



# FRN FUN LIST 2026

For children and adults with disabilities & special needs

FAMILY RESOURCE NAVIGATORS

101 Callan Ave., Ste. 200, San Leandro, CA 94577 (510)  
547-7322

## CLICK ON A CATEGORY:

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## LIBRARIES

### [ALAMEDA COUNTY LIBRARY](#) - [Accessibility Information](#)

- ACL in the San Francisco Bay Area provides library services from ten libraries in the cities of Albany, Dublin, Fremont, Newark, and Union City, and the unincorporated communities of Castro Valley and San Lorenzo. Fremont Main, Dublin, Albany, Centerville, and San Lorenzo Libraries now have limited visiting hours for in-person services. Also offering:
- [Virtual Library Events](#)
- [Homework Help](#)
- [Launchpad Tablets](#) with educational games (PreK-Grade 5+). Check out with your library card.

### [CITY OF ALAMEDA PUBLIC LIBRARY](#)

Offers both children and teen-focused events, reading programs, and other online resources.

### [CONTRA COSTA COUNTY PUBLIC LIBRARY](#) - [Accessibility Information](#)

### [BERKELEY PUBLIC LIBRARY](#) - [Accessibility Information](#)

Currently offering weekly virtual and in-person Story Time and other enrichment programs for children. Register for each session individually. To find programs for children, go to the Events tab and select Kids (or Teens) in the Audience drop-down menu.

[LIBRARY OF CONGRESS](#) – [Braille and Talking Book Library](#) (Washington DC)

Offers author programs, such as Dav Pilkey, activity kits for children, and archived story times.

[LIVERMORE PUBLIC LIBRARY](#) - [Accessibility Information](#)

Check their event calendar for story time, home activities, and outdoor library events (registration required). <https://www.livermorelibrary.net/events-services/event-calendars>

[OAKLAND PUBLIC LIBRARY](#) - [Accessibility Information](#) •

[Toy Lending](#) – Borrow a toy! Children aged 0-6.

- [Storytime](#) (in-person locations)
- [OPL Storytime Online](#)

[SAN LEANDRO PUBLIC LIBRARY](#)

Offers story time, Tech2Go kits, and summer reading games. Place a hold online to reserve a [Hotspot wi-fi kit](#), [Laptop kit](#), or children's [Launchpad learning tablet](#). Call 510-577-3971.

## PARKS & BEACHES

[ACCESS NOW](#)

Offers detailed information on wheelchair-accessible parks and outdoor destinations throughout the U.S. and around the world.

[ATHAN DOWNS PLAYGROUND](#) (San Ramon)

Montevideo Dr & Davona Dr, San Ramon, CA 94583

Contains an all-abilities playground, trail access, basketball and volleyball courts, and baseball or soccer fields.

[BEACH WHEELCHAIRS](#)

An all-terrain wheelchair that allows users to access beaches without sinking into the sand is now available at an increasing number of parks and recreation areas. In the [East Bay Regional Park](#) area, these wheelchairs are available at [Contra Loma](#) (Antioch), [Del Valle](#) (Livermore), [Don Castro](#) (Castro Valley), [Quarry Lakes](#) (Fremont), [Shadow Cliffs](#) (Pleasanton), [Lake Temescal](#) (Oakland), and [Crown Memorial](#) (Alameda), [Tilden's Lake Anza](#) (Berkeley). All-terrain wheelchairs are also available at [Doran Regional Park](#) in Bodega Bay and [Spring Lake Regional Park](#) in Santa Rosa on a first-come-first-serve basis.

[CABRILLO PLAYGROUND](#) (San Francisco)

853 38th Ave, San Francisco, CA 94121

Located in the SF Richmond area. Features two enclosed padded playground areas, tennis courts, ball courts, and a ping-pong table.

### [CÉSAR CHÁVEZ PARK](#) (Berkeley)

11 Spinnaker Way, Berkeley, CA 94710

Features both shoreline and wetland areas with views of the three bay bridges, Alcatraz, and Angel Island. Paved paths around the perimeter and part of the interior are wheelchair accessible.

Open 6:00 AM-10:00 PM (unless otherwise indicated)

### [CRAB COVE VISITOR CENTER AND AQUARIUM](#) (Alameda)

1252 McKay Ave., Alameda, CA 94501

Explore the marine life during low tide - check the [NOAA tide chart](#) to plan your visit. Visit [Crab Cove Visitor Center and Aquarium Activity Calendar](#) (limited space & social distancing). Open Wednesday-Sunday from 10:00 AM-5:00 PM (MAR-OCT). Wheelchair accessible parking and paved trails.) \$5 parking when the kiosk is attended.

### [CALIFORNIA STATE PARKS](#)

The website provides information on accessible camping, picnic sites, trails, programs, fishing, and other access features in California's glorious state parks. As you visit the website, click on accessible park information, accessible activities, or select a park to discover accessible features.

[access.parks.ca.gov/home.asp](http://access.parks.ca.gov/home.asp)

(800)777-0369

[Disabled Discount Pass](#) This \$3.50 pass entitles the bearer to a 50% discount for vehicle day-use, family camping, and boat-use fees at over 100 California State Parks-operated units.

### [EMERYVILLE MARINA PARK](#) (Emeryville)

3310 Powell St, Emeryville, CA 94608

The shoreside facilities offer a path of travel (not marked), sidewalks, restrooms, and parking that all appear to be ADA accessible and well-maintained.

### [FREMONT CENTRAL PARK/LAKE ELIZABETH](#) (Fremont)

40000 Paseo Padre Parkway

Complete with playgrounds, a dog park, a skate park, fishing, paved trails, and lots of wildlife.

### [HEATHER FARM PARK](#) (Walnut Creek)

301 N San Carlos Dr, Walnut Creek, CA 94598

Open 6:00 AM-9:00 PM (unless otherwise indicated)

**HELEN DILLER PLAYGROUNDS** (San Francisco) Accessible playgrounds at two locations:

- [Helen Diller Playground at Mission Dolores](#) (play areas for ages 2-12)  
19<sup>th</sup> and Dolores St, San Francisco, CA 94110
- [Helen Diller Playground at Civic Center](#)  
Civic Center Plaza. 355 McAllister St., San Francisco

### [KENNEDY PARK](#) (Hayward)

19501 Hesperian Blvd., Hayward, CA 94541 – (510) 881-6752

Features a petting zoo, carousel, miniature train, and a new teacup ride. Park improvements will include renovated picnic areas, new central play areas, a new concession building, and public restrooms.

Also includes improved pathways, seating, and lawn areas.

