



[ABOUT US](#)   [NEWS & UPDATES](#)   [RESOURCES](#)   [EVENTS](#)   [SPECIAL NEEDS RESOURCE LIST SAN DIEGO](#)

## RECREATION

### [<<Return to the Index Page](#)

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### RECREATION

#### **Adaptive Sports and Recreation Association**

Year round league sports, sports mentor and mentee program, and recreational sports for children and adults with physical disabilities and Jr. wheelchair sports camp for kids.

PO Box 153792

SD, 92195

619-336-1806

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

#### **Adventure Ski and Snowboard School**

Certified Recreational Therapist School Director and Professional Ski Instructors, experienced with special needs use a one-on-one approach to teach people of all ages, abilities and disabilities how to ski or improve their skiing or snowboarding in a large, safer, carpeted, school setting. They have helped train the coaches and the athletes for Special Olympics, the visually impaired and their guides, and people with ASD, one leg, no legs, spinal injury, and almost any other special need.

1105 S. Coast Hwy. 101

Encinitas, CA 92024

760-942-2188

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

#### **America the Beautiful Access Pass, National Parks Service**

U.S. residents with documented disabilities are eligible for a free pass to all national parks, historic sites and recreation areas that charge entrance fees.

[www.nps.gov](http://www.nps.gov)

#### **A Night to Remember Prom**

A prom honoring students with special needs ages 15-22 yrs. old. Honored Guests get hair/make-up done, limo rides, and walk down the red carpet complete with paparazzi before entering the dance/dinner. It's also a night of integration as each student with special needs is partnered up with a San Diego high school student who serves as their host.

3030 Market St., SD, 92102

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

#### **AquaNuts Swimming**

Fun swim lessons for all ages in your pool by a special education teacher, lifeguard and highly accredited American Red Cross swim instructor.

619-787-7047

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

#### **Aqua Pros Swim School**

Pool Pals swimming program for children with Autism and annual surf camp.

4635 Clairemont Mesa Blvd. (Located in Boys & Girls Club)

SD, 92117

619-209-2990

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

### **Arms Wide Open**

Instructors guide students on a journey through dance, movement and percussion, enabling the dancer with special needs to learn and work at their own pace while enjoying and appreciating dance and performing choreography. Free of charge.

237 East Main St.

El Cajon, CA 92020

619-579-6197

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

### **ASD Mornings at the Nat**

On the second Wednesday of every month, the San Diego Museum of Natural History will open at 9 a.m., one hour earlier than its standard 10 a.m. opening time, to provide a quiet and less crowded environment for visitors with ASD and similar diagnoses. They may explore the Museum's galleries at their own pace and watch a private showing of a movie in the giant screen theater with a lower volume and higher light levels. The Museum will also offer a quiet room from 9 a.m. to noon if visitors need to decompress or desensitize. Please RSVP in advance online.

1788 El Prado, Balboa Park

SD, 92101

877-946-7797

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

### **AYSO VIP (Very Important Player) Program**

Program provides a quality soccer experience for children and adults with physical or mental disabilities. The emphasis is on participation and fun!

800-872-2976

[www.ayso.org/VIP](http://www.ayso.org/VIP)

### **Barnes Tennis Center Wheelchair Program**

A program for children and adults with physical handicaps. Beginning, intermediate and advanced levels.

4490 W. Point Loma Blvd.

SD, 92107

619-221-9000

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

### **Best Buddies California**

(Middle and High School)

A program for elementary, middle, and high school, as well as college students, which pairs students with intellectual and developmental disabilities in one-to-one friendships with typical peers. Planned social events within the group provide the opportunity to have friends outside of their own special education classroom. See listing under College and the Adult Transition for young adult opportunities.

310-642-2620, x206

[MelissaPeterson@bestbuddies.org](mailto:MelissaPeterson@bestbuddies.org)

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

### **Blue Roses Girls Group**

Formed to foster making and sustaining friendships with activities (such as fashion shows, camps and more) aimed at teen girls with Autism, ASD, and social challenges due to special needs.

