Recreational Resources Guide
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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ACKNOWLEDGEMENTS

Special thanks to Barbie Lynch

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Kids Included Together
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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 ABLE .................................................................................................858-627-9498  
    www.campable.net  
    Ages 6+. Summer day camp. Silver Strand State Beach, Coronado.

CAMP AT THE BAY .............................................................................619-525-8247  
    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-CHINNOCK .................................................................310-751-3057  
    www.dys.org  

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-CAN .................................................................................................858-715-0678  
    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 IVEY ...............................................................................................760-722-4839  
    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 JAYCEE .............................................................................................858-362-1132  
    www.lfjcc.org/campjaycee  
    Ages 2-16. Summer day camp. 1 or 2 week sessions. Inclusion setting. La Jolla.
CAMP LA JOLLA ........................................................................................... 800-825-8746
www.camplajolla.com
Ages 8-18. Weight loss and fitness program with traditional camp activities.

CAMP OLIVER ............................................................................................ 619-445-5945
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 PAIVIKA ............................................................................................ 909-338-1102
www.abilityfirst.org
Ages 5-Adult. Year residential, Crestline, CA.

CAMP QUEST ............................................................................................... 619-296-0162
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 SKY ...................................................................... 619-682-7427
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

CAMP WET & WILD .................................................................................. 619-525-8247
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 CAMPS .................................. 619-409-5979
www.chulavistaca.gov/rec
Ages 6-17. Summer day camp.

COMMUNITY CAMPERSHIP COUNCIL OF SAN DIEGO ....................... 858-268-9888
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.destinationscience.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.southerncal.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 CITY......................619-336-0630
www.southerncal.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 & REC............................................760-633-2740
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 SCOUTS ...............................................................619-298-8391
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 CAMP ..................................619-421-7032
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/jnwheelchaircamp.php

JUVENILE ARTHRITIS CAMP ......................................858-495-1877 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 CENTER ....................................858-488-1036
www.missionbayaquatic.org
Ages 6-17. Learn to sail, surf, windsurf and kayak.
MISSION BAY WATER SPORTS CAMP ......................................................858-539-2003
www.watersportscamp.com
Ages 6-17. Wakeboarding, waterskiing, surfing, sailing and more.

NATIONAL CITY (City of) PARKS & REC ........................................619-336-4290
www.ci.national-city.ca.us
Ages 6-12. Community Services Division. Camps for every week during summer.

OCEANSIDE (City of) PARKS & REC ..............................................760-435-5233
www.ci.oceanside.ca.us
Ages 6-12 (depends on individual camps). Camps for every week during summer.

PALOMAR CHRISTIAN HORSE CAMP .............................................760-742-3438
www.pcc.org
Learn to care for and ride horses, trail rides, camp fires, show, cookouts, archery, swimming, basketball and more.

PARKWAY CENTER SPRING CAMP .............................................619-691-5083
Ages 6-12. Spring break (March-May) day camp.

POWAY (City of) LAKE POWAY DAY CAMP ....................................858-668-4679
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 & REC .....................................................858-668-4595
www.poway.org
Community Services Division. Summer day camps, extended day care. Sports camps, mini camps, swim lessons.

PROJECT TURNAROUND ..............................................................858-481-3998
www.project-turnaround.org
710 S Nardo Ave., Solana Beach CA 92075

RAWHIDE RANCH .................................................................760-758-0083
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 CMTYCTR/SALVATION ARMY ................................. 619-287-5762
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 CENTER ........................................... 619-298-6121
Residential camp includes aquatics, boating, canoeing, kayaking, arts and crafts, fishing, nature study, swimming and more.

SAN MARCOS (City of) PARKS & REC ........................................... 760-744-9000
www.ci.san-marcos.ca.us
Ages 6-14. Community Services Division. Day camps for every week during summer.

