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Where to Go and What to Do with Grandchildren

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The following suggestions are provided for the benefit of the users. Their listing does not constitute the Grandparent Autism Network's endorsement of the quality or appropriateness of their services. Whether their offerings are appropriate for you or your family is a determination you should make based current information you obtain prior to using their services or visiting the sites.

- SECTION 1 SPORTS AND RECREATION
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SPORTS AND RECREATION

Ability First

Newport-Mesa Center, 1060 Paularino Ave. Costa Mesa 92626
(877) 768-4600 www.abilityfirst.org

Offers an after school enrichment program for children with disabilities including autism, cerebral palsy, mental retardation, down syndrome and epilepsy. The center includes two modular classrooms and a playground.

Access to Sailing

(310) 438-2007 www.accesstosailing.org

Offers participatory programs for physically, mentally and developmentally challenged children in Long Beach at Shoreline Village.

Achilles Track Club

(310) 281-8409 www.achillestrackclub.com

Achilles is a worldwide organization that encourages people with all kinds of disabilities to participate in mainstream athletics, to promote personal achievement and enhance self esteem. Achilles kids is a free running/walking/rolling program for ages 2-21.

Anaheim Therapeutic Recreational Center

2660 W. Broadway, Anaheim, CA
(714) 821-6510 www.goodtime.net

The program offers a variety of activities in a success oriented atmosphere for children ages 5 - adult. The programs are non-medical care programs. The Anaheim Therapeutic Recreational programs are offered through the Regional Center. Registration for all programs takes place the month before the start of each new program. Each new participant will be evaluated on an individual basis to determine if the applicant is appropriate for services.

ARCH: American Riding Club for the Handicapped

(714) 539-3629

Therapeutic riding lessons and Special Olympics training offered to people of all ages and disabilities at the former El Toro base.

AYSO: Very Important People Program

(949) 275-0413 (714) 786-4082 www.soccer.org

Offers organized soccer for players with mental or physical challenges. VIP offers children ages 4-19 a sense of belonging and acceptance while learning the basic skills of soccer. To receive a VIP packet call AYSO at (800) USA-AYSO, Programs Department or visit the web site/

Best Buddies

1-800-89BUDDY

International organization designed to enhance the lives of people ages 12 and older with intellectual disabilities by providing opportunities for one to one friendships, integrated employment and various recreational activities.

Bowling Leagues at Irvine Lanes

(949) 724-6637 3415 Michelson Dr., Irvine www.irvinedisabilityservices.org

Adaptive bowling for all disabilities ages 6 and older. Two sessions are offered, one beginning in September and one beginning in February.

Bowling Leagues at Saddleback Lanes

(949) 586-5300 25402 Marguerite Parkway, Mission Viejo

www.bowlsaddleback.com

Adaptive weekly bowling for all disabilities ages 6-21 during the months of June, July and August.

Boy Scouts of America

(714) 546-4990 www.scouting.org

The basic premise of scouting for youth with special needs is that every boy can participate and be respected like every other member of the troop. Some troops are exclusively composed of Scouts with disabilities, but most succeed best when every boy is part of a patrol in a regular troop.

Boys and Girls Clubs

(714) 530-0430 www.bgca.org

Program provides kids with health and life skills, arts, sports, fitness and recreation. Staff will work closely with parents of any disabled child ages 5-18 to help the program work for the child. Call for a location near you.

Campfire USA

(714) 838-9991 14742 Plaza Dr., Tustin www.campfireusaoc.org

Inclusive troops for girls. Campfire USA programs are designed to provide co-educational activities for all.

Challenger Little League Baseball (949) 551-1416 www.littleleague.org

The Challenger Division is designed to enable boys and girls with physical and mental disabilities ages 5-18 to experience playing little league throughout Orange County.

Circle of Friends

(949) 707-2692 25555 Alicia Pkwy, Laguna Hills www.ci.laguna-hills.ca.us

Monthly dances and social activities for young adults ages 13 and older who have any type of disability.

Easter Seals Disability Services

(714) 834-1111 1801 E. Edinger Ave, Suite 190, Santa Ana
www.SouthernCal.EasterSeals.com

After school program provides specialized, recreational activities to enhance emotional and social growth for children ages 5 through 18 with developmental, physical, emotional or learning disabilities. The program is located at local schools and community centers in the cities of Anaheim Hills, Irvine and Mission Viejo, Monday through Friday 1:00 pm – 6:00 pm during the school year.