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

### **Bubbles Swim School**

Offers instructional swim for students of all ages and abilities, starting as young as two months old. Dedicated to providing the highest quality of instruction and safety. Call for an evaluation.

10369 Campo Rd.

Spring Valley, CA 91978

619-660-0128

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

**Capability Ranch**

Activity center for youth with disabilities to help nurture the creative talents and abilities of children and young adults with developmental delays by exposing them to a variety of enriching activities and events that inspire their imagination, enhance creative abilities and entertain. Full working ranch with rescued animals and a guest house with rooms for optional overnight stay.

18030 Highland Valley Rd.

Ramona, CA 92065

914-582-5901

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

**Challenged America: Adaptive Sailing for Kids and Adults**

All volunteer sailing program complete with adaptive equipment that allows persons with physical disabilities the chance to learn to sail.

955 Harbor Island Dr. #130

SD, 92101

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

**Challenged Athletes Foundation (CAF)**

9591 Waples St.

SD, 92121

858-866-0959

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

**Children's Choir/Voices in Unity**

Free, inclusive K-6 children's and 7-12 grade youth choirs led by Soprano Lynn Mendoza-Khan. Children participate in spring and fall semester vocal and performance lessons and choir practice culminating in a final performance at semester's end. No prior choral experience necessary. No summer choir.

First Unitarian Universalist Church of San Diego

4190 Front St., SD, 92103

619-298-9978

[www.firstuusandiego.org/children-and-youth-choirs](http://www.firstuusandiego.org/children-and-youth-choirs)

**Color, Construct, Create**

Fun, therapeutic, and skill-enhancing art class designed for school age children with and without special needs, Afterschool programs and summer camps available.

PO Box 504384, SD, 92128

858-472-6009

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

**Creative Stages of Dance/New Dramatic Arts**

San Diego Danceworks offers introductory and private dance lessons for children with special needs.

2653 Ariane Dr.

SD, 92117

858-272-7456

[www.sddanceworks.com/about/creative-stages](http://www.sddanceworks.com/about/creative-stages)

**Danceology Performing Arts Campus**

Adaptive Dance is a dance class introducing the basics of ballet and creative movement to girls with special needs ages 4-8yrs. In a fun and inviting atmosphere, dancers will be able to learn and explore the art of dance. Dancers will have the opportunity to perform in the holiday show and June showcase.

10750 Thornmint Rd, Ste 102

San Diego, CA 92127

858-613-1155

[www.danceology.biz](http://www.danceology.biz)

**Dance Therapy with Addie's AutismFitt and MetroDanceSD**

MetroDanceSD instructors are partnered up with an Addie's OT/PT to teach children how to dance. These classes could incorporate the following: tap, jazz, ballet, pointe, contemporary, hip hop, break dancing, tumbling, hula and tumbling.

7850 Mission Center Ct. #100

SD, 92108

619-578-2232

861 Harold Pl. #205  
Chula Vista, CA 91914  
[www.autismfitt.com](http://www.autismfitt.com)

### **Dance this Ability: Malashock Dance Co.**

In partnership with St. Madeleine Sophie's Center, Malashock Dance facilitates a program where young adults are integrated into a professional dance environment at Dance Place San Diego. Teaching artists provide a weekly dance class that incorporates fine and gross motor skills, spatial awareness, musicality, self-expression through movement, and pattern sequencing into an upbeat instructional setting. Students warm up, complete improvisation exercises, and learn a special piece of choreography.

Dance Place San Diego  
2650 Truxtun Rd. #202, SD, 92106  
619-260-1622  
[www.malashockdance.org](http://www.malashockdance.org)

### **Dance with Me: Dance and Company**

This 50-minute class is designed for young children with special needs to express themselves through simple dance movements, enhance motor skills, improve health, increase flexibility, develop confidence and increase social skills.

