



RECREATIONAL OPPORTUNITIES FOR FAMILIES & CHILDREN WITH SPECIAL NEEDS

Family Resource Network has compiled this list for of families of children with special needs so that they may be aware of the broad range of recreational opportunities for their children. FRN does not endorse nor sponsor any of the listed events. If you have information regarding additional recreational opportunities please contact FRN at 472-3674 or 800-847-3030. You can also e-mail us at [FRNfamilies @aol.com](mailto:FRNfamilies@aol.com).

Many programs have fees associated with them. Please contact individual programs for more details.

Recreation Sports Club of San Joaquin:

Providing recreational and leisure sports opportunities to the special needs population in San Joaquin County. Activities throughout the year include; dances, hockey, softball, bowling, soccer, volleyball, bocce, and fishing. Contact Roger Slingerman at 403.8878 or visit their website www.rscofsanjoaquin.org.

Special Olympics:

Offering activities throughout the year. Call 957.2436 The Special Olympics mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for persons six years of age and older with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with families, other Special Olympic athletes and the community. A wide choice of activities is available. Activity times vary. Visit their website www.sonc.org for more information.

Sailing:

Learn to sail, must be able to swim. Ages 8-18, call for details 951.5690 or visit their website www.stocktonsc.org.

Summer Art Workshop:

For children ages 5-10 visit the Haggin Museum website for details www.hagginmuseum.org.

YMCA:

Offering multiple programs for children of all ages, call 472.9622 for details, or visit their website www.ymcasjc.org.

Children's Museum of Stockton

402 W. Weber Avenue
Stockton, CA
209.465.4386
www.stocktongov.com/childrensmuseum

George H. Clever Planetarium

5151 Pacific Avenue (Delta College)
Stockton, CA
209.954.5354
www.deltacollege.edu/dept/planetarium

The Haggin Museum

1201 N. Pershing Avenue (Victory Park)

Stockton, CA

209.940.6300

www.hagginmuseum.org

Oak Grove Regional Park and Nature Center

4520 W. Eight Mile Road

Stockton, CA

209.953.8814

www.mgzoo.com

Fun Town at Micke Grove Zoo

11793 N. Micke Grove Rd.

Lodi, CA

209.369.5437

www.mgzoo.com

Lodi Lake Park

W. Turner Rd & Mills Avenue

Lodi, CA

209.333.6890

www.lodi.gov

San Joaquin County Historical Museum

11793 N. Micke Grove Rd

Lodi, CA

209.953.3460

www.sanjoaquinhistory.org

Great Valley Museum of Natural History

1100 Stoddard Avenue

Modesto, CA

209.575.6196

www.mjc.yosemite.edu/greatvalley

McHenry Museum

1402 I Street

Modesto, CA

209.577.5366

www.mchenrymuseum.org

Angels Camp Museum

753 S. Main Street

Angels Camp, CA

209.736.2963

Heifer Project Ceres Education Center

3906 E. Don Pedro Rd.
Ceres, CA
209.537.8996
www.heifer.org

**Jamestown Railway
Railtown 1897 State Historic Park**

Fifth Ave. & Reservoir Rd.
Jamestown, CA
209.984.3953
www.csrnf.org

Oakdale Museum

212 W. F Street
Oakdale, CA
209.847.9229
www.oakdalemuseum.homestead.com/museum.html/

Calaveras County Historical Society

30 N. Main Street
San Andreas, CA
209.754.1058

Tuolumne County Museum & History Center

158 W. Bradford Avenue
Tuolumne, CA
209.532.1317

Sutter Creek Gold Mine

13660 Hwy 49
Sutter Creek, CA
866.762.2837
www.suttergold.com

Carnegie Arts Center

250 N. Broadway
Turlock, CA
209.668.5698

Yosemite

Campground Reservations	800.436.7275
Weather/Road Conditions	209.372.0200
Lodging Reservations	559.252.4848
Park Activities	209.372.0200

www.yosemitepark.com

Boy Scouts of America

Offers summer camping experiences for all Scouts ages 7 – 18. Call 510.577.9000 x 118
Camp information is available at www.sfbac.org.

California's Great America

Located in Santa Clara, Amusement park for the entire family. Fully accessible, with ample handicapped parking. Disabled guests receive a pass to save a place in line and return when it is time to ride. Park is open during the summer season. Call for more information 408.988.1776. Purchase tickets online for additional savings www.cagreatamerica.com.

Camp Arroyo

A partnership among the Taylor Family Foundation, East Bay Regional Park District, and the YMCA of the East Bay and provides camping experiences for children with life-threatening diseases and disabilities. Lodging, food, sports, arts, crafts, special projects and hospitality are the focus. No Charge. Located in the Livermore area. Call 925.455.5008, or visit their website at www.ttff.org.