Garden Grove Sports and Recreation Center

(714) 889-5782 13641 Deodara Dr. Garden Grove www.ci.gardengrove.ca.us
Program offers gym sports and socializing activities regardless of age or disability.

Girl Scouts of America

(800) 478-7248 (714) 979-7900 www.girlscouts.org

Troops throughout Orange County are offered to girls ages 5-17.
Adaptive scouting offered for girls with disabilities, troops are inclusive.

Ice Skating at Yorba Linda Ice Palace

(714) 692-8776 ext 21 23641 La Palma, Yorba Linda www.voicepalace.com
Ice skating for individuals ages 4 and older of all disabilities. No charge for disabled children M-F from 10 am – 12 pm, except during summer.

Irvine Recreational Programs: Office of Disability Services

(949) 724-6732

The office of disability services offers monthly social and recreational activities for persons with disabilities 16 years of age and older.
Registration takes place after the event flyers have been mailed.

Karate For All: Children's Hospital of Orange County

(949) 293-4430 455 S. Main Street, Orange www.karateforall.org

This is a hospital based program developed specifically for children with special needs ages 4-18 who are not CHOC patients. The basics of self defense are taught providing benefits in gross motor, sensory motor, cognitive and psychosocial functioning.

Laguna Niguel Girls Softball

(949) 495-4972 Laguna Hills Middle School, Laguna Niguel www.Ings.org
Softball program for mentally and/or physically challenged girls ages 10-20.

Orange County Children's Therapeutic Art Center

(714) 547-5468

Classes and individual instruction is offered in art, instrumental music, singing and movement for children with special needs.

Orange Junior Soccer Club: TOP SOCCER

P.O. Box 5791 Orange, CA 92863 (714) 997-3358

OJSC offers a unique program for families of special needs children to enjoy the game of soccer. Activities are available throughout the year.

Rancho Santa Margarita Soccer Club: TOP SOCCER

(949) 858-3241 www.rsmssc.com

TOP Soccer is a national soccer program to train young people with disabilities in a caring coaching environment. There are four levels of play from beginners to advance. Games are held on Saturdays and Sundays.

Ride Your Horse Therapeutic Riding Program: Anaheim Equestrian Center

(714) 292-3563 1370 S. Sanderson Ave., Anaheim www.rideyourhorse.com

Equine assisted activities program for children with disabilities. Programs are offered at the Anaheim Equestrian Center.

Shea Therapeutic Riding Center

(949) 240-8441 26284 Oso Rd., San Juan Capistrano www.sheacenter.org

Full time program of adaptive and therapeutic horseback riding for ages two and older of all disabilities.

Special Olympics of Orange County

(714) 564-8374 2080 North Tustin Ave, #B, Santa Ana www.sosc.org

Special Olympics offer year round sports training and athletic competitions for children around Orange County. Winter sports include: Skiing, figure skating, floor hockey, snowboarding, snowshoeing and speed skating. Fall sports include: Bowling, cycling, power lifting, roller skating, soccer, softball and volleyball. Summer sports include: Aquatics, athletics, basketball, bocce ball, equestrian, golf, gymnastics, sailing and tennis.

Spirit!League

949-388-8887 or 949-498-2340 e-mail: spiritleague@cox.net

www.spiritleague.org

For children who are physically active (ambulatory), and have the emotional ability to participate — but have difficulty keeping up with their peers. We emphasize the learning of basic sports skills and physical fitness for higher functioning but developmentally challenged boys and girls, ages 6-18, in Southern Orange County, California. Offers soccer, basketball and baseball sessions.

Therapeutic Riding Center of Huntington Beach/ Huntington Central Park Equestrian Center

(714) 969-8846 18381 Goldenwest St., Huntington Beach www.Trchb.com

Adaptive horseback riding lessons offered ages 4 and older of most disabilities.

Us Too Gymnastics

(949) 716-1970 25 Spectrum Pointe Drive, Irvine www.UsTooGymnastics.org

Program dedicated to teaching gymnastics to children with high functioning disabilities by providing a safe place for social interaction and physical activity.