6635 Flanders Dr. #D, SD, 92121  
858-750-3021  
[www.danceandcompany.com](http://www.danceandcompany.com)

### **Department of Fish and Wildlife**

Free fishing license (for those 16 and older).  
San Diego Regional Center, Community Services/Phil Patton  
4355 Ruffin Rd. #104  
SD, 92123  
858-576-2966  
Fax: 858-586-2827  
[www.sdrc.org](http://www.sdrc.org)

### **Dixon Lake-Accessible Cabin**

Accessible camping for persons with physical disability.  
1700 North La Honda Dr.  
Escondido, CA 92027  
Park Ranger: 760-839-4680  
[www.escondido.org/Dixon-Lake-accessible-cabin.aspx](http://www.escondido.org/Dixon-Lake-accessible-cabin.aspx)

### **Easter Seals of Southern California**

Summer camp at Big Bear: for ages 9 months and up.  
1035 E. Valley Pkwy.  
Escondido, CA 92025  
760-737-3990

### **Environmental Traveling Companions**

Plans excursion trips (kayaking, rafting, skiing) for people with disabilities.  
Fort Mason Center Landmark Bldg. C, San Francisco, CA 94123  
415-474-7662  
[www.etctrips.org](http://www.etctrips.org)

### **Family Karate**

Karate programs for the physically challenged.  
410 W. Felicita Ave.  
Escondido, CA 92025  
760-746-0983  
12798 Rancho Peñasquitos Blvd. SD, 92129  
858-484-4747

**Flip Force**

Tumbling, martial arts and dance classes open to people with all abilities in a faith-based environment.

9282 Miramar Rd., SD, 92126

<http://flipforcesandiego.com>

**Floaties Swim School**

Water safety: All children need to learn to swim. In the situation of a child who is less aware of his surroundings and challenged with communication, it is even more crucial. Waterproof your child!

13180 Poway Rd.

Poway, CA 92064

851 Showroom Pl. #102

Chula Vista, CA 91914

877-277-7946

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

**GB Productions' STARS Program at North Park Vaudeville and Candy Shoppe**

The STARS Theater Arts program for individuals with intellectual disabilities puts an emphasis on developing abilities in stage presence, comedy improvisation, reading and memorizing scripts, costuming, and working as a team to support fellow actors. Groups meet each week to learn and practice acting, directing and other theater skills. Actors perform in multiple productions throughout the year and proceeds from STARS shows support the program.

2031 El Cajon Blvd.

SD, 92104

619-647-4958

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

**Get Air**

Recreational trampolines are a fun way for people of all ages and abilities to improve their vestibular system and balance. Must be able to jump on one's own.

Birthday parties available; discounts offered, depending on the day.

12160 Community Rd.

Poway, CA 92064

858-848-1AIR (1247)

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

2755 Dos Aarons Way

Vista, CA 92081

760-478-5867

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

**Grossmont College Adapted Aerobic Classes**

School enrollment necessary. Adaptive equipment and training provided.

Disabled Student Services

8800 Grossmont College Dr.

El Cajon, CA 92020

Jane Nolan; 619-465-1700 x7112

**Grossmont Recreation Therapy**

Various activities including gentle fitness, arthritis aquatic program, aquacize, adaptive aquatics program, SPLASH and adaptive golf clinic. Including programs for stroke survivors and family members.

5555 Grossmont Center Dr.

La Mesa, CA 91941

**Heart of Sailing San Diego**

Therapeutic sailing adventures for children and adults with disabilities.

Shelter Island Cove Marina

2240 Shelter Island Dr.

SD, 92106

Janeane Manker

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

**I Can Play!**

(See listing under Infant/Toddler Specific)

**Ice Plex Special Skaters Program**

30-minute class is designed for individuals of all ages who would like to learn how to ice skate. Skate rentals included with class. Coaches are available for private lessons.