#### [LEO'S HAVEN](#) (Santa Cruz)

1975 Chanticleer Ave, Santa Cruz, CA 95062

Located inside Chanticleer Ave Park. Offers an all-inclusive playground and exercise area.

#### [MARINA PARK](#) (San Leandro)

13801 Monarch Bay Dr, San Leandro, CA 94577

Located off Monarch Bay Drive near Fairway Drive. Offers two playgrounds, a fitness park, dog parks, and a 1-mile accessible gravel walking loop with a shoreline view of Oakland airport (watch airplanes land). There is also access to the San Leandro/San Francisco Bay Trail, which is over 6 miles long.

#### [MAGICAL BRIDGE PLAYGROUND](#) (Palo Alto & Redwood City)

Innovative integrated parks that inspire recreation, respite, play, and community connections for all ages and all abilities. Two playground locations:

- [Magical Bridge Playground at Mitchell Park](#) - Open daily; Sunrise to Sunset  
3700 Middlefield Rd., Palo Alto, CA 94606
- [Magical Bridge Playground at Red Morton Park](#) - Open daily; 8:00 am to Sunset 1120  
Roosevelt Ave, Redwood City, CA 94061

#### [MATTEO'S DREAM PLAYGROUND](#) (Concord)

2050 Olivera Rd, Concord, CA 94520

An all-abilities playground located within Hillcrest Park.

#### [MIA'S DREAM COME TRUE PLAYGROUND](#) (Hayward)

28377 Huntwood Ave, Hayward, CA 94544

A new accessible playground for all ages and all abilities. The park provides accessible pathways, picnic areas, seating, and shade structures.

#### [MOUNTAIN LAKE PARK PLAYGROUND](#) (San Francisco)

1000 Lake St., San Francisco, CA 94118

Nestled in the Richmond District near the southern edge of Presidio Park. Play areas are linked by a series of accessible concrete pathways, including the top of each slide.

#### [NATIONAL PARK SERVICE](#) (U.S)

The website contains information regarding accessible camping, picnic sites, trails, programs, fishing, and additional access features in U.S. National Parks. As you visit the website, click on accessible park information, accessible activities, or select a park to discover accessible features.

[Interagency Access Pass](#) (Free) – Provides the pass holder access to a benefits and discount program. The Access Pass is not handled in the same way on all Federal recreation lands.

### [OCEAN BEACH](#) (San Francisco)

Located on the western border of SF Golden Gate Park. There are accessible routes from the parking lot to the Promenade (routes may be covered with sand). Accessible restrooms are located at Sloat and Great Highway. *Beach Wheelchairs are available upon request.*

### [ROTARY PLAY GARDEN](#) (San Jose)

438 Coleman Ave, San Jose, CA 95110

Provides an inclusive place to play for all children and their families, with a focus on children with special needs.

### [SAN LORENZO COMMUNITY CENTER PARK](#) (San Lorenzo)

1970 Via Buena Vista, San Lorenzo, CA 94580

Provides accessible playgrounds with zipline and exercise areas, a lagoon bird sanctuary, and picnic areas.

### [SIEMPRE VERDE PARK](#) (San Leandro)

Park Street and San Leandro Blvd., San Leandro, CA 94577

A renovated park with accessible padded playground areas for toddlers and young children.

## SOCIAL GROUPS

### [BANANAS](#)

5232 Claremont Ave., Oakland, CA 94618

Offers free virtual and in-person playgroups where parents, family members, and friends can connect and build community. Playgroups are designed to be an ongoing series that builds upon each other each week. When you RSVP for a playgroup, you will be signed up for the entire series.

### [LOTUS BLOOM](#)

- Lotus Bloom Downtown - (510) 808-7883  
555 19th Street, Unit 131. Oakland, CA 94612
- San Antonio Family Resource Center - (510) 735-9222  
2800 Park Boulevard, Oakland, CA 94610
- Room to Bloom - (510) 878-1778  
8711 MacArthur Blvd, Portable B. Oakland, CA 94605

Email: [info@lotusbloomfamily.org](mailto:info@lotusbloomfamily.org)

Offers multicultural in-person playgroups for children under 5. Limited capacity of 11 children; 25 people total per playgroup. First come first served. *\*\*All adults and children ages 3 years and older are required to wear a mask or face covering over their nose and mouth for the duration of playgroup. Cannot accommodate siblings ages 5 and over.*

### [THINK SOCIAL EAST BAY](#) (Oakland)

Offers social learning therapy for individuals and groups, from elementary school through adulthood. Including teen social hangouts and adult social and support groups. (Fee for Service)

## RESIDENTIAL CAMPS

### [ASPEN NETWORK](#) (Orinda)

Offer four unique camp programs designed for individuals ages 13 and up with social differences.

(925) 262-3135

Email: [megfields.aspen@gmail.com](mailto:megfields.aspen@gmail.com)

### [BEARSKIN MEADOW CAMP](#) – Diabetes Youth Families (Concord)

Camp experience for children and teens affected by diabetes and their families. Located in Sequoia National Forest, 65 miles east of Fresno. Financial assistance available. See website for COVID-19 guidelines.

(925) 680-4994

Email: [info@dyf.org](mailto:info@dyf.org)

### [CAMP ARROYO](#) (Livermore)

In partnership with the Taylor Family Foundation, East Bay Regional Park District, and the YMCA of the East Bay. Camp Arroyo hosts roughly 29 visiting nonprofit organizations, 10 weekends a year during the spring and fall, and every day during the summer. Each organization we fund serves a different population of kids with chronic illnesses and disabilities. Lodging, food, sports, art, craft, special projects, and hospitality are the focus. *\*\*RCEB eligible vendor.*

[www.uccr.org/camparroyo](http://www.uccr.org/camparroyo)

(925) 371-8401 Livermore

(800) 678-5102 Reservations

Email: [camparroyo@uccr.org](mailto:camparroyo@uccr.org)

### [CAMP COELHO](#) (Northern CA)

Offers free online expressive art therapy program for adults with Epilepsy and an in-person one-week summer camp for children 9-17 with epilepsy. Offers a wide range of programs for people and families living with epilepsy.