U.S. Adaptive Recreational Center

(909) 584-0269 P.O. Box 2897, Big Bear Lake www.usarc.org

Program offers adaptive skiing and water sports for people with all types of disabilities. On site adaptive ski school in Southern California at Big Bear Mountain Resort.

United Cerebral Palsy of Orange County

(714) 200-2613 www.upc-oc.org

UPC-OC offers families a variety of services and programs ranging from social and recreational activities to therapeutic support.

Walkers & Wheelers/ UCI Medical Center

(714) 456-2295 101 The City Dr., Santa Ana

This program helps children and youth of all disabilities achieve their maximum potential and learn to contribute to their community through fun activities and outings. Ages 8 and up.

Western Amputee Golf Association

www.wagagolf.org

The Western Amputee Golf Association was founded to help amputees and other physically challenged people by offering golf clinics and tournaments nationwide.

YMCA New Horizons

(714) 838-0181 12831 Newport Ave, Suite 250, Tustin www.ymcaoc.org

Social recreation program for people ages 6-60 with high functioning developmental disabilities. Staff members also speak Spanish.

Yoga at the Children's Therapy Center

(714) 892-6828 12881 Knott St, Suite 103, Garden Grove

www.thechildrenstherapycenter.com

Inclusive yoga classes promote flexibility, strength, balance, posture and concentration for ages five and older.

SECTION 2 - CAMPS

Camp Scherman

(714) 979-7900 www.girlscouts.org

One or two week camp for girls ages 7-17 and is accessible to girls with disabilities. Summer session runs from June to August.

lives and medical problems by participating in an environment where sickness is overshadowed by love, group support and fun.

Camp Techie

(714)533-8275 www.taskca.org

Designed to help school aged children of all abilities reinforce their social and academic skills through the use of Assistive Technology and various activities, including the use of computer software, adaptive equipment, games, arts and crafts, cooking, etc.

T.A.S.K. also provides a Lab one Saturday a month at the Tech Center to try out different types of software and adaptive equipment to help determine what is best suited for the individual child. Contact for dates and costs.

Easter Seals of Southern California

(800) 922-7325 www.easter-seals.org

Day and residential camps as well as weekend and after school programs are available.

Jay Nolan Camp

(818) 361-6400 www.jaynolan.org

Jay Nolan Camp is an inclusive, residential camp for kids with developmental disabilities and autism. The camp is located in Wrightwood.

Special Camp for Special Kids

(949) 661-0108 www.specialcamp.org

A day camp located in San Juan Capistrano for youths with disabilities ages 5-21. Camp offers a one to one camper to counselor ratio and offers three, one week sessions.

SECTION 3 – FUN AND ENTERTAINMENT

Aquarium of the Pacific

(562) 590-3100 100 Aquarium Way, Long Beach www.aquariumofpacific.org

Exhibits include diverse varieties of ocean animals, habitats, and Interactive presentations.

Adventure City

714 236-9300 , 238 S. Beach Blvd., Anaheim www.adventurecity.com

The "Theme Park Built Just For Kids" has nine exciting rides for kids to enjoy, and all but one ride accommodates adults so the entire family can take part in the fun

Balboa Fun Zone

949 673-0408 600 E. Bay Ave, Newport Beach

Carousel, merry-go-round, bumper cars, Ferris wheel and arcades.

Boomers

www.boomersparks.com/

Great place for families Boomers is a family fun park with go-carts, mini golf, arcade games, and food. Several Locations:

Anaheim: (714) 630-7212 1041 N Shepard St, Anaheim

Fountain Valley: (714) 842-1111 16800 Magnolia St., Fountain Valley

Irvine: (949) 559-8336 3405 Michelson Dr., Irvine

The Bowers Museum "Kidseum" (714) 567-3600 2002 N. Main St, Santa Ana, CA 92706

Located in the Bowers Museum, programs and entertainment designed for children 3 years and older. Call for current schedule of hours, activities and admission fees

Chuck E. Cheese's Many location

www.chuckecheese.com

Check your local city listings. Pizza and a variety of other foods. Features video games and side show characters. Lots of birthday parties celebrated here.

Discovery Science Center

(714) 542-2823 2500 N. Main St. Santa Ana www.discoverycube.org
Explore more than 100 hands-on exhibits, participate in live science experiments and more!

