

FALL & WINTER RESOURCES 2021

Looking for fun in
San Bernardino & Riverside Counties?

Oct thru Dec '21

 **AUTISM SOCIETY**
Inland Empire



Thank you to our fabulous Resource Specialist, Melissa Cardona for compiling this resource. Each quarter, we update and publish a season Recreation Guide in addition to the over 700 resources we have listed on our Resource Directory available at www.ieautism.org/resources.

We have included resources which only serve individuals with disabilities as well as those organizations and businesses who may be “friendly” and accepting of our population. In this issue, we have included a mix of those who are offering in-person and online opportunities.

Contact information is provided for each of the resources. To avoid disappointment due to schedule changes or space limitations, we encourage parents to call to make sure the listed activity is available and meets you and your loved one’s needs. You may also consider checking your city Park and Recreation Department – many of them offer adaptive programs.

If you have any additions or corrections, you can contact us at info@ieautism.org

We hope this helps your family find the services you are looking for. Best Wishes for a healthy 2021 to you and your family!

Sincerely,

Beth Burt
Executive Director

The Autism Society Inland Empire Autism (ASIE) maintains these Resource Listings as a service to families as a reference tool. Every effort is made to ensure listings are up to date. ASIE does not endorse or claim to have personal knowledge of the abilities of those listed. The resources listed are not intended as a recommendation, referral, or endorsement of any resource or as a tool for verifying the credentials, qualifications, or abilities of any organization, product or professional. Users are urged to use independent judgment and request references when considering any resource associated with diagnosis or treatment of autism, or the provision of services related to autism.

Table of Contents

Halloween/Fall Festivals.....	4
Art.....	7
Baseball	8
Basketball.....	9
Bowling.....	10
Dance.....	11
Games	12
Gymnastics/Fitness	13
Horseback Riding & Equine Therapy.....	14
Martial Arts.....	16
Movies (Sensory Friendly)	17
Music.....	18
Play Group.....	19
Skiing and Snowboarding	21
Soccer	22
Special Events.....	23
Sports Sampler	25
Swimming.....	27
Teens & Adults.....	29
Trampoline Parks	32
Volleyball	33
Yoga	34

Halloween/Fall Festivals Fun!

Rock'N Our Disabilities Spooktacular Trunk or Treat & Halloween Dance

Epicentre Recreation Center
17508 Hercules St, Building C Hesperia, CA 92345
Saturday October 16, 2021 1pm-3pm
Sign-Up for Family Ticket to Attend *REQUIRED*
<https://form.jotform.com/212162984267158>
Costumes, Fun, Dancing & Vendors

Southern California Resource Services Trunk or Treat Spooktacular Event

1950 S Sunwest Lane San Bernardino, CA
Saturday October 16, 2021 5pm-8pm
For more info 626-587-5010 or e-mail Hector Ochoa, at hochoa@scrs-ilc.org
Cotton Candy, Popcorn, Petting Zoo, Candy, Disability Resources, Giveaways,
Costume contest and more!

Romeo & Friends, Inc. Halloween Dance Party

Veterans Memorial Park Community Center
4393 Riverview Drive Jurupa Valley, CA 92509
Sat October 16, 2021 6pm-8pm
<https://www.eventbrite.com/e/exceptional-halloween-dance-party-tickets-167327590327>

Join us for a SPOOKtacular good time! We will have a costume contest, crafts, snacks, dancing, and more!

DSFRC- Fall Festival

Las Flores Park
3175 Bolling Ave La Verne, CA 91750
Saturday, October 23, 2021 12pm-3pm
Please register at: <https://downsyndromefamilyresourcecenter.org/events/fall-festival-2/> by October 15, 2021
Lunch provided at 12:30 for those who are PRE-registered. Costume contest at 1:30 and Pumpkin Contest at 2:30 (bring your pumpkin PRE-carved or decorated) Trick or Treating, Crafts, Games & Prizes. Bring your own chairs.
Questions- call Denise (909)286-4460 or Barbara (626)483-1492

Leaps & Bounds Fall Festival

4211 Valley View Avenue Norco, CA 92860
Saturday, October 23, 2021 3pm-7pm
<https://fundraiser.leapspediatric.org/event/leaps-and-bounds-fall-festival/e351611>

Join us for our annual Fall Festival! Food, Games, Live Band, Pony Rides, Petting

Zoo, and so much more! This event is fun for the entire family and for all abilities!

