

# 2015 RECREATION RESOURCE LIST

For children with disabilities/special needs

## FAMILY RESOURCE NETWORK

5232 Claremont Ave., Oakland, CA 94618  
(510) 547-7322

Please check the list and contact the provider as soon as you can, since some of the summer camps close their registration in early spring.

## RESIDENTIAL CAMPS

**ABILITY FIRST MOVEMENT UNLIMITED SPORTS CAMP** Wheelchair sports camp designed to provide instructional/recreational sports opportunities to youth and young adults through junior and national levels of competition. Emphasizes training techniques and individual/team game play for youth 8-17 years of age. California State University, Chico. Contact information at (530) 588-0335, 588-0335 or [www.abilityfirstsports.org](http://www.abilityfirstsports.org).

**BEARSKIN MEADOW** Wilderness camp experience for children and teens affected by diabetes and their families. Located in the Sequoia National Forest, 65 miles east of Fresno. Sessions run from June through August. Many specialty camps to choose from. Financial assistance is available. Transportation available from selected locations. For more information, please call the Diabetic Youth Foundation at (925) 680-4994 or visit [www.dyf.org](http://www.dyf.org). Email: [info@dyf.org](mailto:info@dyf.org).

**BOY SCOUTS OF AMERICA** offers summer camping experiences for all Scouts ages 7-18. Camp information is available at [www.sfbac.org](http://www.sfbac.org). Call (510) 577-9000 for information regarding accessibility.

**BUILDING BRIDGES CAMP** for children and youth age 5-17 years with complex communication needs who use Augmentative & Alternative Communication (AAC) systems and assistive technology for learning. The goal of this one-week camp in July, is to enable campers to learn to do more with their communication systems, meet new friends, and experience summer camp. Held at Camp Harmon in the Santa Cruz Mountains. For information, contact (650) 696-7295, or email your questions to [camp@bridgeschool.org](mailto:camp@bridgeschool.org). Applications available online in early February. Siblings can come.

**CAMP ARROYO** is 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 HIV/AIDS and other life-threatening and chronic diseases and disabilities. Lodging, food, sports, arts, crafts, special projects and hospitality are the focus. No charge. Livermore area. Contact (925) 455-5118, email [Kids@ttff.org](mailto:Kids@ttff.org) For

disability camp contact (925) 424-4822 or check the web site at [www.ttff.org](http://www.ttff.org). The site is in the hills above Livermore wine country and is equipped with cabins, a dining facility, and activity center. Alicia

**CAMP BOTHIN, GIRL SCOUTS OF SAN FRANCISCO BAY AREA** in Fairfax offers camping experiences June through August for girls in grades 1-9. Any girl for whom appropriate accommodations can be made is welcome. Girls do not have to be a Girl Scout to participate. Financial assistance available. Call Tori Barnes at (888) 287-4170 x248 or contact [happycampers@girlscoutsnorcal.org](mailto:happycampers@girlscoutsnorcal.org). Website at [www.camprocks.org](http://www.camprocks.org).

**CAMP BREATHE EASY** presented by the Asthma Coalition of Alameda County is scheduled for June 8th through June 13th at Camp Arroyo (see above). For children 7-13 years of age. Great activities and incredible meals (with a little asthma education thrown in). Safe environment with medical supervision. Contact Elizabeth Edwards at (510) 747-6178 or [eedwards@alamedaalliance.org](mailto:eedwards@alamedaalliance.org).

**CAMP COELHO** sponsored by the Epilepsy Foundation of Northern California welcomes campers ages 9-16 with a primary diagnosis of epilepsy. The camp is located at Yosemite Ridge at Camp Wawona surrounded by Yosemite National Park. Activities include archery, arts and crafts, camp fires, horseback riding, R.O.P.E.S. course, swimming. Neurologist or epileptologist and nursing staff will be on hand throughout the week. Scholarships are available but number is limited. Call (415) 677-4011 or contact [epilepsynorcal.org](mailto:epilepsynorcal.org) or [efnca@epilepsynorcal.org](mailto:efnca@epilepsynorcal.org)

**CAMP ERIN** a FREE camp for grieving children and teens ages 6-17 at Camp Arroyo in Livermore (see pg. 2). Here children learn that their feelings of grief are perfectly normal, that others share similar feelings and they can address their feelings and honor the person who died. Applications available online at [www.kara-grief.org/camperin](http://www.kara-grief.org/camperin) or call (650) 321-5272. No cost, request donation

**CAMP HARMON** a residential, co-educational camp for children and adults (ages 8-65) with disabilities. Run by Easter Seals Central California and located in the redwood forests of the Santa Cruz Mountains (Boulder Creek area). Designed for accessibility. Many camping sessions are offered during the summer with each session designed for a specific age group and for individuals with either developmental or physical disabilities. Respite weekends are also offered throughout the year. Camper ratio 3:1. For more details and camp availability contact (831) 684-2166, x107 or <http://centralcal.easterseals.com>.

**CAMP KREM**, sponsored by Camping Unlimited, offers 7, 10, and 12 day sessions for all ages and disabilities June through August in Boulder Creek (12 miles north of Santa Cruz). Bus transportation is available. Camper/staff ratio is 3:1. Year round activity camps and travel camps operate Sept.-May. Call (510) 222-6662, [campkrem@gmail.com](mailto:campkrem@gmail.com) or see web site at <http://www.campingunlimited.org>.

**CAMP LOTSAFUN: Special Recreation Services** Camp Lotsafun provides recreational, therapeutic, and educational opportunities for individuals with developmental disabilities, while providing respite care for their families. Serves children and adults. The curriculum is based on therapeutic benefits with a focus on improving social skills and independence. Winter and Summer camps. Call (775) 827-3866 or contact [www.camplotsafun.com](http://www.camplotsafun.com) for camp dates.

**CAMP NESHAMA** a “camp within a camp” for youth with Autism Spectrum Disorders. Camp is at Camp Newman facilities in Santa Rosa. For more information contact Flora Kupferman at [Fkupferman@bjes.org](mailto:Fkupferman@bjes.org) or (415) 751-6983, x 150 David Neufled

**\*CAMP OPEHAY** (formerly Camp New Hope) sponsored by Youth Bipolar Foundation of Northern California, is designed for children and adolescents, age 9-17 years, diagnosed with bipolar/mood disorder at The Taylor Family Foundation’s beautiful Camp Arroyo (see pg. 2) 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 camaraderie and community in a fun setting. Participants can choose from a wide variety of recreational activities including swimming, nature hikes, arts and crafts, dancing, music, high and low ropes course, climbing wall, interactive games and time to make new friends! FREE. For 2011 camp dates call (925) 324-5088, visit [campopehay.com](http://campopehay.com) or [emailcamp.opehay@gmail.com](mailto:emailcamp.opehay@gmail.com).

**CAMP OKIZU** runs free resident camp programs for children with cancer and their family members. Weekend camp programs are available during the Spring and Fall for families. Residential camps are provided for youth ages 6-17 years in July and August. A sibling, Teens ‘n Twenties camp, and family camp are also available. Transportation available from selected locations. Contact (415) 382-9083 or [www.okizu.org](http://www.okizu.org),

**CAMP TOULUMNE TRAILS** Devoted to helping children with special medical needs experience the joys of childhood in an outdoor environment. For families and children of all ages. Private pay and camperships available. Camp is fully wheelchair accessible, including pool. Camp activities for all ages including field games, hayrides, dances, campfire program. Contact John Infelise at (209) 962-7534.

