/or biweekly at various sites throughout San Diego.
- WHEELCHAIR REGATTA, SILVERGATE YACHT CLUB.....619-222-1214
www.sgyc.org
 2091 Shelter Island Dr., San Diego, CA 92106
 Offers physically challenged San Diego citizens and their caregivers a day on the water. 1 time a year.
- YMCA—BORDER VIEW BRANCH.....619-428-1168
www.borderview.ymca.org
 3085 Beyer Blvd., #A-103, San Diego CA 92154
 Provides a variety of services including: community education programs, groups and workshops, arts and crafts classes, youth groups, and special interest groups. No age limitations.
- YMCA—EAST COUNTY FAMILY.....619-464-1323
www.eastcounty.ymca.org
 8881 Dallas St., La Mesa CA 91942
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA—JACKIE ROBINSON.....619-264-0144
www.jackierobinson.ymca.org
 151 YMCA Way, San Diego CA 92102
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.

- YMCA—LA JOLLA BRANCH858-453-3483
www.lajolla.ymca.org
 8355 Cliffridge Ave., La Jolla CA 92037
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA—MID-CITY COPLEY FAMILY619-283-2251
www.copley.ymca.org
 3901 Landis, San Diego, CA 92105
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA—MISSION VALLEY619-298-3576
www.missionvalley.ymca.org
 7610 Hazard Center, San Diego CA 92108
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA—MISSION VALLEY FAMILY619-298-3576
www.missionvalley.ymca.org
 5505 Friars, San Diego CA 92110
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA—MOTTINO760-758-0808
www.mottino.ymca.org
 4701 Mesa Dr., Oceanside CA 92056
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA—SOUTH BAY FAMILY619-421-8805
www.southbay.ymca.org
 1201 Paseo Magda, Chula Vista CA 91910
 Ages 5-17 and Adult Fitness. Recreation and childcare activities. Programs in aquatics, gymnastics, childcare, youth sports, fitness and camps. Fees vary. Languages spoken: English and Spanish.

SPORTS

- AN AQUATIC EXPERIENCE** 760-529-2488
www.iceoplexescondido.com
Lessons take place at the Iceoplex, 555 North Tulip St., Escondido CA 92025
Swimming lessons and water safety. Heated pool year-round, 2.5 meter indoor pool.
Call for prices.
- AMERICA'S YOUTH KARATE**..... 619-282-3066
www.ayop.org
7062 Convoy Ct., San Diego CA 92111
Martial Arts instruction.
- AQUA PROS SWIM SCHOOL**..... 619-209-2990
www.aquapros.org
Clairemont Boys & Girls Club, 4635 Clairemont Mesa Blvd., San Diego CA 92117
or Bay Park Health & Fitness Center, 3040 Clairemont Dr., San Diego CA 92117
Swimming lessons, swim teams, camp.
- AUTISM FITT CLUB**..... 858-483-2711
www.autismfitt.com
4440 Ingraham St., San Diego CA 92109
A systematic exercise program for individuals with autism that provides a foundation for movement, coordination, balance, and motor development in a safe and closely monitored environment for individuals with autism to help individuals feel better about themselves and enable them to be more physically independent. Please see website for details. Contact Addie Merrill, CPT.
- AYSO SAN DIEGO COUNTY YOUTH SOCCER**..... 858-653-5292
Ages 5+. For children with disabilities. Teams all over San Diego County. Ask to speak with Cindy.
- AYSO SAN MARCOS YOUTH SOCCER**..... 877-233-2976
www.sanmarcosayso.org
Ages 4.5 to 18. Serves North San Diego County. Call or visit website for information on leagues in North County area.
- BEACH ACCESS PROGRAM (ACCESSIBLE SAN DIEGO)** 619-325-7550
www.accessandiego.org
Power beach chairs available to persons with disabilities. Reservations for all beaches can be made through Accessible San Diego or by calling lifeguard stations.