(415) 677-4011

Email: [camp@epilepsynorcal.org](mailto:camp@epilepsynorcal.org)

### [CAMP HARMON](#) (Boulder Creek)

Camp Harmon serves campers ages 8 to 65. Each 6-day session is designed for a specific age group and for individuals living with developmental and/or physical disabilities. *\*\*RCEB eligible vendor.* (831) 338-3383

### [CAMP KREM](#) (Ahwahnee, near Yosemite)

Sponsored by Camping Unlimited. Offering year-round weekend respite, summer camp, and travel camp programs for all ages and abilities. Check their website for the current schedule. *\*\*RCEB eligible vendor.*

[campingunlimited.org/calendar](http://campingunlimited.org/calendar)

(510) 222-6662

Email: [campkrem@gmail.com](mailto:campkrem@gmail.com)

[CAMP TOULUMNE TRAILS](#) (Groveland)

Devoted to helping children with special medical needs experience the joys of childhood in an outdoor environment. For families and children ages 7 and up. Staff-to-camper ratio is generally 3:1. Private pay and camperships available. The camp is fully accessible and can accommodate individuals who use wheelchairs, walkers, or other adaptive devices.

(209) 962-7534

Email: [jacqui@tuolumnetrails.org](mailto:jacqui@tuolumnetrails.org) Jacqui Montero, Program Director

[CHRISTIAN BERETS](#) (Mi Wuk Village)

Offers a faith-based camp for children with special needs. *\*\*RCEB eligible vendor.*

[www.christianberets.org/summer-camp.html](http://www.christianberets.org/summer-camp.html)

(209)-524-7993 Main Office

(209) 586-5418 Camp Office

[ENCHANTED HILLS CAMP](#) (Napa Valley)

Deaf-Blind and Low Vision youth camp programs for teens.

<https://lighthouse-sf.org/enchanted-hills/about-enchanted-hills/>

(415) 992-7309

Email: [EHC@lighthouse-sf.org](mailto:EHC@lighthouse-sf.org)

[SERIOUS FUN CAMPS](#) (Worldwide)

Offers 27 camp locations in the U.S. and worldwide, providing access to summer camp and family weekends for kids and families with serious medical conditions. All programs are free for campers and families. Each camp has different qualifications for medical diagnoses. Ages 5-17.

[RAD CAMP](#) (Costa Mesa, CA)

Offers summer camp programs for kids and adults with developmental disabilities! At RAD Camp, each camper is paired one-to-one with a dedicated counselor.

[VIA WEST](#) (Cupertino, CA)

Offers innovative summer camp programs and activities that include both learning and outdoor experiences, plus independent living skills, and other skill-building activities that are specifically designed to improve self-sufficiency. Offers a sibling/buddy overnight camp session.

[CAMP PAIVIKA](#) (Pasadena, CA)

Camp Paivika offers children, teens, and adults with disabilities a traditional summer camp experience.

## CITY PARKS & RECREATION

[ALBANY PARKS AND RECREATION](#) - Offers community events and programs. *\*Not specifically for children and adults with disabilities.*

[CITY OF ALAMEDA THERAPEUTIC RECREATION](#) - The Leisure Club is a fun, activity-based program specifically designed to meet the specialized recreational needs of people with developmental disabilities in our community. This program is geared toward individuals 18 and older and meets twice a month on the second and fourth Thursdays from 7:00 p.m. to 9:00 p.m. For more information, call (510) 747-7529 or email [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov).

[ANTIOCH PARKS AND RECREATION](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[BERKELEY THERAPEUTIC PROGRAMS](#) – Offers after-school and summer camps for children ages 5-12. For more information regarding the Therapeutic Recreation Program or to schedule an intake, please call (510) 981-6656.

[BRENTWOOD PARKS AND RECREATION](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[CONTRA COSTA COUNTY PARKS AND RECREATION](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[DANVILLE ADAPTIVE RECREATION](#) - This is a recreation class for participants aged 18-60 years with developmental disabilities. This is a fun, recreational class where participants will learn bowling basics, including approach, strikes, spares, and frames. Each class includes three games and a shoe rental. Meet at the Danville Bowl. Please call (925) 314-3403 for more information.

[DUBLIN PARKS AND RECREATION](#) – Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[CONCORD INCLUSIVE RECREATION](#) - "Inclusive Recreation" provides access to recreational classes and programs for people with disabilities (developmental, physical, ADD/ADHD, mental, etc.). Programs are designed for adults with disabilities aged 18 or older.

[EAST BAY REGIONAL PARKS](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[EL CERRITO ACTIVITY GUIDE](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[EMERYVILLE ACTIVITY GUIDE](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[FREMONT ACTIVITY GUIDE](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[HAYWARD SPECIAL NEEDS PROGRAM/ADAPTIVE RECREATION](#) – Offers special needs and adaptive programs for children from 5 years and up. Call (510) 881-6778 or email [adaptive@haywardrec.org](mailto:adaptive@haywardrec.org) for more information. *\*\*RCEB eligible vendor.*

[HERCULES PARKS AND RECREATION](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[KENSINGTON PARKS AND RECREATION](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[LAFAYETTE PARKS AND RECREATION](#) – Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[LIVERMORE ACTIVITY GUIDE](#) - Offers community events and programs. *\*Not specifically for children and adults with disabilities.*

[MARTINEZ INCLUSIVE RECREATION](#) – Offers community events and recreation programs, including a dance that is open to all adults with disabilities over the age of 18. Cost is \$8 per person, payable at the door; caregivers are free. DJ Rhythm Masters will perform, and light snacks will be available.

[MILPITAS RECREATION AND COMMUNITY SERVICES](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[MORAGA PARKS AND RECREATION](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[NEWARK AUTISM CONNECTIONS](#) – Offers a social playgroup for children aged 4-12. At least 1 Parent/Guardian who is 18+ is required to attend. ABA therapists are welcome to join.

[OAKLAND INCLUSIVE SERVICES](#) – Offers inclusion programs for children, including swim lessons, day camps, etc. In addition, they provide accommodations by request at least 10 days in advance to attend any civic opportunity.

[ORINDA PARKS AND RECREATION](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[PIEDMONT ADAPTIVE PROGRAMS](#) – Year-round programs for children with special needs, including a Sidekicks program matching children with older teens to attend camps. Email [sidekicks@piedmont.ca.gov](mailto:sidekicks@piedmont.ca.gov) to be added to the newsletter email list.

[PINOLE PARKS AND RECREATION](#) – Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[PITTSBURG PARKS AND RECREATION](#) - Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[PLEASANT HILL PARKS AND RECREATION](#) - Offers community events and recreation programs. Occasionally hosts Inclusive Recreation dances for adults with developmental disabilities (18+).

[PLEASANTON PARKS AND RECREATION](#) - Offers community events and recreation programs for residents of all ages. Also provides RADD (Recreation for Adults with Developmental Disabilities) programs for individuals aged 15 and older with developmental disabilities.