**ENCHANTED HILLS CAMP** at Mt. Veeder above Napa Valley offers a variety of camps for children ages 5–19, who are legally blind, ambulatory and do not require 1:1 supervision. Traditional camp activities adapted to include full participation. Transportation costs are the responsibility of the camper. Counselor in training program for youth 16-18 years. Family, adult, teen, youth and baby camps also available. Call Richard Russo (415) 694-7352 or visit [www.lighthouse-sf.org](http://www.lighthouse-sf.org) for further information and applications.

**OAKLAND FEATHER RIVER FAMILY CAMP** Cabins and tent cabins available which sleep up to 4 adults. Family beach with lifeguard, hiking, campfire. Camp is accessible to persons with disabilities. Three meals served buffet style daily. Camp located in

Plumas National Forest near Quincy, CA (4 ½ hours from Bay Area). Call (510) 336-2267(Camps In Common) or contact [www.featherrivercamp.com](http://www.featherrivercamp.com) or email [info@featherrivercamp.com](mailto:info@featherrivercamp.com).

**JAF FAMILY RETREATS** a program of Joni and Friends, the disability outreach of Joni Earekson Tada, which exists to accelerate Christian ministry in the disability community. Held at conference centers that provide accessible accommodation. Especially designed for families affected by disabilities. Visit webs HC first or call 708-488-1857 Email [familyretreats@joniandfriends.org](mailto:familyretreats@joniandfriends.org). TDD (818) 707-9709 or visit <http://www.joniandfriends.org>.

**MDA (MUSCULAR DYSTROPHY ASSOCIATION) SUMMER CAMP FREE** program for children ages 6-17 years who have a neuromuscular disease (43 in all) covered under MDA's programs. At Westminster Woods in Occidental. Activities include recreation activities, arts & crafts, swimming. Call Jennifer Fisher (415) 673-7500 for details. Go to [www.westminsterwoods.org](http://www.westminsterwoods.org) to check out camp facilities.

**MOUNT CROSS LUTHERAN CAMP** (Ben Lomond, CA) provides a camping experience for persons 18+ with developmental disabilities. Camp sessions is scheduled August 4-9. Call (831) 336-5179 or [www.mtcross.org](http://www.mtcross.org).

**NEW DIRECTIONS TRAVEL** offers holiday and vacation travel for people with developmental disabilities. New Directions makes all the arrangements including high quality activities, entertainment and accommodations. 24 hour assistance at a 1:3 or 1:4 ratio. Tours are wide ranging and include trips to Hawaii, a Texas dude ranch and many other exciting options. Contact (805) 967-2841, (888) 697-2841, [hello@NewDirectionsTravel.org](mailto:hello@NewDirectionsTravel.org) or visit [www.newdirectionstravel.org](http://www.newdirectionstravel.org). Scholarships available.

**NORTHERN CALIFORNIA JUNIOR SPORTS CAMP** for youth with physical disabilities (San Jose State University) introduces sports and recreation activities to children and youth ages 5-21 who want to have fun and participate in the same sports as their non-disabled friends. Instruction provided in archery, basketball, table tennis, track & field, tennis, swimming and other sports. Day camps and year round sports activities are also available. For more information contact [adam.elix@sanjose.ca.gov](mailto:adam.elix@sanjose.ca.gov).

**THE PAINTED TURTLE** 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. At camp children build confidence and self esteem and learn crucial medical self-care skills while making friends and having lots of fun swimming, boating, fishing, dancing, etc. Expert medical care is provided 24/7 on site. Facilities universally accessible. 2:1 counselor/staff ratio. FREE. Information at [www.thepaintedturtle.org](http://www.thepaintedturtle.org), [info@thepaintedturtle.org](mailto:info@thepaintedturtle.org) or contact (310) 451-1353 or 661-724-1550

**PLAY CAMP** (San Jose) is a camp for children ages 6-12 with various disabilities. Located at Mayfair and Kirk community centers and designed for children who are not

ready to participate in an integrated setting. Dates, location and costs vary. Staff ratio 1:2. Integrated summer day camp and teen day camp experiences are also available as well as holiday vacation camps. Call Elizabeth (408) 794-1060 for more information.

**VIA WEST CAMPUS** (formerly CAMP COSTANOAN), sponsored by the Via Services, Inc., serves children (ages 5+) and adults with developmental and physical disabilities. Offering an outdoor education program in the Santa Cruz Mountains with 6-day and 3-day options. Call (408) 243-7861, x214 or visit [www.viaservices.org](http://www.viaservices.org) for more information. Via West Campus provides residential respite care with weekend and week-long programs throughout the year, amid 13 wooded acres in the Cupertino Foothills. That's a simple description for a program that can mean the world to a parent or caregiver of someone with special needs. <http://viaservices.org/via-west-campus/>

**WESTMINSTER WOODS** Christian camp on the lower Russian River offering a Friendship Camp for adults with developmental disabilities ages 18+, week of June 30th- July 5. 1:3 staff ratio. Campers need to be ambulatory and continent. No rigid participation is demanded. Camp includes activities like swimming, non-competitive athletics, arts and crafts, movement and music. Camperships are available. Call (707) 874-2426, or contact [www.westminsterwoods.org](http://www.westminsterwoods.org) for more information and registration materials. x629 Mark

**YMCA CAMP JONES GULCH** in La Honda (Santa Cruz Mountains) offers a wide variety of camping experiences for children ages 8-18 years. Family camp is also available. Children with disabilities are integrated on a case-by-case basis. Staff/camper ratio is 1:5. Cost varies. Scholarships are available. Call (650) 747-1204, [info@campjonesgulch.org](mailto:info@campjonesgulch.org), or contact [www.campjonesgulch.org](http://www.campjonesgulch.org). All forms available on web site. Transportation available from selected locations (eg. downtown Berkeley).

## **DAY CAMPS/PROGRAMS**

**THE ABANTEY PROGRAM** (Oakland) offers unique role-play workshops for youth that promote student self esteem, problem solving skills, creativity and social skills. The program uses an interactive storytelling game to teach real life skills in a creative, imaginary setting. Workshops are led by an adult game master who provides a supportive mentoring environment. The staff are experienced with students ages 12+ with a variety of learning styles. Summer day camps, after school programs, weekend programs, school holiday and special event programs.. Summer hours 9-5 with extended care 8-6 available. Contact Becky Thomas at (510) 654-3582 or [mail@roleplay-workshop.com](mailto:mail@roleplay-workshop.com) or visit [roleplay-workshop.com](http://roleplay-workshop.com). Workshops held at Dr. Comics & Mr. Games on Piedmont Avenue. Workshop facilities not wheelchair accessible.

**ACCESS ADVENTURE** (Fairfield) enriches the lives of people with disabilities and underserved youth by providing outdoor recreation, environmental education and open space access, using unique wheelchair accessible horesdrawn carriages. Not limited to

wheelchair users. Third Saturday of month From 11-1. Call (707) 432-0152 or see schedule at [www.access-adventure.org](http://www.access-adventure.org) or email [info@access-adventure.org](mailto:info@access-adventure.org). ACCESS NORTHERN CALIFORNIA is the ultimate disability resource for locals and tourists alike for finding fun places to experience in the bay area. This website includes a wealth of information on recreation, lodging, events and even accessible van rentals. Contact [www.accesnca.com](http://www.accesnca.com).