555 N. Tulip St.

Escondido, CA 92025

760-489-5550

[www.iceplexescondido.com/skatingschool/special-skater-program](http://www.iceplexescondido.com/skatingschool/special-skater-program)

**Include Autism Baseball League**

Baseball inclusion program provides a league experience to youth who are diagnosed with Autism. It raises Autism awareness in the communities located throughout San Diego County by pairing up teams from Include Autism with local youth baseball players. Promotes a fun, athletic experience for all involved. Held at Twin Trails Park in Rancho Peñasquitos.

PO Box 720072

SD, 92172

858-603-9835

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

**InnerDancer Performing Arts**

Peer and friendship centered social interaction and dance development program for all abilities engaging the individual with all abilities first, rather than attempting to fit students into a one-size-fits-all repertoire. Weekly classes and inclusive performance opportunities.

PO Box 373

Del Mar, CA 92014

602-502-2743

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

**Jet Blue: Blue Horizons for Autism**

Partnering with Autism Space, local organizations, Jet Blue has produced a video, "I Can Fly" Social Story-book, and yearly family events to help those with Autism/ASD confront the fears and anxiety that can be associated with flying. Dedicated line and web link for travelers with disabilities.

800-538-2583

[www.jetblue.com/travel/special-needs](http://www.jetblue.com/travel/special-needs)

**Juan Carlos Organization Zumba For All**

Lisbeth Garces and her team provide inclusive Zumba in various locations around San Diego. Calendar of weekly events.

619-971-3904

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

**Kids Included Together (KIT)**

(See listing under Inclusion)

**KidVentures**

Provides a safe, fun and nurturing environment for San Diego families. Facilities offer the ideal setting for children with special needs. Staff works with educators, occupational therapists and child psychologists to provide a welcoming place to learn and play.

4S Ranch

10760 Thornmint Rd., SD, 92127

858-207-6088

Eastlake

851 Showroom Pl.

Chula Vista, CA 91914

619-651-8622

Liberty Station; 2865 Sims Rd.

SD, 92106

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

**Little League: Challenger Division**

Division of Little League for children with any physical or mental disability aged 4-18. Use the league finder tool to find the Challenger division nearest you.  
[www.littleleague.org/learn/about/divisions/challenger.htm](http://www.littleleague.org/learn/about/divisions/challenger.htm)

### **Little Miss Wheelchair California**

Scholarship competition based on advocacy, achievement, communication and presentation. Its purpose is to select the most accomplished and articulate young lady to represent people living with disabilities in the general public, business community and government.

[www.mswheelchaircaliforniafoundation.com/Junior-Miss](http://www.mswheelchaircaliforniafoundation.com/Junior-Miss)  
[mwheelchair2010@yahoo.com](mailto:mwheelchair2010@yahoo.com)

### **The Miracle League of San Diego**

Provides children with special needs the opportunity to play baseball in an organized league at two locations (Del Mar and Coronado). Spring and fall sessions for ages 5 and up. Players are matched with a buddy (not a parent) for the season. Volunteers needed.

Engel Family Field  
 1628 Lomas Santa Fe Dr.  
 Del Mar, CA 92014

Green Field  
 7th & G Ave.  
 Coronado, CA 92118  
 858-964-2222

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

### **Miracle Movers Special Needs Dance Program, Performing Arts Workshop**

Classes for children with special needs 2-8 focusing on creative movement therapy, mind body connection, spatial awareness exercises and dance vocabulary.

1465 Encinitas Blvd. #A102  
 Encinitas, CA 92024  
 760-753-2671

### **Mountain High Adaptive Ski Program**

Adaptive lessons are 1:1 under the supervision of the Mountain High Winter Sports School. The instructors are PSIA trained in adaptive ski techniques to serve students with a variety of disabilities including the blind, deaf, amputees, post-polio, Spina Bifida, birth defects, paralysis, Cerebral Palsy and cognitive disability. Students must be over the age of 4, able to "hold head upright" through jerking motions and must maintain breathing on their own. Lessons are taught in January and February (tentatively in March), by reservation only and include private instruction, lift ticket, adaptive equipment and standard ski equipment rental. Lesson must be requested at least 72 hours in advance to ensure equipment and instructor availability. Includes fitting of equipment.