[RICHMOND PARKS AND RECREATION](#) – Offers a day program modeled after ILS for individuals aged 22-60 years. **\*\* RCEB eligible vendor.** Offers other community events and programs. *\*Not specifically for children and adults with disabilities.*

[SAN LEANDRO RECREATION & PARKS – AQUATICS](#) – Offers year-round swim lessons for children and adults, with classes for different age and skill levels. Programs are held at several community pools.

[SAN PABLO COMMUNITY SERVICES](#) – Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[SAN RAMON PARKS AND COMMUNITY SERVICES](#) – Offers community events and recreation programs, including a Zumba with Friends class for people with developmental disabilities on Wednesdays from 4 pm to 5 pm at the Al Costa Senior and Community Center.

[SANTA CLARA COUNTY PARKS AND RECREATION](#) – Offers community events and recreation programs. *\*Not specifically for children and adults with disabilities.*

[UNION CITY COMMUNITY & RECREATION SERVICES](#) – Offers community events and recreation programs for residents of all ages. *\*Not specifically designed for individuals with developmental disabilities.*

#### [WALNUT CREEK ARTS + RECREATION – SPEC REC SUMMER CAMP](#)

Summer camp designed for children and youth ages 5–21 with special needs. Activities may include crafts, games, nature study, music, sports, drama, and swimming. Typical staff ratio is 1:3. **\*\*RCEB eligible vendor.**

(925) 256-3531

Email: [machado@walnut-creek.org](mailto:machado@walnut-creek.org) (RCEB payment questions)

## DAY CAMPS & PROGRAMS

### [ACCESS ADVENTURE](#) (Fairfield)

Provides outdoor recreation, environmental education, and access to open spaces for people with disabilities and underserved youth using wheelchair-accessible horse-drawn carriages. Participation is not limited to wheelchair users.

(707) 999-1419

Email: [accessadventure@yahoo.com](mailto:accessadventure@yahoo.com).

### [ACCESS NORTHERN CALIFORNIA](#)

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.

### [ACHIEVE TAHOE](#) (Palisades Tahoe / Alpine Meadows, Lake Tahoe)

Adaptive skiing and snowboarding programs for children and adults aged 4+ with physical, visual, sensory, or intellectual disabilities. Programs are typically offered mid-December through April.

530-581-4161

### [ADVENTURES & OUTINGS PROGRAM](#) (Bay Area)

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.

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

(510) 843-4398 Lori Gray (call after 10 AM) (510)

849-4663, x1380 (recorded information) Email:

[lori@borp.org](mailto:lori@borp.org).

[ALA COSTA CENTERS](#) – Includes an after-school program serving neurodivergent youth in Berkeley and Alameda County, an Adult Transition Program (ACAT) for neurodivergent students 18-22 through Berkeley Unified School District, and an Adult Community Training (ACT) program for neurodivergent people ages 22 and older.

### [AQUA ADVENTURE WATERPARK](#) (Fremont)

Features swim lessons based on skill level. Non-swimmers use Coast Guard-approved flotation devices.

(510) 494-4426

### [ARBOR BAY SCHOOL SUMMER PROGRAM](#) (San Carlos)

In-person summer program for K-8th-grade children, taught by credentialed Special Education staff. For new students, the intake process includes an observation, interview, and screening with the Director to determine appropriate placement.

(650) 244-1519

[ARDENWOOD HISTORIC FARMS](#) (Newark)

Features a Victorian garden, farm animals, period costumes, and a blacksmith shop. Most facilities in Ardenwood are wheelchair accessible. Hours: Wednesday to Friday, 11 am-4 pm. Weekends, 10 am – 4 pm. Also features a walking digital tour (link found on their website).

(510) 544-2797

Email: [awvisit@ebparks.org](mailto:awvisit@ebparks.org)

[AXIS DANCE COMPANY](#) (Oakland)

In-person and online dance classes and workshops for individuals with and without disabilities. Participants explore a variety of creative dance approaches that emphasize individuality in movement. *All virtual classes and workshops have automatic closed captions over Zoom. ASL interpretation provided for specific classes (with advance notice).* (510) 625-0110

[BAY AREA ASSOCIATION OF DISABLED SAILORS](#) (San Francisco)

Offers free bay sailing opportunities for disabled individuals on weekends in San Francisco. The crew is very experienced in making accommodations to make this exhilarating sport available to everyone. Service animals are welcome, but please provide advance notice for special instructions.

Pier 40, The Embarcadero #16, San Francisco, CA 94107

(415) 281-0212 (recorded information and event contacts)

[CAL SHAKES](#) (Berkeley)

California Shakespeare Theater - under the guidance of professional teaching artists, campers immerse themselves in a wide variety of classes and daily rehearsals for performance. Some experience with special needs youth. Serves students grades 6-12. Email: [learn@calshakes.org](mailto:learn@calshakes.org)

[STRIDES PROGRAM](#) (Castro Valley)

Offers a day program for adults aged 22 or older, Monday through Friday, 8:30 am to 2:30 pm, and a paid internship program that runs for 9 months from August to May. Must be at least 22 years of age and have exited from high school or the Transition Program, or be 18 and have graduated with a high school diploma. Must be a regional center client and meet eligibility requirements for the Department of Rehabilitation.

[CAMP GALILEO](#) (Oakland and other Bay Area locations)

Offers in-person summer camps for rising Kindergarten through rising 8<sup>th</sup> graders featuring STEAM projects, outdoor games, and creative activities. Experienced in inclusive environments and accessible accommodations. Need-based scholarships are available. 1 (800) 854-3684

[CHEERGYMS](#) (Concord)

Offers cheerleading and tumbling classes, camps, and team programs for youth of various ages and skill levels. Programs may accommodate children with different abilities, but they are not specifically designed as special-needs programs.

2050 Commerce Ave, Concord, CA (925)

685-3910

Email: [info@cheergyms.com](mailto:info@cheergyms.com)

[CHILDREN'S MUSEUM OF SONOMA COUNTY](#) - The Children's Museum of Sonoma County hosts free Sensory Friendly Afternoons exclusively for children with sensory processing differences and their families or caregivers. These Tuesday afternoons are great for children and families to play with hands-on exhibits, explore the Art Studio, and enjoy family time in a safe, accessible, and welcoming environment without the crowds, noise, and bright lights of a typical museum day.