- BONITA EQUESTRIAN THERAPY FOR THE HANDICAPPED INC.....619-475-9056
www.winnercircleequestriantherapy.org
 2974 Equitation Lane, Bonita CA 91902
 Provides therapeutic horseback riding for persons with disabilities.
- BOYS & GIRLS CLUB OF GREATER SAN DIEGO.....866-739-6884
www.sdyouth.org
 115 W. Woodward Ave., Escondido CA 92025
 Sports, fitness, and recreation. Day camps, art, child care. Call or go online to find your nearest location.
- CHALLENGE CENTER619-667-8644
www.challengecenter.org
 5540 Lake Park Way, La Mesa CA 91942-1607
 Provides affordable long term physical rehabilitation to those who have survived catastrophic injury or illness including adapted fitness training, aquatics fitness, circuit training, physical therapy treatments.
- CHALLENGER DIVISION OF LITTLE LEAGUE INC
- Glen Castan (City of San Diego)858-457-1245
 Leanna Long (Escondido)760-233-0202
 Tracy Riff, Chula Vista619-482-2327
 Margot, Poway.....858-748-0860
 Pete Stipp, Balboa858-279-5110 or 858-277-1580
 Deb Murray, Cholla Lake858-748-6783
 Connie Phillips, Escondido760-739-8628
 Scripps Ranch president@scrippsranchlittleleague.org
 Ages 5-18. Approximately \$50. Little League Challenger Division games provide opportunities for children with disabilities to play ball with as much or as little assistance from typical peer buddies as needed. Saturday mornings mid March-June.
- CHALLENGER FOOTBALL & CHEERLEADING760-855-1507/760-443-3935
www.palomarpopwarner.org/challenger
 Flag football in a safe, supervised environment open to all persons with mental and physical challenges. Ages 6-19 (in school) who are not able to participate in other football divisions.

- CITY OF LA MESA, COMMUNITY SERVICES 619-667-1333/619-667-1495
www.cityoflamesa.com
 4975 Memorial Dr., La Mesa CA 91941
 Offering a wide variety of recreational instructional and aquatic classes. Instructional-
 Dance, Gymnastics, Art, Tennis, Karate and more. Aquatics-Lessons for preschool
 age through adult. Adult lap swim, water exercise and Adaptive Aquatics. Fee ranges
 from \$18 to \$100.
- DEPARTMENT OF FISH & GAME 858-576-2966
www.sdrc.org
 San Diego Regional Center, Community Services
 4355 Ruffin Road, Suite 104, San Diego CA 92123
 Free fishing license. Please contact your San Diego Regional Center service
 coordinator to obtain the application. Application is needed for individuals over the
 age of 16. License is good for five years.
- DREAM RIDER EQUESTRIAN THERAPY 619-445-2576
 543 Anderson Road, Alpine CA 91901
 Provides therapeutic horseback riding for persons with disabilities. \$150 for six one-
 hour sessions.
- EASTER SEALS OF SOUTHERN CALIFORNIA
www.essc.org
 El Centro Adult Day Health Center 760-482-2777
 453 Main St., El Centro CA 92243
 North San Diego County Services and Administration 800-511-3737
 401 S. Ivy St., Escondido CA 92025
 South San Diego County Services 888-536-9562
 22 W. 35th St., National City CA 91950
 Offers a variety of services to help people with disabilities address life's challenges
 and achieve personal goals including camp and activities for adults and children.
- EASTER SEALS OF SOUTHERN CALIFORNIA 760-737-3990
www.essc.org
 Ages 9 months–15 years. 1035 E. Valley Pkwy, Escondido CA 92025
 Adaptive aquatic “Learn to Swim” program; “Parent and Me” Infant/Toddler Water
 Adjustment Program.
- ESCONDIDO CONTINENTAL LITTLE LEAGUE
www.eteamz.com