**The ADVENTURES with Visual Impairment and/or Physical Disabilities OUTINGS PROGRAM (a program of BORP)** provides disabled children and adults opportunities to enjoy the many wonderful outdoor and urban attractions that the Bay Area has to offer. Weekly urban outings such as theater trips and museum tours are included as well as more adventurous outdoor excursions including guided walks and nature hikes on accessible trails, whale watching, and adaptive sports. To reserve a space at an outing call Lori Gray at (510) 843-4398 after 10 AM or [lori@borp.org](mailto:lori@borp.org). Recorded information at (510) 849-4663, x1380

**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". June 30 – July 6th or August 11th – 17th. Packed with activities. Cost (varies for age of individuals attending) includes individual cabins, communal bathhouses, washers and dryers and camp meals. Campground wheelchair accessible. Contact (510) 747-7529. Alameda Sand Castle and Sand Sculpture Contest Robert Crown Memorial State Beach. Register for participation (9-11 am) or just come and view the wonderful sculptures (until 1:00). Saturday, June 7th, 2014. Call (510) 747-7529 for info. FREE! Alameda Spring Egg Scramble at Crab Cove, Saturday, April 12th. 10-11:45. In case of rain the Scramble will take place on April 19. visit [www.borp.org](http://www.borp.org). Alameda Earth Day Celebration Saturday, April 26, 2014 at Washington Park. STARLIGHT MOVIE IN THE PARK Alameda Recreation and Park Department will sponsor free Family Events at the Alameda Point Multi-purpose Field, 1101 W. Redline Ave., Alameda. Movie titles to be announced. Bring your chairs and blankets and picnic beginning at 6:30, movie about 8:15. Box dinners (\$5) and other refreshments available. Call (510) 747-7529 to reserve your family's space. Refer to website. No dates available  
Check out other Alameda events at [alamedaca.gov/recreation](http://alamedaca.gov/recreation)

**ALWAYS DREAM PLAY PARK** Fremont's Central Park (Stevenson blvd. and Gallaudet) is now home to an accessible playground where children of all abilities can swing, slide and dig in the sand. The park is a dream made real by Olympic Skating champion Kristi Yamaguchi and her Always Dream Foundation. All equipment was designed to meet the needs of children with sensory, physical, or developmental issues. Great place to gather, picnic and play.

**AQUA ADVENTURES**(Fremont) at 40500 Paseo Padre Parkway features swim lessons based on skill level. Non-swimmers use Coast Guard approved flotation devices. Open in May. Call (510) 494-4426 for more info.

**AQUATICS PROGRAM** (Oakland) a swimming program through City of Oakland Office of Parks and Recreation, is offering a learn-to-swim program for special needs youth. Three sessions will be offered this summer. All sessions offered Tuesday through Friday. \$30/session. Registration must be completed with the Aquatics Unit. Please call (510) 597-5014 for registration information and to obtain an inclusive recreation form. Many other swim classes are also being offered for infants, youth, adults, and junior lifeguards. Get the whole family involved!

**ARDENWOOD FARMS** (Newark) features horse drawn train, Victorian garden, farm animals, period costumes, and a blacksmith shop. Fresh organic vegetables for sale. Mostly accessible. No significant hills. Open 10-4 pm. Tuesday- Sunday. Exit Highway 84 at Ardenwood/Newark Blvd., or AC transit bus #214 from Union City BART. Call (510) 544-2797.

**AVALON MUSIC THERAPY** (Berkeley) Marcie Avalon is a board-certified music therapist and specializes in working with children and youth who have special needs. Individualized sessions that include singing, percussion, keyboard and piano. Call (510) 847-1545 or visit [avalonmusictherapy.com](http://avalonmusictherapy.com) email [marciemusic@theavalonfamily.com](mailto:marciemusic@theavalonfamily.com)

**AXIS Dance Company** offers Dance Access/KIDS (Oakland) a creative physically integrated dance classes for children, teens and adults with and without disabilities. Participants explore a variety of creative dance approaches that emphasize individuality in movement. Creative dance class sessions emphasize modern and creative dance techniques to discover dance vocabulary and explore new ways to move, build social skills and body awareness while having fun. Wheelchair accessible. Pre-register by calling (510) 625-0110 or email [kids@axisdance.org](mailto:kids@axisdance.org).

**BAY AREA DISABLED SAILORS** offers 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](http://www.baads.org) for information and calendar of events.

**BAY AREA WITH KIDS** A great website which is a terrific resource for parents who are trying to find fun things on a shoestring budget. This website lists among other things free museum days and other Bay Area freebies. Try it out at [BayAreawithKids.com](http://BayAreawithKids.com).

**BAY AREA OUTREACH & RECREATION PROGRAM (BORP)** offers year-round sports and recreation activities for adults, children and youth age 5+, with physical disabilities. Wheelchair basketball, cycling, power soccer, outdoor recreation activities, and goal ball (a unique sport for individuals with visual impairments) are included. Activities are offered on a low-cost or no-cost basis. Contact (510) 849-4663, [info@borp.org](mailto:info@borp.org), or try [www.borp.org](http://www.borp.org).

**BEACH WHEELCHAIRS** an all-terrain wheelchair 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.parks.ca.gov](http://www.parks.ca.gov) and click on accessible park information and then on the park. Use the park's contact information to call ahead so that beach wheelchair use can be arranged.

**BERKELEY COMMUNITY MEDIA** Community Television in Berkeley offers video and TV production workshops and summer camp for youth. Editing, studio production and equipment available for use. Low cost internship program is very popular. Contact (510) 848-2288, [info@betv.org](mailto:info@betv.org), or [www.betv.org](http://www.betv.org).

**BERKELEY YMCA** offers programs year-round for newborn to 18 year olds with and without physical or developmental disabilities. Includes swimming, basketball, soccer. Costs vary. Call Rachel Longan, Coordinator of Special Needs Programs. Email: [rlongan@baymca.org](mailto:rlongan@baymca.org) or call 510-665-3280.

**BRIDGING THE GAP:** Early 1st Grade Readiness (Oakland) Dr. Orna Ariel Lenchner will conduct a series of two week classes for kindergarten graduates focusing on useful skills for first grade success. Using interactive songs, games and activities for review of essential learning skills. Provides early identification and remediation for children at-risk for reading and spelling difficulty. [www.EarlyLiteracyWizard.com](http://www.EarlyLiteracyWizard.com) or [Ariel@EarlyLiteracyWizard.com](mailto:Ariel@EarlyLiteracyWizard.com).

**BRUSHSTROKES STUDIO** (Berkeley) a pottery painting and mosaics studio offers summer camps, after school programs, one-day camps on school holidays. Drop in studio hours. Open to all ages. Some experience with special needs students. Visit [www.brushstrokestudio.com](http://www.brushstrokestudio.com) or call (510) 528-1360.

**CALIFORNIA STATE PARKS** Visit [www.parks.ca.gov](http://www.parks.ca.gov) for information regarding accessible camping, picnic sites, trails, programs, fishing and additional access features in California's glorious state parks. As you visit the website, click on accessible park information, the accessible activity or select a park and discover accessible features. For more information: [access@parks.ca.gov](mailto:access@parks.ca.gov) or (800) 777-0369.

**CAL ADVENTURES** 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 includes children with mild disabilities and offers some scholarships. Call (510) 643-2267(enrollment center). Also at this site check out gymnastics, science, and swim programs. Check out the Social Skills Camp for grades 4-12 for children with NLD, High Functioning Autism or Asperger's Syndrome (see page 18). Application forms available on line. <http://www.oski.org>. Some business allow for child care deduction



**CAL SHAKES** California Shakespeare Theater Camp Under the guidance of professional teaching artists, campers immerse themselves in a wide variety of classes as well as in daily rehearsals for performance. Some experience with special needs youth. Serves students grades 3-12. See website for dates and locations at [calshakes.org](http://calshakes.org). Scholarships available. Transportation: shuttles from some BART stations. Contact (510) 809-3293 or email [learn@calshakes.org](mailto:learn@calshakes.org). Email resource guide [bsotelo@calshakes.org](mailto:bsotelo@calshakes.org)

**CAMP GALILEO** (Oakland) offers exciting options for Pre K-entering 5th graders. Another summer quest option is available for students entering 5th – 8th grade. Very inviting options. Experienced in inclusion. Accept students on case by case basis. July 25- August 10. Extended care available. Contact [www.galileo-learning.com](http://www.galileo-learning.com) or 1-800-854-3684.