760-316-7860

[www.mthigh.com/lessons-rentals/lessons/adaptive-lessons](http://www.mthigh.com/lessons-rentals/lessons/adaptive-lessons)

### **Murray Callan Swim School**

Inclusive swim classes based on the individual needs of each child.

1012 Law St.  
 SD, 92109  
 858-273-7946

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

### **The New Children's Museum**

Offering a safe, interactive and engaging environment in which children of all ages and abilities can participate in hands-on art-making experiences and other sensory activities.

[200 West Island Ave.](http://200WestIslandAve.com)  
 SD, 92101  
 619-233-8792  
[thinkplaycreate.org](http://thinkplaycreate.org)

### **North County Gymnastics and the Gymninny Kids**

Classes are designed to help children 15 months and up, including those with high-functioning disabilities, experience gymnastics in a fun and positive environment. Class ratio is no more than five kids per instructor.

17022 Camino San Bernardo  
SD, 92127  
858-451-0204  
[www.gymninnykids.com](http://www.gymninnykids.com)

### **PACT (Positive Action Community Theatre)**

Theater and dance programs designed to empower kids with special needs through performance.

Dance North County  
535 Encinitas Blvd. #101  
Encinitas, CA 92024  
760-815-8512  
[www.pacthouse.org](http://www.pacthouse.org)

### **Poway Youth Basketball League, Challenged Division**

Challenged athletes program for youths with intellectual disabilities. All games will be played in Meadowbrook Middle School's gym.

12320 Meadowbrook Ln.  
Poway, CA 92064  
PO Box 502183, SD, 92150  
[www.pybl.com](http://www.pybl.com)

### **RE Spectrum Community**

Soccer and recreational activities for San Diego area children with Autism Spectrum Disorders. Committed to building community relationships for those with ASD.

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

### **Rise and Shine Christian Choral Program**

The San Diego Chorister Guild's free program for children with developmental or cognitive disabilities 8-18 is open to all children regardless of family church affiliation. Sponsored by the Guild and the Clairemont Lutheran Church, the choir requires parents attend while children learn basic musicianship and vocal training. Group meets at 1 p.m. on Sundays.

Clairemont Lutheran Church  
4271 Clairemont Mesa Blvd.  
SD, 92117  
760-807-6359  
[klundeen@hotmail.com](mailto:klundeen@hotmail.com)  
[www.choristersguildsandiego.org](http://www.choristersguildsandiego.org)

### **San Diego Chill Hockey League**

Low-priced, amateur ice hockey league for boys and girls 7-12 with disabilities who are physically able to play but unable to participate in a typical organized league. Ice, equipment, coaching and mentoring provided.

UTC Ice Sports Center  
4545 La Jolla Village Dr.  
SD, 92122  
[www.sandiegochill.org](http://www.sandiegochill.org)

### **San Diego Civic Youth Ballet**

Everybody has the opportunity to dance at SDCYB, as they embrace and celebrate the diversity of their students. Ballet for Me! is a classical ballet program specifically designed for children ages 6 to 10 with unique physical needs. Join them in the heart of Balboa Park for class and discover the excellence and creativity that ballet can inspire in every student.

1650 El Prado, #209  
Casa del Prado Building, Balboa Park, SD, 92101  
619-233-3060  
[www.sdcyb.org](http://www.sdcyb.org)

### **San Diego Down Syndrome**

Partners with local resources to provide unique recreational activities for families of children with Down Syndrome.

1736 Tavern Rd.  
Alpine, CA 91901

619-208-7152

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

### **San Diego Park and Recreation Dept.**

Therapeutic recreation services. Full range of amazing and inclusive camps and recreational programs for children and adults with special needs.