SCAMP CAMP ................................................................. 619-297-3901
www.lungusa.org
Ages 8-13. Week long camp in Julian for children with asthma, medical supervision allows for traditional camp activities.

SEAWORLD ADVENTURE CAMP .......................................... 800-380-3202
www.seaworld.org/camp
Day and residential camps include a nonstop animal adventure.

SOLANA BEACH (City of) PARKS & REC ................................. 858-793-2564
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 CAMP ................................................................. 800-285-3276
www.supercamp.com
Residential camp to teach learning and life skills during summer camp. Includes basketball, soccer, swimming and more in Oceanside.

SURFERS HEALING FOUNDATION ........................................... 949-492-1398
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 CAMPS ..................................................................................619-260-2999
www.usdcamps.com
sportscamps@sandiego.edu
USD Sports Camp Office, Sports Center, 5998 Alcala Park, San Diego CA 92110
Day camps include baseball, basketball, field trips, soccer, swimming, tennis and more.

VISTA (City of) PARKS & REC .................................................................760-726-1340
www.cityofvista.com/departments/parks
Ages 5-12. Community Services Division. Day camps for every week during summer.

WHEELCHAIR CAMP .............................................................................619-336-1806
www.sandiego.gov/park-and-recreation/activities
Sign-ups begin in May. Inclusion support available. Call for application procedure.

YMCA—BORDER VIEW ........................................................................619-428-1168
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 MARSTON .....................................................................760-765-0642
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 RAIN TREE .....................................................................760-765-0642
www.camp.ymca.org
Ages 9-16. Residential summer camp with focus on horsemanship.

YMCA—CAMP SURF ...............................................................................760-765-0642
www.camp.ymca.org
Day and residential camps including surfing, body boarding, kayaking, archery, arts and crafts, fishing, nature study and swimming.

YMCA—COPLE Y FAMILY ...................................................................619-283-2251
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 COUNTY ................................................................. 619-464-1323  
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 FAMILY ........................................... 760-758-0808  
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 CAMP ........................................................... 858-453-3483  
www.lajolla.ymca.org  
8355 Cliffridge Ave., La Jolla CA 92037  
Ages 3-17. Summer day camp.

YMCA—MAGDELENA ECKE FAMILY .................................................. 760-942-9622  
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 VALLEY ................................................................. 619-298-3576  
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 FAMILY..............................................................................760-745-7490
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 FAMILY........................................................................619-226-8888
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 FAMILY.............................................................................858-484-8788
www.rancho.ymca.org
9410 Fairgrove Ln., San Diego CA 92129

YMCA—SOUTH BAY FAMILY.......................................................................619-421-8805
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 CENTER.....................................................................619-445-7330
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 COUNCIL .........................619-298-6121
www.sdicbsa.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—SUPPORT SERVICES OFFICE

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

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 BRANCH

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 BRANCH

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

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 VISTA

www.bgcvc.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

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 BRANCH .................................. 760-745-0515  
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 BEACH .................................................. 619-424-2266  
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 BRANCH ...............................619-525-1739  
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 CITY ...........................................619-477-5445  
www.bgcnec.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 COUNTY .........................................760-728-5871  
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—OCEANSIDE ...............................................760-433-8920  
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 BRANCH .......................... 760-721-5851
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 DIEGO .......................................................... 858-273-1645
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 DIEGUITO ................................................... 858-481-4116
www.positiveplacesd.org
14125 Mango Dr., Del Mar CA 92014
K-6th Grade. After-school program. M-F 12pm-6pm.

BOYS & GIRLS CLUB—SAN MARCOS....................................................... 760-471-2490
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—VISTA .................................................................760-724-6606  
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 BRANCH .........................................760-749-9822  
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 COUNTY ........................................619-291-8985  
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 PROGRAM .........................................................619-574-1641  
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 OFFICE .....................................................858-694-2845  
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  

GRAHAM CRACKER KIDS & COMPANY................................................619-258-7571  
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 DEPT ............................. 760-726-1340
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 BRANCH ........................................ 858-484-8788
www.rancho.ymca.org
9410 Fairgrove Ln., San Diego CA 92129

YMCA—SOUTH BAY FAMILY ........................................... 619-421-8805
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 DIEGO

619-293-3500
www.a2isd.org
1295 University Ave., #10, San Diego CA 92103
Provides various resources and social activities.