- ESCONDIDO KUNG FU, TAI CHI AND YOGA.....760-745-4495
www.escondidokungfutaichi.com
 131 So. Orange St., Escondido CA 92025
 Training in Karate and Tai Chi, Martial Arts and Yoga.
- FAMILY KARATE858-270-8636
www.familykarateusa.com
 2138 Balfour Ct., San Diego CA 92109
 Sites include: 410 W. Felicia Ave., Escondido CA 92025 and 12798 Rancho Penasquitos Blvd., San Diego CA 92129
 Martial Arts classes adapted to individual abilities, any age.
- FITNESS CLINIC FOR INDIVIDUALS
 WITH DISABILITIES.....619-594-1917
www.sdsufitnessclinic.org
 SDSU Dept. of Exercise and Nutritional Sciences, San Diego CA 92182
 A community outreach program through the School of Exercise and Nutritional Sciences at SDSU offering individuals with developmental disabilities to reach their fitness and exercise goals. Check website for schedules and prices.
- GROSSMONT COLLEGE
 ADAPTED EXERCISE CLASS.....619-644-7000
www.grossmont.edu/adaptedexercise
 8800 Grossmont College Dr., El Cajon CA 92020
 School enrollment necessary. Adaptive equipment and training provided. Call or check website to register for classes.
- H&M LANDING.....619-222-1144
www.hmlanding.com
 2803 Emerson St., San Diego CA 92106
 Offering deep sea fishing, whale watching, diving, private charters, and daily scheduled trips. Call or go to website for prices and activities.
- HEARTLAND SWIM ASSN619-593-9252
www.heartlandswim.org
 152 W. Park Ave., El Cajon CA 92021
 Provides aquatic training and swim lessons in East County.
- HELEN WOODWARD ANIMAL CENTER858-756-4117
www.animalcenter.org
 6461 El Apajo Rd., Rancho Santa Fe CA 92067
 Therapeutic horseback riding.

- HORSEMANSHIP FOR THE HANDICAPPED619-441-7868
 10400 Russell Rd., Mt. Helix, La Mesa CA 91941
 A rehabilitation and therapy program Saturdays from 8am-11am.
- ICEOPLEX.....760-489-5550
 www.iceoplexescondido.com
 555 North Tulip St., Escondido CA 92025
 Free one-time skating class on Mondays at 5:15 p.m. 50% discount for additional classes.
- KILMER'S SWIM TIME.....760-745-9600
 www.kilmersswimtime.com
 All ages and swim levels. Pool locations: Carlsbad at Pure Fitness; Escondido at Iceoplex Fitness and Aquatic Center; La Jolla at La Jolla Beach and Tennis Club and the La Jolla Shores Hotel; Del Mar at Del Mar Country Club; and Rancho Santa Fe at Cielo, The Crosby National Golf Club and The Bridges Country Club. Personalized swim instruction.
- LIGHTNING CHALLENGER SOCCER760-632-6966
 www.lightningsoccerclub.com
 Children with special needs ages 5-18. Please call or check the website for further information.
- MIRACLE LEAGUE OF SAN DIEGO (THE)858-964-2222
 www.miracleleagueofsandiego.org
 3525 Del Mar Heights Rd., #602, San Diego CA 92130
 Baseball league for children with mental and/or physical challenges. Games are played at the Ingle Field, a Little Padres Park, at San Dieguito Regional Park.
- MISSION BAY AQUATIC CENTER858-488-1036
 www.missionbayaquaticcenter.com
 1001 Santa Clara Pt., San Diego CA 92109
 Rentals of boats, surfboards, and various aquatic recreational equipment. Call for fees.
- MURRAY CALLAN SWIM SCHOOLS.....858-273-7946
 www.murraycallanswimschools.com
 1012 Law St., Pacific Beach CA 92109
 Swim lessons. Call for fees and schedules.
- NATIONAL JR BASKETBALL LEAGUE760-510-2845
 www.njbl.org
 info@encinitasnjbl.org
 Boys and Girls. Encinitas area.