619-525-8247

[kfenick@sandiego.gov](mailto:kfenick@sandiego.gov)

[jmrichards@sandiego.gov](mailto:jmrichards@sandiego.gov)

### **San Diego Soccer Club's TOPSoccer Program**

Any player, ages 4 and up, who possesses a physical or mental disability which limits their ability to perform at the level of play they have chosen to participate is eligible for this community-based soccer program.

Westview High School Stadium

13500 Camino Del Sur

SD, 92129

[sdsctopsoccer@gmail.com](mailto:sdsctopsoccer@gmail.com)

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

### **Sensory Friendly Films**

Bimonthly films with lowered sound and more light for kids with sensory needs.

AMC Mission Valley

640 Camino Del Rio N.

SD, 92108

AMC Palm Promenade

770 Dennery Rd.

SD, 92154

### **Sensory Story Time at the San Diego Central Library**

Children ages 4-11 who have difficulty in large groups, are on the Autism Spectrum, or experience sensory overload are welcome to this interactive program on the third Saturday of the month. Books, songs, movement and therapeutic activities will provide children with new skills and encourage peer interaction. Call to register as space is limited.

330 Park Blvd.

SD, 92101

619-236-5800

[www.sdpl.bwcbhosting.com/cal/main/showEventList.rdo?jsessionid=D5D1072E284D07AAEBCD2AC430A884DC](http://www.sdpl.bwcbhosting.com/cal/main/showEventList.rdo?jsessionid=D5D1072E284D07AAEBCD2AC430A884DC)

### **Sing, Move and Play Music Academy**

Offers 1:1 piano and group keyboard lessons from certified instructors for children 3-adult. Music can help physical, emotional, intellectual and social development. Try Harmony Road group instruction (18 months to 11 years): an exciting, comprehensive early childhood music program, designed to help children discover the world of music through motivating materials and activities which develop the whole child.

17197 Patina St., SD, 92127

858-449-3606

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

### **Sky Sailing at Warner Springs**

Adaptive soaring equipment for young adults with physical disabilities.

31930 Hwy. 79

Warner Springs, CA 92086

760-782-0404

[soar@skysailing.com](mailto:soar@skysailing.com)

### **SMYBB Shooting Stars**

Inclusive program for children 5-22 with a variety of social, intellectual and mild physical disabilities to learn and enjoy basketball in a fun, non-competitive environment, some with "buddies" (basketball mentors). Program at Corky Smith Gym. Sundays, October-January.

760-504-7242

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

[coachrick@smybbshootingstars.com](mailto:coachrick@smybbshootingstars.com)

**SpecialCare Travel**

(See listing under Adaptive Equipment)

**Special Needs Playdate**

Monthly, all-ages playdates organized by a local San Diego mom with the intent of bringing families together to play and share. Siblings welcome.

Tiffany Lees, organizer

760-481-2201

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

**Special Olympics of Southern California/SD County**

We offer FREE, year-round sports training and competition for children and adults with intellectual disabilities. Participation develops improved physical fitness, greater self-confidence and a more positive self-image.

10977 San Diego Mission Rd.

SD, 92108

619-283-6100

[www.sosc.org/sandiego](http://www.sosc.org/sandiego)

**Sports for Exceptional Athletes**

Community-based sports program serving athletes with developmental disabilities ages 5 through adult. Offers 24 sports in four sports seasons for persons with and without disabilities to interact and form lasting bonds of friendship through shared sports and recreational activities in their community.

9575 Aero Dr. #B, SD, 92123

858-565-7432

[www.s4ea.org](http://www.s4ea.org)

**St. Madeleine Sophie's Center Adaptive Swim Lessons and Competitive Swim Team**

Year round, warm water adaptive swim lessons for ages six months to adult with special needs. All lessons are taught by experienced, certified swim instructors who provide a low student to teacher ratio. Adaptive swim team workouts are available for swimmers who want to compete. Pre-registration is necessary.