ACCESSIBLE SAN DIEGO

858-279-0704
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 DIEGO

858-715-3780
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.bario-station.org
2175 Newton Ave., San Diego CA 92113
BAYSIDE SETTLEMENT HOUSE–LINDA VISTA BRANCH .......................... 858-278-0771
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 CTR ....................................... 760-434-2824
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 CENTER............................................................... 619-428-2125
www.infocasafamilia.org
212 W. Park Ave., San Ysidro CA 92173
Provides various social and recreational activities. Call for information.

CHARLES I. CHENEWETH FOUNDATION............................................. 619-267-7054
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 THEATER ............................................................... 619-588-0206
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 CENTER............... 619-691-5086
www.lifeoptionssouthbay.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 CONNECTION ............................ 619-409-5800
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 FACILITATION ........................................... 760-729-3866
www.communityinterfaceservices.org
Promotes access to recreational opportunities for adults and children with developmental disabilities.

CORONADO (City of) REC CENTER ......................................... 619-522-7342
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 COMPLEX ........................................619-388-4883
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 CENTER ........................................760-943-2260
www.ci.encinitas.ca.us
1140 Oak Crest Park Dr., Encinitas, CA 92024
Community and senior activities.

ENCINITAS (City of) PARKS & REC ..............................................760-633-2740
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 CRUISES ..................................................................619-686-8715
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 DIEGO ................................. 858-637-3000
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 SERVICE .................................................. 619-594-8170
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 KIDS ................................................................. 858-487-7867
www.musicforkidsonline.com
16475 Bernardo Center Dr., San Diego CA 92128
Ages 8 months–10 years. Group music lessons.
NATIONAL CITY (City of) PARKS & REC ............................................... 619-336-4290
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 TRAVEL .............................................................. 888-967-2841
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 SHOP ................................... 619-220-8663
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 CTR .......................... 760-744-1150 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 INDUSTRY ...................................................... 760-941-7534
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 INDUSTRY ...................................................... 760-941-7534
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 SERVICES .................................................. 858-668-4595
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 CENTER ............................................. 858-748-6094
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 ARMY .......................................................... 619-287-5762
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 LITERACY .................................................. 619-527-5475
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 CENTER .................................................. 619-442-2033
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 CENTER ........................................... 619-235-1149
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 CTR ........................................... 619-235-1129
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 CTR...........................................858-538-8122
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 CTR..........................619-527-3417
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 CTR.................................858-581-9926
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 CTR .................................................858-552-1689
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 CTR ........................................619-527-3419
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 CTR ........................................619-527-3458
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 CENTER.................................619-424-0465
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 CENTER .........................................619-527-3486
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 CTR.................................858-581-9924
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 CTR.................................619-527-3413
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 CENTER ........................................ 858-581-9930
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 CTR ........................................ 858-573-1393
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 SERVICES .................. 858-576-2966
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. GROUP ....................... 619-596-1000
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 INSTRUCTOR ................................. 619-466-4081
www.susiedanceparty.com
San Diego Therapeutic Recreation Services
10152 Rancho Carmel Dr., San Diego CA
$5/class, 5pm-7pm Sat; 4:45pm-6:15pm Tues; 7pm-9pm Fri. Line dancing. Dances are also held in Escondido.