- PENINSULA LITTLE LEAGUE619-226-6462
www.eteamz.com/PeninsulaLL
 2750 Famosa St., San Diego CA 92107
 Challenger League Baseball at Cleator Park in which every player gets the opportunity to play. Please see website for information regarding the baseball season.
- POOL PALS619-209-2990
www.sd-autism.org
 4635 Clairemont Mesa Blvd., San Diego CA 92117
 Adaptive swim lessons. Monthly family pool and pizza parties.
- POWAY GYMNASTICS858-748-1716
www.powaygymnastics.com
 12850 Brookprinter Pl., Poway CA 92064
 Gymnastic classes. Call for fees and schedules.
- POWAY YOUTH BASKETBALL LEAGUE858-746-7155
www.pybl.com
10pybl@gmail.com
 14781 Pomerado Rd., PMB# 228, Poway, CA 92064
 Grades 3-12. Learn basic basketball skills.
- RAY & JOAN KROC CORP CMTY CTR/SALV ARMY619-287-5762
www.kroccenter.org
 6845 University Ave., San Diego CA 92115
 Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.
- REINS760-731-9168
www.reinsprogram.org
 4461 So. Mission Rd., Fallbrook CA 92028
 Therapeutic horseback riding. Call for fees and schedules.
- SAN DIEGO ADAPTIVE SPORTS FOUNDATION619-336-1806
www.sdasf.org
 2727 Hoover Ave., National City CA 91950
 Year round sports teams and tournaments and camps.

SHARP GROSSMONT HOSPITAL

RECREATION THERAPY PROGRAMS 619-740-4104/858-939-3048

5555 Grossmont Center Dr., La Mesa CA 91942

Recreation therapists are available to meet with individuals with physical limitations and provide leisure education and community referrals to other local adaptive programs. Sharp recreation therapists also work closely with many community agencies that serve persons with disabilities to provide a community network of programs and services for San Diegans with physical limitations. Call to arrange for an appointment.

SKY SAILING AT WARNER SPRINGS760-782-0404

www.skysailing.com

31930 Hwy 79, Warner Springs CA 92086

Scenic sailplane rides for one to two persons. Introductory lessons. Call for fees and schedules.

SPECIAL OLYMPICS, SAN DIEGO COUNTY619-283-6100

www.specialolympicssandiego.com

10977 San Diego Mission Rd., San Diego CA 92108

Ages 8+. Offers a wide variety of sports. Year round.

SPORTS FOR EXCEPTIONAL ATHLETES858-565-7432

www.s4ea.org

8291 Aero Pl., #150, San Diego CA 92123

Ages 5–adult. A new sports program servicing athletes with developmental disabilities in San Diego County. Multiple sports offered throughout the year.

STAR/PAL.....619-531-2718

www.starpal.org

4110 54th St., San Diego CA 92105

Sports training, academics and recreation/police athletic league.

ST MADELEINE SOPHIE'S CTR AQUATIC TRAINING CTR619-442-1919 Ext 3114

www.stmsc.org

Ages 6 months to adult. Aquatic classes for disabled/nondisabled individuals. Year round program. Private lessons, adaptive aquatics, Arthritis Foundation Aquatic Program, Aqua Fitness. Call for fees and schedules.

SUSIE D'AGOSTINO DANCE INSTRUCTION619-466-4081

www.susiedanceparty.com

10152 Rancho Carmel Dr., San Diego CA 92128

Adults. Dance instruction and socialization. Call for fees and schedules.