2119 E. Madison Ave.

El Cajon, CA 92019

619-442-5129 x114

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

**Stand Up Paddle Boarding**

Paddle boarding is a great way to build core strength, aid in development of gross motor skills and attention, help develop dynamic balance skills by requiring the child to make constant postural adjustments and challenge bilateral coordination skills as it takes two hands working together in a coordinated manner to propel the board forward. This is a great sensory processing activity for kids and will challenge vestibular, proprioceptive and tactile systems, aiding in strengthening and calming the child.

Addie's AutismFitt Club

7850 Mission Center Ct. # 100

SD, 92108

619-578-2232

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

**Stars Karate**

(USA Freestyle Martial Arts)

Free karate lessons for children with disabilities 4 and older, typical siblings welcome in special classes but must pay.

3125 Rosecrans St., SD, 92110

619-224-9600

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

**Surfin Fire**

Year-round, safe, individual and group surf lessons and surf camps at Oceanside Pier, Encinitas and Carlsbad borders for all ages and most abilities by a decorated Encinitas firefighter with swift water rescue certification and his trained and dedicated staff. They provide surfboards and full wetsuits to add warmth and sun protection to all surf camp surfers and private guests.

6714 Lemon Leaf Dr.

Carlsbad, CA 92011

760-438-0538

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

### **Susie Dance Party and Instruction**

Working with the special needs community since 1990 through Disabled Services Program of San Diego. Regular instruction at Carmel Mt. Ranch Rec. Center.

619-303-4685

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

### **Swiftkick Martial Arts**

Applied martial arts program for kids with special needs where students work on balance, courage, self-awareness and core strength in a safe, non-threatening setting. Private sessions are available.

16775 Bernardo Center Dr. #F1

SD, 92128

858-385-1600

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

### **Swim2John**

One-on-one swim program from 17 months old for most abilities. After 30 months of age, coach insists you will have a swimming child in 10 days!

858-444-6092

[www.swim2john.com](http://www.swim2john.com)

### **Teens In Motion (TIM) YMCA**

Exciting afterschool program that provides supervision and support to high school students with disabilities and special needs.

3333 Camino del Rio S. #400

SD, 92108

619-521-3055, Ext. 1402

### **TERI Campus of Life Enrichment Programs**

Agriculture, equestrian, culinary, fitness and performance and music programs for students and adults with special needs including the Peas 'N Carrots 4-H club (the first of its kind to serve those with developmental disabilities and their siblings). Focus is on social interaction, fitness, healthy lifestyles and great nutrition choices.

251 Airport Rd.

Oceanside, CA 92058

760-721-1706

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

### **ThoughtSTEM Coding and Computer Science**

The world of technology offers a unique experience to draw upon the abilities of students with Asperger's and high functioning ASD. Their patience and expertise in computer science education helps students 8-18 engage in fun projects while becoming expert coders. During their afterschool programs, weekend workshops and camps, teachers and college mentors use familiar games like Minecraft and child-friendly programs to teach computer science and game design. Call for assessment.

858-869-9430

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

### **TOPSoccer (Outreach program through La Jolla Youth Soccer)**

Available to athletes between the ages of 5 to 18 years old with a range of mental or physical challenges. Athletes are placed into groups based on ability, not age. All activities are designed based on the needs of the athletes.

3908 Torrey Pines Rd.

La Jolla, CA 92037

858-869-7895

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

### **Traveler's Aid**

Makes arrangements for travelers with special needs. Provides special assistance for tourists, visitors and the homeless, and contacts friends and relatives, and offers crisis intervention on a limited basis.

1501 Imperial Ave., SD, 92101

619-233-8500, x1157  
 ronta9@aim.com  
[www.travelersaidsandiego.org](http://www.travelersaidsandiego.org)

### **Tumble Wee Dance**

They strive to create an environment where gymnasts and dancers can be instructed in a competitive atmosphere with highly qualified instructors at a reasonable rate. Students of all ages and skill levels accepted.