TRIPS, INC. SPECIAL ADVENTURES ......................................... 800-686-1013
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.ucpsdstechcenter.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 BRANCH .......................................................... 858-453-3483
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 COLEY FAMILY ........................................... 619-283-2251
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 VALLEY .......................................................... 619-298-3576
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 FAMILY ........................................... 619-298-3576
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—MOTTINO ........................................................................ 760-758-0808
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 FAMILY .................................................... 619-421-8805
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 Icoplex, 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.

AUTISMFITT 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 CENTER.................................................................619-667-8644
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 Vista.................................................................619-482-2327
Margot, Poway..........................................................858-748-0860
Pete Stipp, Balboa..............................................................858-279-5110 or 858-277-1580
Deb Murray, Cholla Lake.........................................................858-748-6783
Connie Phillips, Escondido.........................................................760-739-8628
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 & CHEERLEADING..................760-855-1507/760-443-3935
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

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

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

Provides therapeutic horseback riding for persons with disabilities. $150 for six one-hour sessions.

EASTER SEALS OF SOUTHERN CALIFORNIA

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

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 KARATE ........................................................................................... 858-270-8636
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 ASSN ........................................................................... 619-593-9252
www.heartlandswim.org
152 W. Park Ave., El Cajon CA 92021
Provides aquatic training and swim lessons in East County.

HELEN WOODWARD ANIMAL CENTER .................................................................. 858-756-4117
www.animalcenter.org
6461 El Apajo Rd., Rancho Santa Fe CA 92067
Therapeutic horseback riding.
HORSEMANSHIP FOR THE HANDICAPPED.................................619-441-7868
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 SOCCER ........................................760-632-6966
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 CENTER .................................................858-488-1036
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 LEAGUE ........................................760-510-2845
www.njbl.org
info@encinitasnjb.org
Boys and Girls. Encinitas area.
PENINSULA LITTLE LEAGUE ................................................................. 619-226-6462
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 PALS .......................................................................................... 619-209-2990
www.sd-autism.org
4635 Clairemont Mesa Blvd., San Diego CA 92117

POWAY GYMNASTICS ........................................................................ 858-748-1716
www.powaygymnastics.com
12850 Brookprinter Pl., Poway CA 92064
Gymnastic classes. Call for fees and schedules.

POWAY YOUTH BASKETBALL LEAGUE ........................................... 858-746-7155
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 ARMY ...................... 619-287-5762
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.

REINS ..................................................................................................... 760-731-9168
www.reinsprogram.org
4461 So. Mission Rd., Fallbrook CA 92028
Therapeutic horseback riding. Call for fees and schedules.

SAN DIEGO ADAPTIVE SPORTS FOUNDATION .............................. 619-336-1806
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 SPRINGS ............................................................... 760-782-0404
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 COUNTY .............................................. 619-283-6100
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 ATHLETES .................................................. 858-565-7432
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 CTR ........ 619-442-1919 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 INSTRUCTION ............................................ 619-466-4081
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 CITY ............................................................ 858-552-1653
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 PROGRAM ........................................ 858-534-6034
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 CLUB ......................................................... 858-488-3110
www.wavehouseathleticclub.com
3115 Ocean Front Walk, San Diego CA 92109
Mission Bay Aquatics adaptive swim program. Lift for wheelchairs available.

YMCA-PENINSULA FAMILY BRANCH ............................................... 619-226-8888
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 CENTER ................................................................. 858-278-0771
www.baysidecc.org
2202 Comstock St., San Diego CA 92111
Transportation for seniors involved with Bayside Community Center.

CALIFORNIA PARATRANSIT SERVICES, INC .................................................. 619-231-9657
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.

LAIDLAW 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.peninsulashepherdsseniorcenter.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
www.sdcommute.com

SOUTHEAST RURAL ......................................................................................800-858-0291

WHEELCHAIR GETAWAYS, INC.........................................................800-474-4883/619-474-4883
Rental vans for wheelchair users.