- SWIMMING—ALLIED GARDENS..... 619-235-1129
www.sandiego.gov
 6707 Glenroy St., San Diego CA 92120
 Swim lessons. Call for schedules and fees.
- SWIMMING—BALBOA PARK..... 619-692-4920
www.sandiego.gov
 Bud Kearns Memorial, 2229 Morley Field Dr., San Diego CA 92104
 Swim lessons. Call for schedules and fees.
- SWIMMING—CARMEL VALLEY..... 858-552-1623
www.sandiego.gov
 3777 Townsgate Dr., San Diego CA 92130
 Swim lessons. Call for schedules and fees.
- SWIMMING—CITY HEIGHTS..... 619-641-6126
www.sandiego.gov
 4380 Landis St., San Diego CA 92105
 Swim lessons. Call for schedules and fees.
- SWIMMING—CLAIREMONT 858-581-9923
www.sandiego.gov
 3600 Clairemont Dr., San Diego CA 92117
 Swim lessons. Call for schedules and fees.
- SWIMMING—COLINA DEL SOL..... 619-235-1147
www.sandiego.gov
 4150 54th Pl., San Diego CA 92115
 Swim lessons. Call for schedules and fees.
- SWIMMING—ENCANTO 619-262-9388
www.sandiego.gov
 Martin Luther King Jr Memorial Park, 6401 Skyline Dr., San Diego CA 92114
 Swim lessons. Call for schedules and fees.
- SWIMMING—KEARNY MESA..... 858-573-1389
www.sandiego.gov
 3170 Armstrong, San Diego CA 92111
 Swim lessons. Call for schedules and fees.
- SWIMMING—SAN YSIDRO-VISTA TERRACE 619-424-0469
www.sandiego.gov
 301 Athey Ave., San Ysidro CA 92173-1415
 Swim Lessons. Call for schedules and fees.

- SWIMMING—TIERRASANTA.....858-636-4837
 www.sandiego.gov
 11238 Clairemont Mesa Blvd., San Diego CA 92124
 Swim lessons. Call for schedules and fees.
- SWIMMING—UNIVERSITY CITY858-552-1653
 www.sandiego.gov
 Swanson Memorial, 3585 Governor Dr., San Diego CA 92122
 Swim lessons. Call for schedules and fees.
- TEACH (THERAPEUTIC EQUESTRIAN ACTIVITY CENTER
 FOR THE HANDICAPPED).....619-596-2025
 PO Box 1428, Lakeside CA 92040
 Therapeutic horseback riding lessons. Call for fees and schedules.
- UCSD CANYONVIEW AQUATICS PROGRAM858-534-6034
 9500 Gilman Dr., La Jolla CA 92093
 Adaptive aquatic programs for physically challenged. Call for more information.
- UCP SPORTS ADAPTED AQUATICS.....858-571-7803
 www.ucpsd.org
 8525 Gibbs Dr., #100, San Diego CA 92123
 Ages 5–Adult. Offers intermediate-to-advanced level swim training throughout the
 year for individuals with cerebral palsy and other disabilities.
- UCP OF SAN DIEGO AQUATICS PROGRAM.....858-571-7803
 www.ucpsd.org
 8525 Gibbs Dr., #100, San Diego CA 92123
 Intermediate and Elite level training program for adults and children (5+ years) with
 physical disabilities.
- WAVE HOUSE ATHLETIC CLUB858-488-3110
 www.wavehouseathleticclub.com
 3115 Ocean Front Walk, San Diego CA 92109
 Mission Bay Aquatics adaptive swim program. Lift for wheelchairs available.
- YMCA-PENINSULA FAMILY BRANCH619-226-8888
 www.peninsula.ymca.org
 4390 Valeta St., San Diego CA 92107
 Youth sports program for children ages 3-15. Call for fees and schedules. Language:
 English/Spanish

YOGA FOR THE SPECIAL CHILD.....760-443-8096
janspainpt@hotmail.com
Jan Spain, PT
Ages 4-Adult. Therapeutic recreational approach for people with developmental disabilities.