Camp Coelho

Sponsored by the Epilepsy Foundation of Northern California, welcomes ages 9-15 with the primary diagnosis of epilepsy. The camp is located at Yosemite Ridge Camp Wawona surrounded by Yosemite National Park. Activities include archery, arts & crafts, camp fires, horseback riding, and swimming. June 2009. Neurologist or Epileptologist and nursing staff will be on hand throughout the week. Call for details 800.632.3532 .

Camp Costanoan

Sponsored by Via Services, Inc., serves children ages 5+ and adults with developmental and physical disabilities. The camp is located in the Santa Cruz Mountains and offers a fully-equipped playground, nature trails, petting zoo, horseback riding ring, arts & crafts and music building sessions. Summer sessions are 6, 8, or 9 days and are divided according to age and disability. Camper/staff ratio is 2:1 or 1:1 for physically disabled, and 1:1 or 1:3 for developmentally delayed. Call 408.243.7861 x 214 for details, or visit their website www.viaservices.org.

Camp Harmon

Run by Easter Seals Central California and located in the redwood forests of Santa Cruz Mountains. Designed for accessibility. Nine camping sessions are offered during the summer with each designed for a specific age group. For individuals with developmental or physical disabilities. Camper ratio 2:1, call 831.684.2380 for details, or visit their website at <http://centralcal.easterseals.com>.

Camp Opehay

Sponsored by Youth Bipolar Foundation of Northern California, designed for children and adolescents age 9-17, diagnosed with bipolar/mood disorder. August 9-11, 2008 at the Taylor Family Foundation's beautiful Camp Arroyo in the Livermore Valley. Camp Opehay is a safe, supportive environment professionally staffed and organized to meet the needs of each camper. Campers will gain self-acceptance, further knowledge of their diagnosis, and build friendships in a fun setting. Activities include swimming, nature hikes, arts & crafts, dancing, music, climbing wall, and interactive games. For more information visit their website www.campnewhope.net or email campnewhopearroyo@yahoo.com.

Christian Berets

A non-denominational, non-profit camp, providing unique opportunities for persons with disabilities. Situated on 46 acres in the Sierra Mountains. This camp is ADA certified and wheelchair accessible. A registered nurse is on site 24 hours a day to provide skilled care for guests. Activities include archery, croquette, bocce ball, foosball, table tennis, softball, basketball, horseshoes, boating, fishing, hiking, shuffle board, volleyball and arts & crafts. For more information call 209.542.7993, or visit their website www.christianberets.org.

Northern California Junior Sports Camp

Sports and recreation camp for children with disabilities. This camp offers archery, basketball, table tennis, track & field, tennis, swimming and other sports. Day camps are also available. For more information contact Adam Elix at 408.369.6543.

The Painted Turtle

This is a multi-disease medical specialty camp and family care center which offers week-long, illness specific summer sessions and fall and spring family weekends. This camp offers swimming, boating, fishing, dancing and fun. Expert medical care is provided 24/7 on site. Facilities are universally accessible. Contact Jameen Fitzgerald at 661.724.1500 or visit their website www.thepaintedturtle.org.

Westminster Woods

Christian camp on the lower Russian River, offering a friendship camp for adults with developmental disabilities ages 18+, June 20-July 5. 1:3 staff ration. Campers need to be ambulatory and continent. Camp activities include swimming, non-competitive sports, arts & crafts, movement and music. Call 707.874.2426 for details, or visit their website www.westminsterwoods.org.

Alameda Recreation and Park Department (A.R.P.D.)

Family Adventures offers camping experience for the whole family at South Lake Tahoe's "Camp Concord". August 18-22, 2008. Packed with activities. Cost (varies for age of individuals attending) includes individual cabins, communal bathhouses, washers and dryers and camp meals. Campground is wheelchair accessible. Contact (510) 747-7529.

Alameda Sand Castle and Sand Sculpture Contest

Robert Crown Memorial State Beach. Free event co-sponsored by the Bay View Women's Club, East Bay Regional Park District, Alameda Youth Committee and the Alameda Recreation and Park Department. Register for participation or just come and view the wonderful sculptures. June 2009. Call (510) 747-7529 for more information.