[COACH ART](#) (San Francisco Bay Area)

Free 4-week one-on-one art and athletic lessons to chronically ill children and their siblings between the ages of 5 –18. Also offers virtual programs over Zoom: [coachart.org/virtual-2](https://coachart.org/virtual-2)

(510) 444-7001

Email: [info@coachart.org](mailto:info@coachart.org)

[COMMUNITY SCHOOL OF MUSIC AND ARTS](#) (Mountain View)

In-person summer art camps offering activities such as drawing, painting, digital art, ceramics, and musical theater. Camps are taught by professional artists and include small group instruction (usually 10–15 students per class). Open to children ages 5–15. Financial aid is available.

230 San Antonio Circle, Mountain View, CA 94040 (650) 917-6800

Email: [info@arts4all.org](mailto:info@arts4all.org)

[CREATIVE EXPRESSIONS TOOLKIT](#)

Provides downloadable toolkits in Art, Music, and Play. Useful for home, trips, or hospital use. They were created by professionals in the pediatric field.

[DESCRIBED AND CAPTIONED MEDIA PROGRAM](#)

Families of a child with a disability qualify for free membership at DCMF. The website offers access to videos and resources for Deaf and Hard-of-Hearing, Blind, Deaf Blind, and Low Vision students from Kindergarten to 12<sup>th</sup> grade. All media – story time, ASL, and educational content - are captioned and described.

(800) 237-6213 voicemail and TTY

Email: [info@dcmp.org](mailto:info@dcmp.org)

[DESTINY ARTS CENTER](#) (Oakland)

An arts education center that uses movement-based arts to support pathways for young people to express themselves, inspire and ignite social change, and build a community where everyone feels seen, valued, and free. *Oakland residents are prioritized.*

(510) 597- 1619

Email: [info@destinyarts.org](mailto:info@destinyarts.org).

[DISCOVER AND GO](#) (Museum Access)

Offers free and discounted tickets to local museums and cultural institutions to California library cardholders.

[EAST BAY DANCE CENTER](#) (Oakland)

Offers in-person Spring and Summer camps that include dance, drama, arts and crafts, games, and outdoor activities for ages 5-12. Also offers an afterschool program for grades K-5, whether or not

schools are in session, online, or hybrid. Experienced and accept children with special needs on a case-by-case basis.

(510) 336-3262

Email: [info@eastbaydancecenter.org](mailto:info@eastbaydancecenter.org)

#### [ENVIRONMENTAL TRAVELING COMPANIONS](#) (San Francisco)

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. Trips are available for families, groups, or individuals. Adaptive equipment is available, and staff are experienced in its use. The Youth LEAD Program plans adventures for youth ages 14-18. Goals are to gain outdoor leadership skills, experience the adventure of a lifetime, and make friends for life. Scholarships are available.

2 Marina Blvd, Fort Mason Center C385, San Francisco, CA 94123

(415) 474-7662 (general info) or (415) 474-7662 ext. 16 (Youth LEAD)

Email: [info@etctrips.org](mailto:info@etctrips.org) (general info) or [ylp@etctrips.org](mailto:ylp@etctrips.org) (Youth LEAD)

#### [HABITOT CHILDREN'S MUSEUM](#) (Emeryville)

A nonprofit organization that provides hands-on learning experiences for young children and their families through pop-up exhibits, art activities, and community events. Programs focus on play-based exploration for infants, toddlers, and preschoolers. Classes, schedules, and locations vary.

(510) 647-1111

Email: [info@habitot.org](mailto:info@habitot.org)

#### [HAPPY TRAILS CAMP](#) (Woodside)

A week-long outdoor summer day camp for children of all abilities (and their siblings) aged 6 and up. All campers will be partnered with a "Buddy," a young adult counselor, providing a uniquely personal camp experience.

Phone: (650) 851-2271

Email: [info@nceft.org](mailto:info@nceft.org)

#### [IMAGINOOK](#) (Newark)

Offers a wide range of in-studio art classes, workshops, events, and summer camps for kids, teens, and adults.

39675 Cedar Blvd, Suite 135, Newark, CA, 94560

(510) 358-5877

Email: [studio@imaginook.us](mailto:studio@imaginook.us)

#### [JEWISH COMMUNITY CENTER OF SAN FRANCISCO SUMMER CAMP](#) (San Francisco)

Offers inclusive summer camp programs for children from preschool through 8<sup>th</sup> grade, including arts, sports, swimming, science, and outdoor activities. Programs emphasize community, creativity, and social development. Inclusion support may be available depending on program needs.

3200 California St, San Francisco, CA 94118 (415) 292-1200

Email: [camp@iccsf.org](mailto:camp@iccsf.org)

#### [JOEY TRAVOLTA'S INCLUSION FILMS AND FUTURES EXPLORED, INC.](#) (Livermore)

Offers individuals the educational opportunity to learn the process of making a short film under the guidance and instruction of Joey Travolta and his professional teaching and film crew. The day camp is available to individuals ages 10-22 and takes campers through a step-by-step process of making a film, emphasizing collaboration and teamwork while learning the following skills: pre- and post-production, acting, directing, editing, technical support, and camera operation. Also offering Film Camp for ages 12-22. *\*\*RCEB eligible vendor.* Email: [hesterwagner@futures-explored.org](mailto:hesterwagner@futures-explored.org)

[KIDS 'N' CLAY](#) (Berkeley)

809a Allston Way, Berkeley, California 94710

A children's ceramic studio that offers wet clay programs for students ages 7 and up.

(510) 845-0982

[LEISURE CLUB](#) (Alameda)

A social recreation program designed for Alameda residents ages 18 and older with developmental disabilities. Meets 2nd and 4th Thursdays, 7:00-9:00 PM.

(510) 747-7529

Email: [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)

[LUNA DANCE INSTITUTE](#) (Berkeley)

1831 Solano Ave. #7788, Berkeley, CA 94707

Currently offering in-person classes for children and teens. Committed to inclusion and access, by teaching to the highest rigor of creativity wherever dance takes place. Check the website for the summer schedule.

(510) 883-1118

Email: [administrator@lunadanceinstitute.org](mailto:administrator@lunadanceinstitute.org)

[MAKE IT WITH WALMART](#) Offers online video clips of summer crafts and activities to keep families entertained.

[MUSEUM OF CHILDREN'S ART SUMMER CAMP](#) (Oakland)

An art-focused summer camp where children explore creativity, innovation, and self-expression through hands-on art projects. Programs emphasize diversity, inclusion, and cultural expression, and are committed to supporting children and families from BIPOC communities. Limited scholarships are available.

<https://www.mocha.org/summercamp>

(510) 465-8770

Email: [hello@mocha.org](mailto:hello@mocha.org)

[MONKEY BUSINESS CAMP](#) (Tilden Park in Berkeley)

Focuses on loving the planet, celebrating diversity, and appreciating different learning styles. Staff have experience with inclusion. Offers summer camp, youth leadership, and school break day camps for children ages 3-16.