**CAMP TZOFIM** (Oakland) has day camp opportunities throughout the summer for children entering kindergarten through grade 10 as well as a counselor in training program for grades 10-11. Some overnight camping opportunities are also available. The daily schedule is 9 AM to 4 PM with extended care available. The camp has experience with the inclusion of children with disabilities on a case-by-case basis. Transportation by shuttle from JCC in Berkeley. An after school program for grades K-5 is also available. Call (510) 848-0237, x131, [summercamps@jcceastbay.org](mailto:summercamps@jcceastbay.org), or [www.jcceastbay.org](http://www.jcceastbay.org) for further information. Camp Tzofim is sponsored by Jewish Community Center of the East Bay serving Oakland and Berkeley.

**CENTER FOR ACCESSIBLE TECHNOLOGY (CforAT)** (Oakland) offers consultation re: computer hardware or software (call for an appointment) and keyboarding for students in grades 4-11. They also offer a variety of inclusive opportunities for people with and without disabilities to create and enjoy art. Fees include supplies. The studio, at Ed Roberts Campus, 3075 Adeline, Suite 220, Berkeley, is wheelchair accessible and a sign language interpreter is available with prior request. Call (510) 841-3224, visit their web site at [www.cforat.org](http://www.cforat.org) or email [info@cforat.org](mailto:info@cforat.org) for specific information.

**CHADD/UCB SUMMER CAMP AWARD FUND** is open to children with AD/HD of CHADD members to help defray expenses associated with attendance at eligible summer camps. Information and application available at [www.chadd.org/summercamp](http://www.chadd.org/summercamp).

**CHALLENGER BASEBALL** Oakland for kids 4 – 18 (up to 22 if still enrolled in high school) with physical or intellectual challenges. Uniforms, hats and equipment provided. Coach-pitched baseball. Buddies assist Challenger players when needed. Questions? Email: [Challenger@nollsoll.com](mailto:Challenger@nollsoll.com) or call Jim Balich (510) 465-3998 or email at [jrbalich@earthlink.net](mailto:jrbalich@earthlink.net) for time, location, and other information.

**CHALLENGER BASEBALL** San Francisco for children ages 6+ years regardless of skill level, experience or limitations. Games are non-competitive, fun, friendly and informal with full participation by all. March-June on Sunday afternoons. Fees can be

waived if needed. Contact Peter Straus at (415) 864-2939 or [www.sfill.org](http://www.sfill.org) to register early on line. Peter can provide information re: other teams in the area.

**CHALLENGER BASEBALL** San Lorenzo See descriptions above. Lots of volunteers, so parents get to watch. This group has an announcer to call out player's name as they come up to bat. Pre-game "Star Spangled Banner" and post game concession goodies. Lots of fun! Contact Susan Sherman at [TheSherman5@aol.com](mailto:TheSherman5@aol.com) for information.

**CHALLENGER LITTLE LEAGUE** Challenger Division is a program for mentally and physically challenged youth to help them enjoy the full benefits of Little League participation in an athletic environment structured to their abilities. District 14 has several teams in the South Bay/Southern Alameda County. For information contact Greg Garcia at (510) 755-4819 or email at [ggarciasnakclub@aol.com](mailto:ggarciasnakclub@aol.com).

**CHALLENGE SOCCER/TOP Soccer** is a fall activity for youth with physical & developmental disabilities throughout Alameda County. Games are played in Castro Valley and are adapted to the needs of the participants. "Buddies" are often used to help facilitate play. A division for youth using wheelchairs is also available. Contact Buzz Dare at [topsoccer@castrovalleysoccer.com](mailto:topsoccer@castrovalleysoccer.com) or (510) 881-1691 for registration and information. You can also contact [registrar@castrovalleysoccer.com](mailto:registrar@castrovalleysoccer.com) or [www.castrovalleysoccer.com](http://www.castrovalleysoccer.com). Registration begins in March for play in the fall season.

**CHALLENGE SOCCER in Albany** See Albany Contra Costa Youth Soccer League listed above.

**CHESS SCHOOL** Program includes chess instruction at different levels. Emphasis is on the joy of the game with an eye to the student's progress. Grades K through 12 at various locations in Alameda and Contra Costa counties. San Francisco main county. Year-round activities. Some scholarships available. All day summer camp option with extended care in Berkeley. Summer camps also available in other cities. Contact via [www.berkeleychessschool.org](http://www.berkeleychessschool.org), [info@berkeleychessschool.org](mailto:info@berkeleychessschool.org) or (510) 843-0150.

**CITY OF EMERYVILLE RECREATION DEPARTMENT** provides a wide variety of youth and family activities year-round including after school programs, youth and adult sports and aquatics. Students are included on a case-by-case basis. Contact (510) 596-3782 for a booklet of activities and registration information.

**CITY OF RICHMOND** Disabled People's Recreation Center after school program for youth aged 10-22 with developmental disabilities. 1:5 staff ratio. Monday-Friday, 2-6:00 pm. Open for school holidays. Call (510) 620-6814 for more information. Funded by Regional Center.

**CITY OF SAN JOSE** has year round recreation classes for people of all ages and abilities. Check it out at [sanjoseca.gov/prns](http://sanjoseca.gov/prns). Search under therapeutic services. Also see Mayfair Community Center listing.

**COMMUNICATION WORKS** (Oakland) offers on-going programs in speech, language and social learning. Contact Elizabeth Sautter at (510) 639-2929 or [elizabeth@cwtherapy.com](mailto:elizabeth@cwtherapy.com).

**CRAB COVE** (Alameda) 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. Crab Cove Visitor Center, 1252 McKay Ave., Alameda. \$5 parking fee on weekends. Call (510) 544-3187 for information, toll free at 888-327-2757, option 3, x4520, or [ccove@ebparks.org](mailto:ccove@ebparks.org) or [ebparks.org](http://ebparks.org).

**CREATIVE GROWTH** (Oakland) offers a variety of classes to encourage adult artists with disabilities to create and market their talents. The Summer Youth Art and Transition Program (ages 16-22 years) is offered 2 days/week, July-August to students with disabilities who are interested and talented in the visual arts. This program has been designed to serve as a bridge from school to adult activities. The center is located in Oakland. Call summer youth coordinator Madeline Covey at (510) 836-2340, x19, contact [cgacsummerscholarship@gmail.com](mailto:cgacsummerscholarship@gmail.com) or visit [www.creativegrowth.org](http://www.creativegrowth.org).

**DESTINY ARTS CENTER** (Oakland) is an arts education/violence prevention center that offers after school, weekend and summer classes in dance, martial arts, theater, youth leadership for youth ages 3-18. Summer camps and intensives available for youth ages 7-12. Enrollment year round base on sliding scale contributions. Scholarships available. Call (510) 597-1619 or [www.destinyarts.org](http://www.destinyarts.org) or [info@destinyarts.org](mailto:info@destinyarts.org).

**DISABLED SPORTS USA**, Farwest offers both summer and winter sports activities for individuals with a wide range of disabilities. 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 and Northstar-at-Tahoe resorts) offers instruction in adaptive snow sports including skiing and snowboarding. Minimum age for these activities is 5 years. Equipment is provided, personally adapted and fitted to the individual. Costs and dates vary. Some scholarships. Contact (530) 581-4161 or [www.dsusafw.org](http://www.dsusafw.org). Reservations needed. Contact [reservations@disabledsports.net](mailto:reservations@disabledsports.net).