Adventures and Outings & B.A.T.I. (Blind Accessible Trails Initiative)

Offers a wide range of recreation opportunities to children and youth with disabilities, parents with disabilities and their families and to individuals with disabilities. Adult and youth sports programs and biking (hand cycling and tandem biking) are available. To receive a copy of current outings call (510) 849-4663. Information is available in various formats. To reserve space at an outing call Lori Gray at (510) 843-4398 after 10-2pm,

Tuesday or Thursday or leave a message. Recorded information at (510) 849-4663, X980 or visit www.borp.org.

Bay Area Disabled Sailors

Offer a *free* bay sailing opportunity for disabled individuals on Sundays at noon in San Francisco. The crew is very experienced in making accommodations to make this exhilarating sport available to everyone. Call (415) 281-0212 for recorded information and event contacts or visit www.baads.org.

BEACH WHEELCHAIRS

All-terrain wheelchairs which allows users to access beaches without sinking into the sand are now available at an increasing number of parks and recreation areas. In the East Bay Regional Park area, these wheelchairs are available at Don Castro (Castro Valley), Quarry Lakes (Fremont), Shadow Cliffs (Pleasanton), Lake Temescal (Oakland), and Crown Memorial (Alameda). Beach wheel chairs are also available at Doran Regional Park in Bodega Bay and Spring Lake in Santa Rosa. If you know that you will be visiting a California State Park where a beach is involved visit California State Parks at www.parksca.gov and click on accessible park/beach information and then on the park. Use the park's contact information to call ahead so that beach wheelchair use can be arranged.

Cal Adventures

(Strawberry Canyon) offers outdoor adventure activities like rock-climbing, sailing, sea kayaking, and windsurfing for children and youth ages 8-17 years and sports camps for children as young as 5 years. The program accepts children with mild disabilities and offers some scholarships. Call (510) 642-4000 or try www.oski.org.

Camp Rubber Soul

Located 160 miles north of San Francisco on the coast between Albion and Mendocino. Camp Rubber Soul began in 1989, formed to provide a week day camp for parents and campers with disabilities. Visit their website www.camprubbersoul.org for dates and details.

Crab Cove

Come explore marine life during low tide, participate in recreational activities and experience interactive stations. Wheelchair accessible, including ramp to explore tide pools at low tide. Open Wednesday through Sunday 10 AM – 4:30. Crab Cove Visitor Center, 1252 McKay Ave., Alameda (AC Transit lines 51 or 63) Call (510) 521-6887 for information or visit ccove@ebparks.org.

Disabled Sports USA

Offers both summer and winter sports activities. In the summer adaptive instruction is available in cycling, golf and waterskiing. Adaptive adventures include 4-wheel drive outings, white water rafting, camping and water sports. From December through April (weather permitting) the **Tahoe Adaptive Ski School** (at Alpine Meadows resort) offers instruction in adaptive snow sports including skiing and snowboarding. Minimum age for these activities is 5 years. Equipment is provided and personally adapted and fitted to the individual. Costs and dates vary. Some scholarships. Contact (530) 581-4161 or www.disabledsports.net. Reservations needed. Contact reservations@disabledsports.net.

Disneyland Resorts

Located in Anaheim CA, fully accessible offering wheelchairs, electric convenience vehicles, Braille guides, assistive listening systems, sign language interpretation. Service animals are welcome throughout the Disneyland Resort. Download your "Guide Book for Guests with Disabilities" online at www.disneylandresort.com. You can phone one of the hotels to make reservations Disneyland Hotel 714.778.6600, Disney's Grand Californian Hotel 714.635.2300, or Disney's Paradise Pier Hotel 714.999.0990.

Environmental Traveling Companions

Offers accessible outdoor adventure opportunities for adults and youth with disabilities throughout the summer, including sea kayaking and river rafting trips. Cross-country skiing is offered January through April (depending on snow). Trips for families, groups or individuals are available. Adaptive equipment is available, and staff is experienced in its use. Call (415) 474-7662, x19 or contact by email at info@etctrips.org or www.etctrips.org.

Habitot Children's Museum

A discovery museum for young children, offers hands-on exhibits, drop-in art studio and interactive events for infants, toddlers, pre-schoolers and their families. Classes, schedules and costs vary. Located in Berkeley at 2065 Kittredge Street at Shattuck (one block from Berkeley BART station). Call (510) 647-1111 for information or visit www.habitot.org.

Inclusion Films & Joey Travolta's Short Film Camp

For students aged 8-17 with Autism Spectrum Disorder. Sponsored by College of Education, St. Mary's College, Moraga. Camp will run July 2009. For more information contact Gena Jennings at (925) 682-6107.

Lake Merritt Boating Program

Provides a boating program and accessible boat rentals. Programs run year-round. Classes are available to disabled students. Instructors are trained to use adapted equipment (signing must be arranged in advance). Before and after care available. Call (510) 238-2196 re: hours and dates.