170 Denny Way  
 El Cajon, CA 92020  
 619-631-7596  
[www.tumbleweedance.com](http://www.tumbleweedance.com)

### **UCP Assn of San Diego County Aquatics Program**

Intermediate and elite level training program for adults and children (6+ years) with physical disabilities.

8525 Gibbs Dr. #100  
 SD, 92123  
 858-571-7803

### **UCSD Aquatics Programs**

Adaptive aquatic programs for physically challenged.

9500 Gilman Dr.  
 La Jolla, CA 92093  
 858-534-6034

### **Ultra Star Cinemas Parent Movie Morning and Sensory Friendly Films**

Early bird pricing, reduced volume, dimmed lights and plenty of stroller parking make these viewing opportunities for new parents and children with special needs unique to the typical movie experience.

7510 Hazard Center Dr. #100  
 SD, 92108  
 619-685-2841  
[www.ultrastarmovies.com](http://www.ultrastarmovies.com)

### **USD Football and Baseball Player Mentor Program**

USD Toreros teams and Autism Tree Project Foundation (ATPF) are active in mentoring kids with Autism. The Toreros host ATPF families at every home game, where the kids get to cheer on their players during the game and throw and catch balls with the players post game.

2845 Nimitz Blvd. #C, SD, 92106  
 619-222-4465  
[www.autismtreeproject.org/programs/usd-football-mentor-program](http://www.autismtreeproject.org/programs/usd-football-mentor-program)

### **VALR Martial Arts Center**

Martial arts for any ability; inclusive practices for children 4 and up.

12943 Pomerado Rd.  
 Poway, CA 92064  
 858-668-1887  
[www.valrmartialarts.com](http://www.valrmartialarts.com)

### **We Rock the Spectrum Kid's Gym**

Provides children of all ages and abilities with a fun and nurturing environment to help them in the areas of strength, movement, sensory processing, communication, positive behavior modification, social interactions and self-care skills through open, safe play. Choose from swinging, jumping and zip line heaven in the main play space, creativity in the art room or calm time in our sensory room. Classes, mini camps, private play and birthday parties available.

10175 Rancho Carmel Dr. #A12  
 SD, 92128  
 858-798-5353  
[www.werockthespectrumsandiegocmr.com](http://www.werockthespectrumsandiegocmr.com)

### **Wheelchair Dancers Organization**

All of the classes are free and available to all ages and abilities interested in the art of wheelchair dancing. Eight-week programs offered around San Diego in

ballroom dance, Latin and other forms.

858-573-1571

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

### YMCA of San Diego County

Swim lessons, sports leagues, day camps and overnight camps for children preschool and up all summer long. Kids learn, grow and thrive making lasting friendships and memories. Children with special needs are always welcome at the Y.

3708 Ruffin Rd.

SD, 92123

858-292-9622

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

## PHOTO GALLERY

TAP

### TWEET TWEET

Surfing Madonna A Surf Camp for children with special needs.  
<https://t.co/1Ow1FpK8F1> <https://t.co/HrYzyzCaxl>

*about 1 hour ago*

Need something fun to do this weekend in #SanDiego?  
<https://t.co/5AwnYCSw3D> <https://t.co/eQVq10Ap4a>

*19 days ago*

Surfing Madonna A Surf Camp for children with special needs.  
<https://t.co/1Ow1FpK8F1> <https://t.co/ckQvFM5cVL>

*21 days ago*

### NEWS & UPDATES

Defining Success in Parenting – No Matter How Special Your Kids Are

Book Reviews for Families with Special Needs

How One Woman Defied the Experts and Nurtured the Spark Inside Her Son Who Has Autism

Celebrate Jasmine's Bunting Company

Thank You Mission Federal Credit Union!

### CONTACT US

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Phone: 619.685.6970

[More info...](#)

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