**DragonMax**, Dragon Boat Club offers practices year-round in Berkeley and welcomes all types of paddlers into the club, which fields both competitive and recreational crews for local and out-of-town races. email to our coach at [rodgerrafter@yahoo.com](mailto:rodgerrafter@yahoo.com) or just come on down to Dock M at the Berkeley Marina. Please try to arrive 15 minutes early to fill out a waiver. You can come to 3 practices before asked to join the Berkeley Racing Canoe Club (BRCC). Practice on Saturdays: 9AM and 10:30 AM.

**EAST BAY DANCE CENTER** (Oakland) offers a wide variety of dance experiences for children (3+ years), teens and adults. Spring break and summer camps as well as on-going programs throughout the year. Experienced and accept children with special

needs on a case-by-case basis. Call (510) 336-3262 or visit [www.eastbaydancecenter.org](http://www.eastbaydancecenter.org).

**EAST BAY REGIONAL PARKS DISTRICT** A seasonal activity guide listing all recreation and educational programs through the parks system is available by visiting [www.ebparks.org](http://www.ebparks.org). The site is extensive and indicates the accessible features of each park. Also available is a booklet listing the day camps in the East Bay Regional Parks. For example, Roberts Regional Park has a pool and play area which are accessible. Temescal has an accessible playground, beach house, beach wheel chairs, fishing dock. Contact 1-888-327-2757, TDD (510) 633-0460.

**EL CERRITO SPORTS CAMP** Year-round activities, ages 4-12. Non-competitive co-educational atmosphere focusing on participation. Baseball, basketball, t-ball, soccer, capture the flag, bocce ball, board games, art projects, swimming—and more! Summer program includes morning soccer and afternoon variety sports camp. Sunday soccer and baseball work particularly well for inclusion experiences. Extended care available. Call (510) 559-7000 or contact [el-cerrito.org/recreationfor](http://el-cerrito.org/recreationfor) locations and registration. Contact Norm Freidman at (510) 866-7577 for Sunday soccer and baseball information.

**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. Youth LEAD Program plans adventures for youth 14-18. Goals are to gain outdoor leadership skills, experience the adventure of a lifetime and make friends for life. Call (415) 474-7662, or contact by email at [info@etctrips.org](mailto:info@etctrips.org) or [www.etctrips.org](http://www.etctrips.org).

**FIRST STEP CHILDREN'S CENTER** (Hayward) in affiliation with The ARC of Alameda County is committed to increasing quality of life and enabling each child to learn and develop at his/her own rate toward their maximum potential. Diverse, integrated preschool program which serves non-disabled children and children with special needs. Their year-round program for ages 2–5 years is open 7:30 am - 4:30 pm. Call Mary Foster at (510) 537-9300, x3213 or contact [www.arcofalamedacounty.org](http://www.arcofalamedacounty.org).

**FREMONT CENTRAL PARK/LAKE ELIZABETH** at 40000 Paseo Padre Parkway. Complete with 4 playgrounds, kayak, sail boat at paddle boat rental, fishing, paved trails and lots of wildlife. Also home to Always Dream Play Park (see above). **FREMONT PARKS AND RECREATION** offers Social Club, a half-day camp for children 6-12 years with high functioning Autism. Children who do not need special accommodations are invited to attend special interest camps including Lego and Robotics, Wheels Safari, etc. The Teen Center sponsors Band Nights. Register for all sponsored programs at (510)494-4300 or [www.regerec.com](http://www.regerec.com).

**HABITOT** Children's Museum (Berkeley), 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. Contact Rachel at x16 regarding two programs, Butterflies and Special Times for Special Families, developed especially for families of children with special needs. 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](http://www.habitot.org).

**HALLECK CREEK 4-H RIDING CLUB for the HANDICAPPED** Therapeutic riding program in Nicasio (Marin County) operates three group sessions year-round every Saturday. Individual lessons are offered on Monday, Tuesday and Wednesday. Ages 3+. Cancelled if raining. Call Molly Scannell, coordinator, at (415) 662-2488 or try <mailto:bhill@halleckcreekranch.org>. Check out the riding schedule at [www.halleckcreekranch.org](http://www.halleckcreekranch.org).

**Head over Heels Gymnastics GYMNASTICS CLASSES for Special Needs Children** (Emeryville), in partnership with Behavioral Intervention Association, is offering gymnastics classes for students with special needs. This is a fun class with an individual approach to the needs of each student. Students improve their gross motor skills and gain confidence in a supported peer setting. Depending on the child's needs, participation by a parent or guide may be required. Classes offer high teacher to student ratios, small class size, repetition, positive behavioral support, and visual strategies. Contact at (510) 655-1265 and information at [www.hohgymnastics.com](http://www.hohgymnastics.com) or [info@hohgymnastics.com](mailto:info@hohgymnastics.com).

**HOOFPRIENTS ON THE HEART** Adaptive Riding Center (Livermore) Therapeutic riding including mounted lessons and responsibility of stable maintenance. Activities 6 days/week plus summer day camp. Call (925) 449-9090.

**JAMES BRADY RIDING PROGRAM FOR SPECIAL CHILDREN** (San Francisco) a program of Horses in California Incorporated, serving youth since 1946. The program helps disabled and disadvantaged youth by offering horsemanship and riding lessons as physical or social therapy alternative. Activities include grooming, stable management, and basic riding skills at Bercut Field in Golden Gate Park. Saturdays. Cancelled if raining. Call (415) 221-9438 for information or [www.horsesinca.com](http://www.horsesinca.com).

**JEWISH COMMUNITY SERVICES** offers year-round preschool, after school summer and vacation camps. Open to kids K-9th grade. Children with disabilities can be mainstreamed on an individual basis. Limited spaces available. Activities include drama, sports, swimming, music, art and nature. Fees vary. Open to all faiths and backgrounds. Call (510) 848-0237 (Berkeley), (510) 375-6207 (Oakland) or visit [www.jcceastbay.org](http://www.jcceastbay.org).

**JOEY TRAVOLTA'S INCLUSION FILMS AND FUTURES EXPLORED, INC.** Offers summer film camp designed to address social cognitive communication and interpersonal skills of individuals diagnosed with high functioning autism or asperger's syndrome. The camp offers ASD campers the educational opportunity to learn the process of making a short film [while divided into three age groups ranging from 10-14,

15-19 and 20-25] under the guidance and instruction of Joey Travolta and his professional teaching and film crew, while working alongside their typically developing peers. Call ALIVE Central (925) 825-0263 or Eileen Timmers at (925)-456-0255 or visit [http://www.futures-explored.org/film\\_camp\\_home.htm](http://www.futures-explored.org/film_camp_home.htm)

**KIDS 'N' CLAY Pottery Studio** (Berkeley) offers affordable on-going classes, summer camps and summer Saturdays for kids 3-18 years of age. Just off I-80 at the University Avenue exit. Staff provides an environment for all children to explore their creativity while learning the craft of ceramics. Experienced with inclusion. Call (510) 845-0982 or contact [info@kidsnclay.com](mailto:info@kidsnclay.com) or [kidsnclay.com](http://kidsnclay.com).

**LAKE MERRITT BOATING PROGRAM** (Oakland) provides a boating program and accessible boat rentals. Programs run year-round. Classes are available to disabled students. Signing must be arranged in advance. Before and after care available during summer. Call (510) 238-2196 re: hours and dates. Call Scott Means at (510) 615-5980 to see if appropriate accommodations can be made.

