



Recreation for Kids with Special Needs

Dance for Change

A program for children with autism spectrum disorders, and related developmental disabilities. Located in Palo Alto call 650-494-8221

Dance Attack, Los Gatos

A Dance program for teens with special needs featuring Ballet, Jazz and Tap with focus on; Building self-esteem. Promoting positive self-image and the importance of physical activity. 408-356-6456

Challenger Baseball, Foster City Little League

Provides boys and girls with disabilities the opportunity to experience the fun of playing Little League Baseball. For more information call Suzane Wiseman 650-349-5681

Esoccer

Exceptional Children's Soccer

Ages 3 and up, Free, but there is a waiting list and parent participation needed. Saturday's 11-12:00 at Booth Bay Park in Foster City. The best way to sign up on the waiting list is to come visit a session at the park. You can e-mail them at soccer@ucd.net but may not receive an answer as it is a volunteer run program.

Ekarate

Exceptional kids karate, kids 5 and up www.ekarate.com, Redwood City (wasn't able to get through to them, but maybe someone else knows how)

AYSO

Soccer for kids with special needs

Ages 5-18 years, call 650-871-0538

Menlo Park Gymnastics

Offers a special needs gymnastics class, Menlo Park 650-330-2224

Betty Wright Swim Center for Children with Special Needs

Offers one-on-one swimming and adapted Parent-Tot Lessons in Palo Alto at CAR 650-494-1480

National Center for Equine Facilitated Therapy

Horse-back riding program for children with special needs.

Located in Woodside 650-851-9973

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Burlingame, CA 94010

P | 650.259.0189

F | 650.259.0188





BOK Ranch Horse Back Therapy

Located in Woodside 650-366-2265
Or bokranch.com

Zohar

Dance program for children considered developmentally delayed.
Palo Alto 650-494-8221 zohardance.org

Special skaters

Ice Oasis Redwood City
Class on most Saturdays 1:30-2:00 p.m. Call to reserve a spot, 650-364-8090 x 16
www.iceoasis.com

Dawn Iwamease, Ma, Mt-BC

Board Certified, music therapist
Walnut Creek, CA 925-952-9921

Absolute Vibration

415-435-7939 absolutevibration.org, San Francisco, Ca
Non-profit music therapy organization that works with children with disabilities. Will come to your home too!!

Axis Dance Troupe

510-287-5792 a dance company that features dancers with disabilities. Axis also provides dance classes for children with and without physical disabilities. Oakland

Bay Area Association of Disabled Sailors

415-281-0212 provides adaptive boats and sailing training for individuals with physical disabilities. San Francisco

Bay Area Outreach & Recreation Program

510-849-4663 offers fitness, recreation and sports programs for people with physical and visual disabilities. Berkeley

Camp Costanoan

408-243-7861 provides residential and recreational camp for children and adults age 5 and older with developmental and physical disabilities. Also offers weekend respite camp. Santa Clara

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Camp Harmon

Offers a full camp program sponsored by Easter Seal Society of Central California. RN on duty. For children and adults with physical and developmental disabilities. 831-684-1018

Enchanted Hills Camp

A free summer residential camp program for children who are legally blind, ambulatory and not in need of one-on-one supervision. San Francisco, 415-431-1481

Environmental Traveling Companions

Offers outdoor and environmental education programs for people with special needs, including sea kayaking, and whitewater rafting. San Francisco, 415-474-7662

James Brady Riding Program

Provides year-round riding and horsemanship lessons. San Francisco, 415-751-9275

Project Insight

Provides recreational/educational programs for people who are blind/visually impaired or deaf or have various disabilities, including individuals with multiple disabilities such as developmental delays, mental illness, Id. San Francisco, 415-242-5200

Quest Therapeutic Instruction & Recreational Camp

Provides a treatment program combining recreational and camp activities, behavior modification and group therapy for children with mild to moderate social, emotional and behavioral problems. Campuses in Danville and Fremont. 925-743-1370

Janet Pomeray Center (formerly RCH)

Offers recreational and respite programs for children with disabilities
San Francisco, 415-665-4100

Rose Resnick Lighthouse for the Blind

After-school and weekend programs teach self-esteem through recreational activities. San Francisco, 415-431-1481

San Francisco Little League Challenger Division

Kids with physical or cognitive disabilities play baseball.
For ages 6-18 all skill levels. San Francisco, 415-864-2939

San Francisco Recreation and Park Dept Assisted Services

Sponsors programs for adults, teens and children with developmental, emotional and physical disabilities. San Francisco, 415-554-8920

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The Talking Playhouse

Summer Playhouse

Social skills, speech & language; All ages

July 10th-August 11th Redwood City, 650-678-9769

Reach Summer Day Camp

Camp for children ages 5-12 years with or without developmental disabilities.

San Bruno, 650-871-8402

South Bay Wheelchair Athletic Program

Offers Wheels on Fire, Junior Wheelchair Sports Team, Water Wheels, Swim Team, San Jose Steam Rollers, Power Soccer Team, San Jose Sting, Quad Rugby, Pacific Spartans, Wheelchair Basketball

San Jose, 408-267-0200

Quantum Leap

Social Skills, academics, more for campers age 10-13 years, ld & adhd

San Francisco, 415-226-3375

Raskob Summer Camp

Arts & Crafts, Academics for ld & adhd ages 6 -16 years

Oakland, 510-436-1104

Developmental Pathways Summer Camps

Focus on speech, language and social skills

Redwood City, 366-0486

San Carlos Recreation Department Special Needs Program

Ages 5 and up

San Carlos, 650-592-3044

Redwood City Special Needs Programs

650-780-7313

City of San Bruno Special Needs Program

San Bruno, 650-616-7180

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Joni and Friends Family Retreats

Sponsored by churches. Family retreat scholarships available. A place to go where families can build happy memories while enjoying fun activities, new friendships, motel-type accommodations and good food.

Agoura Hills, 818-707-5664

CAR Creative Recreation Program

For young people age 5-22 who cannot fit into regular special needs recreation programs. Children and teens work on behavioral/social adjustment and gross motor skills in community based settings.

Palo Alto, 650-494-0550

Activities for typical developing children (which may include children with disabilities)

Music & Fine Arts Camp

San Mateo Recreation Department and College of San Mateo

Offers a comprehensive summer arts experience for young artists. Fine Arts, Theater and Music. San Mateo, 650-522-7440

Junior Gym

Preschool Program

Parent/Toddler Class

Parent's Night Out

650-548-9901

Taft Swim School

Year Round Classes for Children

650-349-7946

Atkin's Peninsula Swim School

Indoor Pool 94 degrees.

650-366-9211

Burlingame Parks & Rec.

Summer Programs, ages 5-10

650-696-3770

Peninsula Family YMCA

Day Camps ages 5-14

650-286-9622

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San Carlos Recreation Day Camps

650-802-4382

Ages 4-15

SSF Recreation Department

650-829-3800

K-12 day camp

Pacifica Parks & Recreation

650-992-7150

La Petite Baleen Swim Schools

650-726-3676 HMB

650-588-7665 SB

PAL (Police Activities League)

Offers a variety of activities to school aged children.

650-522-7PAL

Boys & Girls Clubs in San Mateo County

Daly City 650-991-8016

Pacifica 650-355-1334

SSF 650-589-7090

Menlo Park 650-364-0176

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