(510) 540-6025

Email: [office@monkeybusinesscamp.com](mailto:office@monkeybusinesscamp.com)

### [MONTEREY BAY AQUARIUM](#) (Monterey)

[Accessibility and Inclusion Information](#) – Offers complimentary admission to a caregiver or companion of a guest with a disability requiring assistance.

[Day of Discovery](#) - In this personalized scuba experience for kids with disabilities, participants explore the wonders of Monterey Bay from the waters of the Aquarium's Great Tide Pool.

### [MUSEUMS FOR ALL](#) (U.S)

Through Museums for All, those receiving food assistance (SNAP benefits) can gain free or reduced admission to more than 1,200 museums throughout the United States simply by presenting their EBT card and a photo ID. Many California museums also provide discounts for Medi-Cal recipients.

[MUSCULAR DYSTROPHY ASSOCIATION](#) - Each summer, kids and young adults with neuromuscular disease attend these life-changing camps around the U.S. - at no cost to their families. Virtual camps are offered year-round, and family camps are offered during the summertime.

### [NEW DIRECTIONS TRAVEL](#) (Santa Barbara)

A non-profit which provides leisure and educational travel opportunities for adults who have mild to moderate intellectual and/or developmental disabilities, such as cerebral palsy, Down Syndrome and autism. Local, national, and holiday options at varied price ranges. Scholarships available.

(888) 967-2841 toll-free or call (805) 967-2841.

Email: [hello@NewDirectionsTravel.org](mailto:hello@NewDirectionsTravel.org).

### [OAKLAND STROKES](#) (Oakland)

Tidewater Boathouse, 4675 Tidewater Ave, Oakland, CA 94601

A youth rowing program offering Learn-to-Row summer camps for middle and high school students. Participants learn rowing technique, physical training, teamwork, and water safety while building confidence and leadership skills. Financial aid is available.

<https://www.oaklandstrokes.org/summer-learn-to-row>

(510) 926-4100

Email: [information@oaklandstrokes.org](mailto:information@oaklandstrokes.org)

### [PEACE CAMP](#) (Bay Area)

A week-long summer camp for children ages 6–12 that promotes peaceful communication, conflict resolution, and cooperation. Activities include role-playing skits, songs about peace, arts and crafts, cooperative games, and swimming.

(510) 845-8417

Email: [marymiche@JPS.net](mailto:marymiche@JPS.net)

### [PIEDMONT STABLES](#) (Oakland)

Skyline Ranch Equestrian Center, 5750 Redwood Rd., Oakland, CA, 94619, offers a Therapeutic Riding Program for children with special needs.

(510) 336-0850

Email: [jmarti8445@aol.com](mailto:jmarti8445@aol.com)

[QUARRY LAKES REGIONAL RECREATION AREA](#) (Fremont)

2100 Isherwood Way off Paseo Padre Parkway.

Offers many opportunities for water, hiking, fishing, and picnics. There is also a wheelchair-accessible fishing pier at Horseshoe Lake, as well as many other facilities. The Rock Picnic Area has accessible bathrooms and a drinking fountain, but no parking. Old Creek Trail has a firm surface for hiking.

[READY SET GO THERAPY: FRIENDSHIP EXPLORATIONS](#) (Mill Valley)

Offers one-week outdoor summer day camp sessions for children aged 4-11. supported by 1 licensed therapist and student volunteers. Children are grouped by age and the individual child's needs or abilities. <https://www.friendshipexplorations.com/registration>  
(415) 339-8800

[ROBERTS REGIONAL PARK](#) (Oakland)

10570 Skyline Blvd, Oakland, CA 94619

A Redwood grove with an accessible barrier-free wheelchair accessible children's play area. The park includes a baseball field, playfields, a swimming pool, and a sand volleyball court. (510) 482-6028

[SAN RAMON VALLEY DANCE ACADEMY](#)

Nationally recognized for diversity and excellence in dance training. The Academy offers a wide variety of classes, including one for children with special needs that explores creativity, musicality, and movement through dance. In-person and virtual options are available. (925) 837-4656

[SONRISE EQUESTRIAN FOUNDATION](#) (Pleasanton)

7101 Camino Tassajara, Pleasanton, CA, 94588

Offers four weekly programs free of charge for children ages 6-18 living with social, emotional, or physical challenges, including terminal illness. Children develop confidence, integrity, and responsibility through mentoring and peer relationships centered on the care and enjoyment of horses.

(925) 838-7433

Email: [sonrise@sonriseequestrianfoundation.org](mailto:sonrise@sonriseequestrianfoundation.org)

[SPECIAL SKATER/ADAPTIVE SKATING PROGRAM](#) (Oakland)

The Oakland Ice Center offers a learn-to-skate program developed especially for athletes with physical and mental challenges. With the help of volunteers, skaters develop skills, make new friends, and experience newfound freedom and a sense of accomplishment. During this special time slot, wheelchairs, walkers, and other mobility devices are allowed on the ice. Fridays 5:00-5:45 pm.

\*\* Free admission for one parent or aide. All other family members will be charged a \$5 drop-in fee.

(510) 268-9000, Email: [ssimon@sharksice.com](mailto:ssimon@sharksice.com)

[SPECIAL OLYMPICS OF NORTHERN CALIFORNIA](#)

Offers year-round individual and team sports to children, teens, and adults with intellectual disabilities in Northern California, focusing on sports, education, and athletic health. Athletes in the East Bay are encouraged to check both Contra Costa and Alameda County schedules and locations. All programs are free for participants.

(925) 944-8801

Email: [info@sonc.org](mailto:info@sonc.org)

[SPEECH PATHOLOGY GROUP SOCIAL LANGUAGE SUMMER CAMP](#) (Walnut Creek)

2021 Ygnacio Valley Rd, C103, Walnut Creek, CA 94598

Camp Super Communicators is a social language camp for children ages 6-10. It is a fun, one-of-a-kind summer camp led by a Speech-Language Pathologist to learn and practice social skills with peers in a mainstream summer camp setting. Also offers a full range of speech/language therapy for children and adults.

<https://spgtherapy.com/clinic-services/special-programs>

(925) 945-1474

[STUDIO NAGA](#) (Oakland)

5850 San Pablo Ave., Oakland, CA 94608

Dynamic Indonesian martial arts classes for kids and adults, Hollis-Doyle Park, for beginners to black belts. Instruction for kids, teens, and families.