**LEISURE CLUB** with City of Alameda Recreation and Park Department is a social recreation program designed for high school students and adults with developmental disabilities. Meets 2nd and 4th Thursdays, 7-9:00 PM at Harrison Center, Lincoln Park. Activities include dances, games, cooking and sports. Occasional field trips. Transportation can be arranged. Call (510) 747-7543 for info. TDD (510) 522-7538. Email at [arpd@ci.alameda.ca.us](mailto:arpd@ci.alameda.ca.us).

**LUNA DANCE INSTITUTE** (Emeryville) strives to bring all children to dance and dance to all children. Serves children ages 3-17 years. On-going classes year round. Summer program includes teen intensives, full day dance camp for ages 8-11, and half day for ages 5-7. Free family dance classes on Saturday. Check website for class schedule. Contact (510) 428-1155 or [www.lunadanceinstitute.com](http://www.lunadanceinstitute.com).

**MAYA'S MUSIC THERAPY FUND** serves individuals with developmental disabilities in both Alameda and Contra Costa counties. Individual and group sessions available. Fees are on a sliding scale basis. Clients enhance self-esteem and communication skills while playing musical instruments and singing. Contact (510) 845-6693 or [info@mayasmusic.org](mailto:info@mayasmusic.org). [www.sanjoseca.gov/pms](http://www.sanjoseca.gov/pms)

**MAYFAIR COMMUNITY CENTER** (CITY OF SAN JOSE) is pleased to announce the start of new programs for people with disabilities. Programs for youth (Mommy & Me, Ballet/Tap), teens (computers, Hip Hop Dance, and adults (knitting, walking, yoga). Contact Liz Best at (408) 794-1065 or [Liz.Best@sanjoseca.gov](mailto:Liz.Best@sanjoseca.gov).  
**MOCHA** (Oakland) Art activities for children of all ages and abilities. Come paint, build, paste, mold, sculpt. Be sure to dress for a mess! Drop-in sessions, scheduled activities, groups, parties. Open on most school holidays and breaks. Summer program for ages 6-14 years. Apprenticeship program for ages 15+. 8:30-3:30 with pre- and after-care available. Partial scholarships. Call (510) 465-8770 or contact [www.mocha.org](http://www.mocha.org) or [hello@mocha.org](mailto:hello@mocha.org).

**MONKEY BUSINESS CAMP** (Tilden Park in Berkeley)

Focus on loving the planet, celebrating diversity, appreciating different learning styles. Staff has experience with inclusion. Accept campers on case by case basis. Summer, winter, February, and spring camps available. Three age groups: 3-4, 5-7, 8-10 with youth leadership for ages 11+. Extended care options. Contact [www.monkeybusinesscamp.com](http://www.monkeybusinesscamp.com), [office@monkeybusinesscamp.com](mailto:office@monkeybusinesscamp.com) or (510) 540-6025.

**MUSIC THERAPY SERVICES** with Nicole Patton, MA, MT-BC, Board certified Music Therapist at (925) 984-3263 or [mrsmusic@mac.com](mailto:mrsmusic@mac.com). Limited availability.

**NEW DIRECTIONS TRAVEL** is a non-profit organization which organizes tours in integrated small groups for travelers with developmental disabilities with a 1:3 or 1:4 escort ratio, depending on need. Local, national, and holiday options. Varied price range and some scholarships available. All travelers welcome. Call toll free (888) 967-2841 or visit [www.NewDirectionsTravel.org](http://www.NewDirectionsTravel.org) or email [hello@NewDirectionsTravel.org](mailto:hello@NewDirectionsTravel.org).

**NEWARK RECREATION COMMUNITY SERVICES** A dance studio and an accessible swimming pool. Private swim lessons are available. Staff members work on a one-to-one basis to assist with inclusion whenever possible. If no accommodations are needed, just let them know the student is coming. If accommodations are needed, call the front desk at (510) 578-4668 and they will put you in touch with the instructor of the class/activity to discuss needs. Teen Area is available on Friday afternoons for free fun festivities.

**NILES CANYON HERITAGE RAILWAY** provides train rides on Sundays throughout the year over the route of the Transcontinental Railroad. 4 trips daily. Round trip takes 1 hour, 15 minutes. Tickets available at the platform in Sunol. Call ahead to make arrangements for groups. Wheelchair accessible, limit of 2 chairs/train. Call (925) 862-9063 for extensive information, (510) 966-8420 for station agent or [www.ncry.org](http://www.ncry.org) for a complete schedule and directions. Parking available. Donations requested.

**OAKLAND PARKS AND RECREATION ADA** Inclusion center provides year-round after school and full day programs for children with special needs. Special Olympics sports and other activities are offered at the Inclusive Recreation Center at Arroyo Viejo Recreation Center in East Oakland, which is equipped with an accessible play structure. This center serves as a centralized location where people with disabilities can make accommodation requests, receive assistance in identifying accessible facilities, and participate in specialized and inclusive programs. 510-597-5064 or [eburton@oaklandnet.com](mailto:eburton@oaklandnet.com)

**OAKLAND STROKES SUMMER ROWING CAMP** Training for beginning rowers including technique, physical training, team work. Programs offered year-round. Some financial aid. For summer camp information email [summercamp@oaklandstrokes.org](mailto:summercamp@oaklandstrokes.org) or contact [www.oaklandstrokes.org](http://www.oaklandstrokes.org).

Jack London Aquatic Center, Oakland. Ages 12-18 years. Swimming skills needed. 510-434-1755

**OAKLAND YMCA SPRING & SUMMER DAY CAMP** offers sessions for kids grades K-8 with and without disabilities. Staff/camper ratio 1:10. Not wheelchair accessible. Hours are 9-4, with extended care available. Call for cost and dates. Some specialty camps vary in price. Financial assistance available. Call (510) 451-9622 for more complete information or check [www.oakland.ymca.org](http://www.oakland.ymca.org).

**ORION ACADEMY** – Asperger’s NLD High School (Moraga) specializes in providing a positive academic experience for high school students with Asperger’s Syndrome. Offers academic year, after school and summer programs. Call (925) 377-0789 or [www.orionacademy.org](http://www.orionacademy.org).

**PARKS EXPRESS**, a program of the East Bay Regional Park District, offers low-cost van and bus transportation to low-income schools and non-profit groups year round to visit Regional Park facilities, many of which are accessible. For example, Lake Temescal has an accessible fishing pier. Roberts Pool (see page 10) is equipped with a lift and Mondays are reserved for swimmers with disabilities. Call transportation coordinator at (510) 544-2205 or [www.ebparks.org](http://www.ebparks.org) (click parks and then accessibility) for more information.

**PEACE CAMP** (Berkeley) A camp for kids ages 6-12 who are interested in music, peace and how to solve problems without fighting. August. Yoga Peace Camp August also available. Art, music, fun! Experienced with inclusion. Swimming at a local pool is part of the afternoon program. Camper to staff ratio about 4:1. Call Mary at (510) 845-8417 or contact [www.peacecamp.com](http://www.peacecamp.com) or [yogapeacecamp@homestead.com](mailto:yogapeacecamp@homestead.com).

**PIEDMONT STABLES** offers Skyline Therapeutic Riding Program for the children with special needs. Call (510) 336-0850.

**PITTS’ MARTIAL ARTS ACADEMY** (Oakland) experienced, skilled and successful with students who may need accommodations. 3298 Lakeshore above Blockbuster Video. Call (510) 836-4929

**SAN JOSE STEAMROLLERS AKA POWER SOCCER** Join the Steamrollers in electrifying and growing sport of power soccer. Opportunities to participate in tournaments are available. Players must use power wheelchairs. All ages welcome. Domique Pacolba 408-794-6290

**PYRAMIDS CHEER GYM** (Concord) Special needs Prep Team- Sparide offers special needs cheerleading programs in Concord for children of all ages and abilities. Call (925) 685-3910 or contact [info@cheergyms.com](mailto:info@cheergyms.com) or [cheergyms.com](http://cheergyms.com).