Disneyland

(714)781-4565 1313 Harbor Blvd., Anaheim www.disneyland.com
Rides and attractions for the entire family. *** Inquire about special passes for families with special needs. (Documentation needed)

Disney's California Adventure

(714) 781-4565 1313 Harbor Blvd., Anaheim, CA 92802
Attractions that recreate various aspects about California, it's culture, landmarks and history. Some family-friendly rides as well with an emphasis on adult oriented thrill rides.***Inquire about special passes for families with special needs. (Documentation needed)

Fitness Centers

Most health clubs will allow grandchildren to join you when they are 12 years old.

Irvine Spectrum

71 Fortune Drive, Irvine, www.shopirvinespectrumcenter.com
Movie theatres, Ferris Wheel, Dave & Busters.

Knott's Berry Farm

(714) 220-5200 8039 Beach Blvd., Buena Park www.knotts.com
Rides and entertainment for the entire family. ***Inquire about special pass for families with special needs.

Knott's Soak City U.S.A.

714 220-5200 8039 Beach Blvd., Buena Park, www.knotts.com/soakcity/oc/
Thirteen water-logged acres packed with 21 water rides

Miniature Golf Courses

Camelot Golfland

714 630-3340 3200 Carpenter Ave, Anaheim, CA 92806
www.golfland.com/

Palace Park Family Entertainment Center

(949) 559-8336 3405 Michelson Dr., Irvine

Southern Hills Golfland

714 895-5613 2611 Beach Blvd, Stanton, CA 90680

Orange County Fair July 13 – August 15, 2007

(714) 708-3247 88 Fair Drive Costa Mesa, CA
www.ocfair.com
Animals, exhibits, competitions and entertainment scheduled during the day and evening.

Orange County Zoo

(714) 9736847 1 Irvine Park Road, Orange www.ocparks.com/oczoo
A small zoo located inside of Irvine Regional Park

Pump It Up

Jump, climb, slide, and bounce on giant custom designed, interactive Inflatable slides and play structures. Good place to have a birthday party. .

Anaheim:(714)693-9663 5397 E. Hunter Ave., Anaheim Hills,

Irvine: (949) 261-7867 16871 Noyes Ave, Irvine

Lake Forest: (949)588-2925 26792 Vista Terrace Lake Forest

Santa Ana Zoo

(714) 835-74841801 East Chestnut Ave. Santa Ana www.santaanazoo.org

Twenty acres in Prentice Park, with over 50 monkeys, a rain forest, endangered species, an aviary, steam train and petting zoo. Ask about admission policy for children with disabilities

Us too Gymnastics

(949)716-1970 25 Spectrum Pointe #405, Lake Forest www.ustoogymnastics.org

A non profit organization that teaches basic gymnastics to children ages walking to 10 y/o with high functioning disabilities.

Wild Rivers Water Park in Irvine

(949) 788-0808 8770 Irvine Center Dr. Irvine <http://www.ocparks.com/irvinepark/>

Over 40 rides and attractions designed for all ages. Park has SafeTzoneTags available which can immediately find the location of any member of a guest's group by scanning their Tag at any of the Location Station kiosks throughout the park.

SECTION 4 – COUNTY PARKS AND BEACHES

Aliso Beach Park: 31131 S. Coast Hwy, Laguna Beach
Swimming, playground, snack bar, etc.

Corona del Mar Beach: (949)644-3151 Ocean Avenue/Iris Street, Corona Del Mar
Swimming, snorkeling, admission: \$10.00 a day parking

Crystal Cove Park: (949) 494-3539 8471 North Coast Hwy, Laguna Beach
www.crystalcovestatepark.com
Swimming, fishing, picnic tables

Doheny State Beach: (949)496-6172 25300 Dana Pt. Harbor Dr., Dana Point
Fishing, camping, picnic sites, fire pits, etc.

Huntington City Beach: (714)536-1454 103 Pacific Coast Hwy, Huntington Beach
Swimming, basketball, skating, fishing, running, etc.

Irvine Regional Park: (714)973-6835 1 Irvine Park Road Orange www.ocparks.com/irvinepark
Playgrounds, snack bar, pony rides, train rides Call for schedules.

Laguna Regional Park: 28241 La Paz, Laguna Niguel www.ocparks.com
Fishing lake, picnic area, fishing boat rentals, kite hill