WHEELERS WEST ..........................................................................................800-456-1371
State-of-the-art mini-van rentals.
BOOKS ABOUT ACTIVITIES IN SAN DIEGO

ACCESS SAN DIEGO, 5th Edition................................................................. 006077259X

ACCESS IN SAN DIEGO 2010 GUIDE.................................................. www.asd.travel

AFOOT & AFIELD IN SAN DIEGO COUNTY:
A COMPREHENSIVE HIKING GUIDE, 4TH Edition................................. 0899974287
   Jerry Schad, Wilderness Press, 2007

BACK COUNTRY ROADS & TRAILS
(SAN DIEGO COUNTY)........................................................................ 096172885X
   Jerry Schad, Centra Publications, 1995

BEACH & PARK ACCESS GUIDE FOR SAN DIEGO.................................. 0910390460
   William Carroll, Auto Book Pr, 1996

BEACH WALKING IN SAN DIEGO COUNTY............................................. 0910390339
   William Carroll, Coda Publications, 1992

BEST DEALS AND STEALS IN SAN DIEGO: THE ULTIMATE
CONSUMER GUIDEBOOK TO SAN DIEGO AND ENVIRONS,
8TH ED. (THE).................................................................................... 0933717237

CAMPER’S GUIDE TO SAN DIEGO
COUNTY CAMPGROUNDS..................................................................... 0962040266
   Leander and Rosalie Peik, Peik’s Enterprises, 1992

DAY OUTINGS FROM SAN DIEGO ON A TANK OF GAS...................... 0964018500
   Matt Gandall, Gem Guides Book Company, 1999

DISCOVER SAN DIEGO (OVER 200 THINGS
TO DO, PLACES TO GO)......................................................................... 0962040258
   Leander and Rosalie Peik, Peik’s Enterprises, 1992

FIELDING’S SAN DIEGO AGENDA, 2nd Edition................................. 1569521530
   Marael Johnson, Fielding Worldwide, Inc., 1997

FODOR’S SAN DIEGO, 19th Edition (Fodor’s Gold Guides)................... 1400014204
   Fodor’s Travel Publications, Inc., 2004
FREE THINGS & MORE IN SAN DIEGO II .................................................. 0910390495
William Carroll, Coda Publications, 1997

FROMMER'S SAN DIEGO 2007 ................................................................. 0470042117
Mark Hiss, Frommer's, 2006

HAPPENINGS IN SAN DIEGO COUNTY .............................................. 0910390347
William Carroll, Coda Publications, 1992

HIDDEN SAN DIEGO: INCLUDING LA JOLLA, THE ZOO, SAN DIEGO COUNTY BEACHES AND TIJUANA .................................................. 1569754586
Ellen Clark and Ray Riegert, Ulysses Press, 2005

HISTORIC RAMBLES ................................................................. 0910390363
William Carroll, Coda Publications, 1993

LOBSTER KIDS’ GUIDE TO EXPLORING SAN DIEGO (KIDS CITY EXPLORER SERIES) ................................................................. 1894222520
Dina Jo Madruga and Christine Battuz, Lobster Press, 2002

MORE ADVENTURES WITH KIDS IN SAN DIEGO ............................ 0932653456
Judy Botello, Sunbelt Publications, 2001

OUTDOORS SAN DIEGO: HIKING, BIKING AND CAMPING .............. 1928905048
Tom Leech and Jack Farnan, Premier Publishing, 2004

SAN DIEGO FAMILY MAGAZINE .................................................. www.sandiegofamily.com

SAN DIEGO PARENT ........................................................................ www.parenthood.com

SECRET SITES OF HISTORIC TRIVIA IN SAN DIEGO ...................... 0910390444
William Carroll, Coda Publications, 1995

WALKER’S GUIDEBOOK TO ALL SAN DIEGO (A) ........................... 0910390479
William Carroll, Coda Publications, 1997

WALKING IN SAN DIEGO: WHERE TO GO TO GET AWAY FROM IT ALL ........................................................................ 0898866928