**QUARRY LAKES REGIONAL RECREATION AREA** (Fremont) offers many water, hiking, fishing and picnic opportunities. A beach wheelchair (free) is available at the



swim complex. Contact 1-888-327-2757 option 2 to reserve. There is also a wheelchair accessible fishing pier at Horseshoe Lake as well as many additional facilities. The Rock Picnic Area has accessible bathrooms and drinking fountain, but not parking. Old Creek trail has a firm surface for hiking. 2100 Isherwood Way off Paseo Padre Parkway.

**QUEST THERAPEUTIC CAMP** in Alamo. For ages 6-18, 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. Summer camp in Alamo and after school programs also available in Alamo and Oakland. Carpools develop. Contact Bob Field (925) 743-1370 or [www.questcamps.com](http://www.questcamps.com). Recreational Activities for the Developmentally Disabled (RADD) Program offers dances, local activities and excursions for participants aged 15 and older. 1:6 staff ratio. Participants who need extra help with personal care or behavior management are welcome if accompanied by care provider. Call (925) 314-3400 (Danville) (925) 931-5373 (Pleasanton) (925) 373-5721 (Livermore) or (925) 931-5373.

**RASKOB LEARNING INSTITUTE'S SUMMER PROGRAM** serves bright students with learning disabilities. The program is from 9am –3 pm and provides academics, enrichment, and educational therapy in individual and small group settings. For additional information call Polly Mayer, Clinic Director at (510) 436-1104 or [mayer@hnu.edu](mailto:mayer@hnu.edu).

**ROBERTS REGIONAL PARK** (Oakland) at 10570 Skyline Blvd. has an accessible swimming pool with lift and bath house and an accessible playground as well as some picnic sites (access not paved, but possible). Call 1-888-327-2757 option 3, ext 4555 or contact the East Bay Regional Parks website at [www.ebparks.org](http://www.ebparks.org) and look under swimming, parks and trails.

**SAILING Center—Adaptive Sailing Program** Treasure Island Sailing Center offers sailing lessons to support the needs of each unique participant and promote safety both on and off the water. Experienced staff of US Sailing Association certified instructors. Partnering with Marin Sailing School for the Blind to provide additional access for sailors of all ages. Call Travis Uind at (415) 421-2225.

**SAN LEANDRO RECREATION AND HUMAN SERVICES** offers various classes that offer accommodation on request. Contact 510.577.3396 or visit <http://www.sanleandro.org/depts/rec/default.asp>.

**SAN RAMON VALLEY DANCE ACADEMY** is nationally recognized for diversity and excellence in dance training. The Academy offers a wide variety of classes including a class for children with special needs which explores creativity, musicality, and movement through dance. For more information call (925) 837-4656 or view their class schedules at [www.srvda.com](http://www.srvda.com).

**SKIING** Tahoe Adaptive Ski School at Alpine Meadows (see page 13) has a well-known ski program, but many resorts now offer adaptive lessons and have some

equipment. Contact the resort of your choice to inquire what services are available for disabled athletes.

**THE SPECCH PATHOLOGY GROUP SOCIAL LANGUAGE PROGRAMS** (Walnut Creek) offers a Summer Adventure Group for children 5-8 and 8-12. Includes discussion groups and weekly field trips. Contact The Speech Pathology Group at (925) 945-1474 or [www.speechpathologygroup.com](http://www.speechpathologygroup.com). Also offers full range of speech/language therapy for children and adults.

**SOCIAL SKILLS CAMP** (Berkeley) The Strawberry Canyon Blue Camp, located 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 Syndrome 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 and 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) 643-2509 or [jenn8@berkeley.edu](mailto:jenn8@berkeley.edu). Get a complete description and download forms at [www.oski.org](http://www.oski.org) .

**SPACE EXPLORERS CAMP** at Chabot Space and Science (Oakland) for youth entering grades K-8. Registration forms, and program catalog are available at [www.chabotspace.org](http://www.chabotspace.org). Special needs children are accepted on a case-by-case basis. Please disclose child's challenges so that appropriate accommodations can be made when needed. Full-day camps run 9am-4pm July 5-August 5. Fees vary depending on Chabot member status and registration date. Extra fee for after hours care, 4-5 pm. Call (510) 336-7300 with questions.

**SPECIAL NEEDS AQUATIC PROGRAM** (SNAP)(Berkeley) is an adaptive aquatics program at the Berkeley YMCA (indoor pool with very warm water) designed to accommodate motor development to meet the needs of all swimmers. Swimmers are matched on a 1:1 basis with volunteers. Program is active throughout the school year (Sept-June). A MiniSNAP program is scheduled for 5 weeks in summer. Call Berkeley 510-495-4102. Scholarships available to qualifying families.

**SPECIAL OLYMPICS OF NORTHERN CALIFORNIA** 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 developmental 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. Call Nate Evans (707) 578-5941 for Contra Costa County (408) 392-0170 for Alameda County. Also [www.sonc.org](http://www.sonc.org) or [ebregion@sonc.org](mailto:ebregion@sonc.org).

**SPECIAL SKATER PROGRAM** (Oakland & Fremont) The Oakland Ice Center and Sharks Ice Fremont Ice proudly offer a learn-to-skate program which has been developed especially for athletes with special physical and mental challenges. With the assistance of volunteers, skaters develop skills, make new friends and experience a new found freedom and sense of accomplishment. During this special time slot, wheelchairs, walkers, etc. are allowed on the ice. Friday 5-5:45 pm. Call (510) 268-9000, x207 or [www.oaklandice.com](http://www.oaklandice.com) or 510-623-7200 in Fremont for times, directions, facilities, parking information.

**SPRINGBACK LEARNING CENTER** (Oakland) provides individual and group programs for students K through 12th grade. Credentialed tutoring and assessment. Programs in reading, writing, math, test preparation and study strategies. Strong ties to local schools. Contact (510) 763-3701.

**SonRise EQUESTRIAN FOUNDATION** (Castro Valley) is a non-profit organization making a positive difference for children ages 8-18 living with social, emotional, or physical challenges including terminal illness. Participating children develop confidence, integrity and responsibility through mentoring and peer relationships centered on the care and enjoyment of horses. FREE. Contact them at (925) 838-7433 or [www.sonriseequestrianfoundation.org](http://www.sonriseequestrianfoundation.org).

**STUDIO NAGA** (Oakland) Dynamic Indonesian martial arts for beginners to black belts. Instruction for kids, teens and families. Overnight and day camps. Contact (510) 652-6242, [www.studionaga.com](http://www.studionaga.com) or [info@studionaga.com](mailto:info@studionaga.com).

**Berkeley YMCA SWIM AND GYM INCLUSION PROGRAM** (Berkeley) meets on Fridays from 10:30 to 1:30 (2-4 years) and Thursday 1-3:30 (3-4 year olds) for preschoolers with special needs at the downtown Berkeley YMCA. No membership necessary. Session includes a swim lesson, tumbling lessons and parent support group. Book lending library is also available. Call Rachel Longan at (510) 665-3280 or email [rlongan@ymca-cba.org](mailto:rlongan@ymca-cba.org) for any of the programs listed.

Program membership required for the following programs:

**Play Pals** for 5-12 year olds with special needs. Program includes a gym class with an emphasis on friendship making skills. (This program requires the ability to participate with a 3:1 staff ratio.)