(510) 652- 6242

Email: [info@studionaga.com](mailto:info@studionaga.com)

[SUNFLOWER HILL](#) (Livermore)

Sunflower Hill Garden at 455 Olivina Ave., Livermore, CA 94550

In-person and virtual programs designed for adults with special needs. Hands-On Garden Groups, virtual cooking classes, and weekly online activities for adults aged 18+ who have intellectual and/or developmental disabilities.

[sunflowerhill.org/programs/sunflower-hill-online-activities](http://sunflowerhill.org/programs/sunflower-hill-online-activities)

(925)800-1042

[SYLVAN LEARNING CAMPS](#) (Bay Area)

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.

<https://www.sylvanlearning.com/locations>

(510)907-7941

[TAYLOR FAMILY FOUNDATION](#) (Livermore)

The Taylor Family Foundation offers Camp Arroyo programs for children with serious illnesses and special needs. The organization also provides virtual camp activities, including arts and crafts, recipes, and creative projects designed to keep children engaged and entertained at home.

<https://tfff.org/virtual-camp>

(925) 455-5118

Email: [tfff@tfff.org](mailto:tfff@tfff.org)

[TAYLOREDFIT SOLUTIONS](#) (Oakland)

Offers an adventure experience into the pedagogy of climbing and outdoor exploration for the spectrum of Neurodiverse youth ages 11+.

[THE BERKELEY CHESS SCHOOL](#) (Berkeley)

Offers Friday night chess for grades K-12. Emphasis is on the joy of the game with an eye to the student's progress. Summer camps are also available in Albany, Benicia, El Cerrito, Orinda, Piedmont, Pleasant Hill, Pleasanton, and San Ramon.

<http://www.berkeleychessschool.org/programs/camps>

(510) 843-0150

Email: [info@berkeleychessschool.org](mailto:info@berkeleychessschool.org)

#### [B.O.K. RANCH](#) (Woodside)

Provides full inclusion horseback riding lessons for riders of all abilities, including individuals with neurodiversity and disabilities. Lessons focus on horsemanship, teamwork, confidence building, and social development in a supportive environment. Participants must be able to sit independently on a horse, wear an approved riding helmet, weigh under 180 lbs, and submit a physician's release form before beginning lessons.

3674 Sand Hill Rd, Woodside, CA 94062

(650) 366-2265

Email: [director@bokranch.org](mailto:director@bokranch.org)

#### [TILDEN PARK MERRY GO ROUND](#) (Berkeley)

Central Park Drive and Lake Anza Road, Berkeley, CA 94708

For children who enjoy carousels. Fri, Sat, Sun 11 AM to 5 PM, weather permitting. Single ticket: \$4.00; book of 7 tickets: \$24.00. (510) 559-1004

#### [REDWOOD VALLEY RAILWAY – TILDEN STEAM TRAINS](#) (Orinda)

2481 Grizzly Peak Blvd, Orinda, CA 94563

A miniature steam train ride through the redwood forest located in Tilden Regional Park. The scenic ride lasts about 10–12 minutes and is a popular attraction for young children and families. Typically open weekends and holidays; hours vary seasonally.

About \$4 per ride; multi-ride ticket books available. Children under 2 ride free. (510) 548-6100

#### [TOPSOCCER](#) (Castro Valley)

(The **O**utreach Program for **S**occer) It is a recreational sports program for children and adults with intellectual, emotional, or physical disabilities offered only through local US Youth Soccer-affiliated soccer clubs. CVSC TOPSoccer provides people with diverse abilities an opportunity to play soccer in a structured, safe, fun, supportive, and inclusive environment.

#### [UNITED CEREBRAL PALSY \(UCP\) OF THE GOLDEN GATE](#)

Offers a program called "Everyone In," providing care during non-school hours to qualifying preschools and children in grades K through 8<sup>th</sup> grade who are clients of the Golden Gate Regional Center or Regional Center East Bay, and who reside in Alameda, San Francisco, Contra Costa, or Marin counties. The program helps the parent find an aide who can facilitate inclusion in an after-school program.

(510) 832-7430

Email: [info@ucpgg.org](mailto:info@ucpgg.org)

#### [WESTWIND RIDING INSTITUTE PROGRAM](#) (Los Altos Hills)

27210 Altamont Road, Los Altos Hills, CA 94022

Formerly Westwind 4-H, it offers sports and recreational riding for children with disabilities ages 5-19.

[WORD WORKS! Speech & Language Pathologists](#) (Oakland)

55 Santa Clara Ave, Oakland, CA 94610

Provides speech and language therapy services and social language groups for children with diverse communication needs. Services are offered in a play-based environment and include play groups for toddlers and preschoolers, as well as peer social language groups for children ages 5 and up. The website also offers baby sign language resources and flashcards for families. Teletherapy services are available.

(510) 433-0123

Email: [info@wordworkstherapy.com](mailto:info@wordworkstherapy.com)

[XENOPHON THERAPEUTIC RIDING CENTER](#) (Orinda)

60 Don Gabriel Way, Orinda, CA 94563

Offers therapeutic horseback riding lessons for children ages 5-18 years with any diagnosed disability. Each session lasts 6-8 weeks. Scholarships are available.

<http://xenophontrc.org/services/therapeutic-riding>

(925) 377-0871

[ZOOCAMP](#) (Oakland Zoo)

9777 Golf Links Road, Oakland, CA 94605

Exciting weekly sessions of nature discovery and animal adventures involving hands-on, age-appropriate learning. For students in grades K through 5<sup>th</sup> grade. Special needs students are included on a case-by-case basis.

(510) 632-9525 ext.280

## PHYSICAL RECREATION & PROGRAMS

[A WALK ON WATER](#)

Hour-long Surf Therapy sessions along the west coast and east coast throughout the year. The closest location is in Pacifica. Must sign up in advance. (Free)

[BORP ADAPTIVE SPORTS & RECREATION](#) (Berkeley)

Provides adaptive sports and recreation opportunities for children and adults with disabilities, including outdoor and urban activities throughout the Bay Area.

(510) 849-4663

Email: [info@borp.org](mailto:info@borp.org)

[CHALLENGERS BASEBALL](#) (Bay Area)

Teams across Alameda and Contra Costa offer different levels of baseball for children, teens, and adults with disabilities. (Free)

[CHALLENGER BOWLING](#) (Castro Village Bowl – Castro Valley)

<https://castrovillagebowl.com/>

Advance sign-up by emailing Kristi Austin at [kristiaustin2012@yahoo.com](mailto:kristiaustin2012@yahoo.com). \$10 per week includes shoe rental and 2 games.