New Directions Travel

Is a non-profit organization which organizes tours in integrated small groups for travelers with developmental disabilities with a 1:1 to 1:4 escort ratio, depending on need. Local, national and international options are available. Varied price range and some scholarships available. All travelers welcome. Call toll free (888) 967-2841 or visit www.newdirectionstravel.com or email info@newdirectionstravel.com.

Niles Canyon Heritage Railway

Provides train rides on Sundays throughout the year (1st and 3rd Sunday only September through March, every Sunday beginning in April) over the route of the Transcontinental Railroad. 4 trips daily. Round trip takes 1 hour, 15 minutes. Tickets available at the platform in Sunol. Wheelchair accessible, limit of 2 chairs/train. Call (925) 862-9063 or www.ncry.org for a complete schedule and directions. Parking available.

Piedmont Stables

Offers Starlight Therapeutic Riding Program with Barbara Kenney. Call (510) 551-5148

Quest Therapeutic Camp

For ages 6-14, camp provides intensive therapeutic intervention for kids with mild-moderate behavioral, emotional and social disorders and/or LD, ADD. Not for children with major physical handicaps. 6:1 camper to staff ratio. June -August 9-3:30. Special session available for girls. Located in Alamo. Contact Bob Field (925) 743-1370 or www.questcamps.com.

Six Flags - Marine World Summer Seafari Day Camp

In Vallejo, offers one-week camps June through mid-August that include experience with exotic wildlife, games, crafts, visits with animals and trainers, and rides for children ages 5 to 12 years. Camp is 9-3:00 M-F. Fully accessible, but some rides may be difficult for those with limited upper body strength. Aide/personal assistant is free of charge. They also hold a camp for children who are **deaf or hard of hearing** Call (707) 556-5436 for complete information regarding any of the camps or register on line at www.sixflags.com/education/mw.

Social Skills Camp

The Strawberry Canyon Blue Camp located is on the U C Berkeley Campus, as a one-of-a-kind inclusion camp for children and teens with Nonverbal Learning Disabilities, High Functioning Autism, Asperger's and children with similar social skills deficits. A camper's daily schedule includes a social coach as they are fully integrated onto the camp experience with more typically developing peers. Teenage campers begin to work on job readiness skills as well as leadership skills. There is an application for the program to ensure a fit between the camper's needs and program structure. These programs are for children with average verbal cognitive abilities and are not designed to meet the need for one-to-one assistance for children who have significant non-compliant or aggressive behavior. Contact Dr. Jennifer H. Selke at (510) 642-7648 or jenn8@berkeley.edu. You can download forms at www.oski.org.

Special Camp

Special Camp provides a unique educational and recreational environment. The 1:1 ratio continues to be the foundational bases and catalyst for the Special Camp Family. For more information visit their website www.specialcamp.org.

Surfer's Healing

Surfer's Healing was founded by Isreal and Danielle Paskowitz. Their son Isaiah was diagnosed with autism at the age of three, he suffered from sensory overload, simple sensations could overwhelm him. The ocean was one place where he could find respite. Surfing had a profound impact on Isaiah. Isreal and Danielle decide they wanted to share this unique therapy with other autistic children. They host day camps at the beach where autistic children and their families can be exposed to a completely new experience of surfing. Visit their website at www.surfershealing.org.

Trails to Success

An innovative program that allows children the opportunity to learn social skills, while interacting with their peers in a ranch environment and learning to ride horses. Sessions combine expressive art, teamwork, and riding. Horses provide a unique medium for teaching relationship skills. Staff includes Dr. Maria Antoniadis, Dr. Christine Duis, Laura Soble, MFT and therapeutic riding instructors. Ages 7-15 years. Information is available at (925) 256-4400.

Wheels on Fire

A year-round wheelchair athletic program for people of all ages with disabilities. Includes basketball, archery, track and field, table tennis and swimming. Athletes do not have to be wheelchair users, but sports activities involve wheelchair use. Call (408) 559-8553.

Zoocamp 2009

At the Oakland Zoo. Exciting weekly sessions of nature discovery and animal adventures involving hands-on, age-appropriate learning. For students 4 years through grade 12. Teen Assistant (TA) and ZooCrew program also available for high school students. Visit their website www.oaklandzoo.org.

Other ideas:

Bowling
4th of July community events
Library
Martial Arts
Water Activities
Swimming
Local Parks
Farmer's Market
Flea Markets
Fishing
Teen Centers
Baseball
Bocci
Volleyball
Croquet
Badmitton
Delta College
Picnic in the park
Walking the dog