**Special Needs Kids Night Out** for 4-12 year olds on 4 Saturdays a year from 5:30-9:30 pm. Siblings welcome. Enjoy a night out while we care for your children. This mini camp program includes swimming, dinner and a night of playing with friends. (Program also requires the ability to participate with a 3:1 ratio).

**Special Camp** for 5-12 year olds. One to two week long camp in summer designed for children with special needs.

**Special Needs/Inclusion Swim Lessons** for children 5-14 years of age. Call Shelley Prater at (510) 655-3258 or email at [sprater@ymca-cba.org](mailto:sprater@ymca-cba.org).

**SYLVAN CAMPS** Year-round academic enrichment program with camps during summer school breaks which provide a fun approach to learning. Language arts, math,

beginning reading, speed reading, fractions, writing, math facts, study skills, etc. Ages 4+. Locations all over the Bay Area. Contact Sylvan Learning Center Piedmont/Oakland (510) 428-4000.

**THINK SOCIAL THINK SUMMER** (Oakland) provides a social thinking program focusing on teaching students the social thought processes required for working, playing, and hanging out, a part of a group. Opportunities for children, teens and adults through direct instruction, reasoning and practice in the community. Contact (510) 444-8732 or [info@thinksocialeastbay.net](mailto:info@thinksocialeastbay.net).

**THIS LAND IS YOUR LAND** a day camp which blends the exciting science and nature studies developed by Sarah Shaffer with art, music, hiking, swimming and outdoor games. Locations in Oakland, Berkeley and San Ramon. Designed for children ages 5-15 years. Activities based on weekly themes. CIT leadership program available for students 11-15. Special needs students accepted on a case by case basis. Extended care available. Thanksgiving, Winter and Spring camps also available. Call (510) 581-3739 or visit [www.sarahscience.com](http://www.sarahscience.com).

**TOP FLIGHT GYMNASTICS** (Fremont) at 5127 Mowry Ave., offers special needs gymnastics classes including a signing gymnastics class. For more information check out the website [www.topflightfremont.net](http://www.topflightfremont.net) or call (510) 796-3547.

**TRAILS TO SUCCESS** (Orinda) is 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, team building, and riding. Horses provide a unique medium for teaching relationship skills and

**ALL DAY ADVENTURE RANCH CAMP** (Orinda), a social skills camp open to children ages 6-18 emphasizing competence, confidence, community. Three summer sessions. Each session includes parent training day. Staff ratio 2:8. Transportation provided from designated locations in the East Bay. Information is available at (925) 256-4400 or [www.trailstosuccess.com](http://www.trailstosuccess.com). [drduis.trails@gmail.com](mailto:drduis.trails@gmail.com)

**UNION CITY LEISURE SERVICES:** UC Club House. Come and hang out with Union City's social group for developmentally disabled teens. UC Clubhouse offers exciting activities such as trips to sporting events, entertainment and lots more. Clubhouse meets one Friday a month at Kennedy Community Center, 1333 Decoto Rd. To join the Clubhouse call (510) 675-5328.

**UNION CITY SPECIAL OLYMPICS** Sports include basketball, track and field, swimming, soccer and bowling. Call (510) 675-5328.

**UNITED CEREBRAL PALSY (UCP) OF THE GOLDEN GATE** offers a program called "Everyone In" providing care during non-school hours to school-aged children, age 4 through middle school. The program helps the parent find an aide that can facilitate inclusion in an after school program. UCP takes care of administrative back

up. Funded by RCEB. UCP at (510)832-0431 or 510-832-7430 for more information. Also available for summer programs.

**WATER ADAPTATION CLASSES FOR CHILDREN WITH SPECIAL NEEDS** (Fremont & Newark) at American Swim Academy offers a program that safely introduces children with special needs to the joy of being in the water, while teaching critical water safety skills. For more information call (800) 810-SWIM. In Fremont (510) 657-7946 at 42400 Blacow Rd., Newark (510) 794-7946 at 37500 Cedar Blvd. Ana Dublin 925-479-7946 6948 Sierra Ct., Dublin CA 94568

**WESTWIND 4-H RIDING PROGRAM** (Los Altos Hills) offers sports and recreational riding for children and youth ages 5-19 years with physical disabilities. Program lasts throughout the year, Monday and Thursday, weather permitting. Suggested donation. Call (650) 947-8680 or visit [www.westwind4h.org](http://www.westwind4h.org).

**WHEELS ON FIRE** (San Jose) is a year-round wheelchair athletic program for people ages 5-21 with disabilities. Includes basketball, rugby and indoor soccer. Athletes do not have to be wheelchair users, but sports activities involve wheelchair use. Call (408)794-1690

**WILDHORSE! THERAPEUTIC PROGRAM** Provide the therapeutic riding instruction to anyone with or without disabilities in Walnut Creek. Program director and head instructor Dr. Karl Ann Owen uses relaxed techniques that allow human-equine communication at both the physical and emotional level using yoga and Centered riding and breathing. Beginning and intermediate horsemanship using both English and Western style.

**WORD WORKS! Speech & Language Pathologists, Inc.** (Oakland) Offers speech, language and social skills groups year round. Skilled in working with children of all ages with a variety of communication needs in a play-based environment. Play groups for toddlers and preschoolers, peer social language groups for children ages 5+. Baby sign language classes available. Call (510) 433-0123 or [www.wordworkstherapy.com](http://www.wordworkstherapy.com) or email [info@wordworkstherapy.com](mailto:info@wordworkstherapy.com).

**XENOPHON THERAPEUTIC RIDING CENTER** (Orinda) offers horseback riding lessons for students ages 5-18 years with a variety of physical and cognitive disabilities. Monday through Thursday afternoons as well as Saturday morning. Program operates from the first of June through October. Participants need a medical release. Some scholarships are available. Call (925) 377-0871, for info and to get on a waiting list or contact [www.xenophontrc.org](http://www.xenophontrc.org).

#### YOGA

The following individuals offer yoga for children which is adapted to their special needs:

Amanda Sharpe (510) 886-2264 [nuturing.yoga@comcast.net](mailto:nuturing.yoga@comcast.net)

Kim Lyons-Stuart (Oakland) 510-798-3089 [www.movingfromwithin.com](http://www.movingfromwithin.com) or email [kim@movingfromwithin.com](mailto:kim@movingfromwithin.com).

Ellen Gordon (Oakland) 510-530-6586

**ZOOCAMP at the Oakland Zoo.** Exciting weekly sessions of nature discovery and animal adventures involving hands-on, age-appropriate learning. For students 4 years and older. Special needs students included on a case by case basis. Before and after care options available. Call (510) 632-9525, x200 or contact [www.oaklandzoo.org](http://www.oaklandzoo.org). Applications also on line.

A wonderful book, **A Wheelchair Rider's Guide San Francisco Bay and the Nearby Coast by Bonnie Lewkowicz**, is available free of charge through the Coastal Conservancy (510/286-1015 or [www.scc.ca.gov](http://www.scc.ca.gov)). The book lists more than 100 accessible sites to explore - parks, trails and the shoreline - giving details about each site, parking and how to get there.

For **ACCESSIBLE TRANSPORTATION** to parks in the Bay Area visit [www.555.org/disabled/index.asp](http://www.555.org/disabled/index.asp) or call 511.

For more ideas check out:

Parents' Press 2015 Summer Camps Guide at [www.parentspress.com](http://www.parentspress.com)

East Bay Regional Park District's Activity Guide at [www.ebparcs.org](http://www.ebparcs.org)

City of Fremont's Seasonal Recreation Guide at [www.RegeRec.com](http://www.RegeRec.com)

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Please note we do not endorse any of the individual programs. The listings are based on descriptions and information we have received from each program. Eligibility restrictions may apply.