TRANSPORTATION

- 5-1-1 511
www.511sd.com
511 is a free phone and Web service that consolidates the San Diego region's transportation information into a one-stop resource. 511 provides up-to-the-minute information on traffic conditions, incidents and driving times, schedule, route and fare information for San Diego public transportation services, carpool and vanpool referrals, bicycling information and more.
- AIM.....760-337-8002
ADA Paratransit services in Imperial County.
- AIR CARE ALLIANCE (National Patient Travel Help-Line) 800-296-1217
www.aircareall.org
Provides information and resources for free tickets or reduced rate tickets for persons with disabilities on all airlines.
- ANGEL FLIGHT.....310-390-2958
www.angelflight.org
3161 Donald Douglas Loop South, Santa Monica, CA 90405
Free air transportation on a private aircraft for needy people with health care problems.
- BAYSIDE COMMUNITY CENTER858-278-0771
www.baysidecc.org
2202 Comstock St., San Diego CA 92111
Transportation for seniors involved with Bayside Community Center.
- CALIFORNIA PARATRANSIT SERVICES, INC619-231-9657
Transportation services for the ambulatory, handicapped and senior citizens.
- CARE-A-VAN..... 800-326-2450/760-729-5199
Serving all of North County, accepts Medi-Cal for medical appointments.

CARING NEIGHBORS—LUTHERAN SOCIAL SERVICES	619-476-7055
www.lssccc.org	
Provides free transportation twice a month to seniors or disabled, who meet income requirement and live in South Bay. The trips are for medical purposes and necessary errands.	
CHULA VISTA TRANSIT (CVT)	619-233-3004
www.ci.chula-vista.ca.us	
Call for information.	
CLOUD 9 SHUTTLE	800-974-8885
www.cloud9shuttle.com	
123 Camino De La Reina, San Diego CA 92108	
Service to and from the airport.	
COASTER	800-262-7837
www.gonctd.com	
Coaster Express Rail line. Services Oceanside, Carlsbad, Encinitas, Solana Beach, Sorrento Valley, Old Town and San Diego.	
COLLEGE AVENUE SENIOR CENTER	619-583-3300
www.jfssd.org	
4855 College Ave., San Diego CA 92115	
Transports seniors to and from the center.	
COUNTY TRANSIT SYSTEM (CTS)	619-233-3004
www.sdcommute.com	
East San Diego County.	
CULTURE CARAVAN	760-724-3154
www.cityofvista.com	
Recreational trip. Cost varies depending on excursion.	
DISCOUNTED CABS FOR SENIORS	
Yellow Cab (www.driveu.com)	619-234-6161
JOAN'S JOURNEY	619-889-0103
www.stridesd.org	
Transportation provided for shopping, doctor's visits, errands, etc. Central San Diego, North County, Beaches.	
LIDLAW TRANSPORTATION	619-440-1215
LEMON GROVE SHUTTLE	619-233-3004

LIFELINE/LIFT.....	760-726-1111
Paratransit provider for the North County area.	
MTS.....	888-517-9627
www.sdcommute.com	
ADA transportation for Central San Diego Zone (City of San Diego)	
NATIONAL PATIENT AIR TRANSPORT.....	800-296-1217
www.patienttravel.org	
info@nationalpatienttravelcenter.org	
4620 Haygood Rd., #1, Virginia Beach VA 23455	
Provides medical transport for medically fragile.	
NO VACANCY.....	760-471-5346
www.stridesd.org	
Transports to and from day programs.	
NORTHEAST RURAL.....	800-858-0291
NORTH COUNTY TRANSIT DISTRICT (NCTD).....	800-266-6883
www.gonctd.com	
Carpool, public bus and trolley information.	
PENINSULA SHEPARD SENIOR CENTER.....	619-223-1640
www.peninsulashepherdseniorcenter.com	
1475 Catalina Blvd., San Diego CA 92107	
Provides transportation to individuals who reside in the zip codes 92106, 92107 and part of 92110. \$4.50 donation.	
POWAY TRANSIT.....	858-748-8152
www.poway.org	
REGIONAL TRANSIT INFORMATION.....	800-COMMUTE
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