[CHAMPIONS LEAGUE SOCCER](#) (Alameda City)

Located at Estuary Park in Alameda on Sundays, 2-4 PM, August – November. Ages 7-20. \$25 registration fee includes a T-shirt.

[DRAGON SKATE CAMP](#) (Sacramento)

Providing 1:1 skateboarding lessons during one-day camps throughout the year. (Free)

[DREAM POWER](#) (Morgan Hill, CA)

Serving children, teens, and adults with and without disabilities through horse-delivered therapy and a variety of other programs. (Fee for Service)

[E-SPORTS](#) (Bay Area)

Offering Soccer, Basketball, Martial Arts, Dance, and Fitness around the Bay Area (Free)

[GIANT STEPS EQUESTRIAN CENTER](#) (Petaluma, CA)

Serving children, teens, and adults with and without disabilities through horse-delivered therapy and a variety of other programs. The minimum age for riding is 4. (Fee for Service)

[HALLECK CREEK RANCH](#) (Nicasio, Marin County)

Offers inclusive horsemanship camps which serve children (5 and up) and young adults with a wide range of developmental, physical, and sensory challenges, as well as their typically developing siblings and peers. (415) 662-2488

Email: [bfalco@halleckcreekranch.org](mailto:bfalco@halleckcreekranch.org) Brenda Falco, Program Director

[HEAD OVER HEELS GYMNASTICS](#) (Emeryville)

Offering gymnastics classes for preschool to young adults with special needs. Campers with special physical or emotional needs are very successful at camp. However, before signing up, please email or call to determine if the camp is safe and appropriate. \*\*\*Special needs gymnastics class on Wednesdays from 6 pm-7 pm.

(510) 655-1265

Email: [info@hohgymnastics.com](mailto:info@hohgymnastics.com)

[PITTS' MARTIAL ARTS ACADEMY](#) (Berkeley)

Offers martial arts training, including Taekwondo, Judo, Capoeira, and self-defense for youth and adults. Contact the academy to discuss whether classes may be appropriate for children with special needs.

(510) 915-2604

Email: [masterkennypitts@gmail.com](mailto:masterkennypitts@gmail.com)

### [RIDE A WAVE](#) (Santa Cruz)

To give children with disabilities the chance to feel the thrill of riding a wave and experience a safe, fun-filled day at the beach, whether they are physically, developmentally, or economically challenged.

### [SAFESPLASH SWIM SCHOOL](#)

Individualized lesson plans are structured around the swimmer's goals and interests. Find a Location - <https://www.safesplash.com/find-a-location>

### [SKATE MDHH](#) (Sacramento & Bay Area)

Offers free ice-skating clinics for children with medical, developmental, or hearing disabilities. Participants receive one-to-one support from trained volunteers and enjoy skating and other fun activities.

### [SPECIAL NEEDS AQUATIC PROGRAM \(SNAP\)](#) (Bay Area)

Offers Swimming classes at YMCA warm pools in Berkeley, Albany, and Palo Alto. Times and days vary based on location. \$25 per class. Scholarships available.

[SPECTRUM SURF CAMPS](#) (Marin County / Bay Area) Offers half-day and full-day surf lessons in 2–5 day camps during the summer (June–August). Camps are designed for children and adults with disabilities and provide individualized support in small groups. Private pay with scholarships available.

### [SPIRITED PLAY LABS](#) (Berkeley, San Ramon, Belmont)

Offers an inclusive play space and cooperative programs designed for children with developmental delays or disabilities. The environment supports sensory needs, social interaction, and child-led play. Best suited for children developmentally under age 8. Regional Center funding may be accepted for some programs.

### [SWINGS AND WINGS](#) (Alameda)

Offers a sensory-rich play space for kids between 6 months and 8 years, designed and owned by an Occupational Therapist. *\*\*RCEB eligible vendor.*

### [YOGA FOR PEOPLE WITH DISABILITIES & CHRONIC CONDITIONS](#) (Piedmont)

Piedmont Yoga Community classes are attended by a wide variety of students, including those who arrive in wheelchairs, use walkers, canes, or crutches, as well as those with invisible disabilities. Adults of all ages, genders, and ethnicities attend our classes.

## MOVIE THEATRES

[WEST WIND DRIVE-IN THEATRES](#) (Multiple Locations – Concord, San Jose, Sacramento)

Family-friendly drive-in movie theaters. General admission is typically \$9.00, children ages 5–11 are \$2.00, and children 4 and under are free. Tuesday Family Fun Night offers discounted admission (\$6.00 per person; special shows excluded). Families watch movies from their cars.

Concord – Solano Drive-In | San Jose – Capitol Drive-In | Sacramento – Sacramento Drive-In

### [RIALTO CINEMAS](#) (El Cerrito, Elmwood-Berkeley, Sebastopol)

Occasionally offers Free Family Matinees, where family-friendly movies are shown at no cost. Tickets are available on a first-come, first-served basis on the Friday before the showing. Check the theater website for current event schedules.

### [REGAL MY WAY MATINEE](#)

Regal’s My Way Matinee gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. This becomes a safe space where our guests are free to express themselves by singing, crying, dancing, walking around, talking, or shouting while enjoying Hollywood’s latest films! These showings will be the first show of the day on select Saturdays each month.

### [AMC SENSORY FRIENDLY FILMS](#)

AMC partners with the Autism Society to offer Sensory Friendly Film showings where the lights are turned up and the sound is turned down. Guests are welcome to move around, talk, sing, or express themselves while enjoying the movie. Sensory Friendly Films are typically offered on the second and fourth Saturdays (family-friendly) and on Wednesday evenings (for mature audiences). Please check participating theaters for current schedules.

## ADDITIONAL RESOURCES:

[A Wheelchair Rider’s Guide San Francisco Bay and the Nearby Coast](#) Easy Access to State Parks (PDF) by Bonnie Lewkowicz. 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. A hard copy of the book is available at California Coastal Conservancy (510) 286-1015

### [ACCESS ALAMEDA](#)

Transportation services available in Alameda County, including a range of options specifically designed for seniors and people with disabilities.

## FOR MORE IDEAS:

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

East Bay Regional Park District’s Activity Guide: [www.ebparks.org](http://www.ebparks.org)

Berkeley Parents Network: <https://www.berkeleyparentsnetwork.org>

Bay Area with Kids: [BayAreawithKids.com](http://BayAreawithKids.com)

{510}Families: [www.510families.com](http://www.510families.com)

Bay Area Kid Fun: <https://www.bayareakidfun.com/>

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