Pretend City Museum-Family Autism Halloween Night

29 Hubble Irvine, CA 92618

Thursday, October 28, 2021 5pm–7pm

<https://www.pretendcity.org/events/family-autism-halloween-night/>

This special evening is an opportunity for children and their parents/siblings/caretakers to enjoy Halloween fun in a sensory-friendly environment, along with other families. Children are encouraged to dress up in their favorite costume and trick-or-treat around the museum. Our community partners, who specialize in supporting children on the autism spectrum, will be on-hand to enrich your family's play experience with welcoming smiles and practical support.

Trunk or Treat-Sunridge Church

42299 Winchester Rd

Temecula, CA 92590

Friday, October 29, 2021 5:30pm-7:30pm

<https://sunridgechurch.org/event/trunk-or-treat-2021/>

5:30-6:00pm: Exclusively for kids and teens with special needs

Join us for a night of trunks, fun, and loads of candy! Our parking lot provides the perfect blend of safety and festive fun for your whole family to enjoy! Costumes, invite a couple of friends, and join us as we view the decorated trunks along our one-way footpath!

ASIE Rancho Cucamonga Group – Halloween Party

Friday, October 29 7:00 pm - 8:15 pm

<https://us06web.zoom.us/meeting/register/tZlkf-2rpjwrGNLc4GDqM92yM73ShCwID6oX>

Join us for a Not-So-Scary Virtual Halloween party. Costumes are encouraged. This event is intended for independent adults over 18 years old. No parents. You must RSVP.

Halloween Spooktacular CAR-nival Drive Thru- Autism Society Inland Empire

43900 San Pablo Avenue Palm Desert, CA92260

Saturday, October 30, 2021 10:00 am - 1:00 pm

Cost: \$5 Participation fee per Vehicle/Family

To register, please select a designated time slot for your Family to attend

<https://www.eventbrite.com/e/halloween-spooktacular-car-nival-drive-thru-tickets-182266462897>

Carnival tossing games, Trick-or-treating, Community Resource Fair, Pumpkin Patch and Giveaway, Special interactions with Characters and Performers, Free Trick-or-Treat Bag for each Participant, Family photo opportunity. Families are encouraged to decorate their vehicles and dress up in costume!

The Adaptive Athlete 2nd Annual Halloween Trunk or Treat

2028 W 11st Upland CA 91786

Saturday, October 30, 2021 2pm-6pm

<https://www.theadaptiveathlete.com>

Join us for a fun-filled afternoon of trick-or-treating, activities, games, music, raffle prizes, a haunted snack bar, parent & me yoga and more!

Art

Children's Art Class

Corona Public Library

650 South Main Street Corona, CA 92882

951-736-2384

Every Thursday 3pm-4:30pm

<https://www.coronaca.gov/Home/Components/Calendar/Event/32412/544>

For children with special needs in K-6th Grades with their Caregivers

EEK Fitness – Art Class

Hemet United Methodist Church

530 S. Buena Vista St Hemet, CA 92543

Thursdays: Oct 14th & 28th, Nov 11th & 18th, Dec 5th & 16th 5pm-6:30pm

\$10 Registration fee/ \$5 per week

<https://www.eekfitness.com/current-schedule>

Our goal is to provide social and physical extracurricular activities for children and adults with special needs.

Let's Get Artsy! - Autism Society Inland Empire

Art Class Via Zoom

Every Tuesday 3:30pm-4:30pm

<https://ieautism.org/events/>

Teens & Adults Adaptive Art Class

Corona Public Library

650 South Main Street Corona, CA 92882

951-736-2384

<https://www.coronaca.gov/Home/Components/Calendar/Event/32106/544>

For those 16 years and older with developmental disabilities and their caregivers

Special Needs Visual Arts Program – City of Temecula Recreation Dept

Mary Phillips Senior Center

41845 6th St, Temecula, CA 92590

(951) 694-6480

<https://temeculaca.gov/807/Special-Needs-Programs>

For adults 18 and older with special needs. This program will enhance self-expression, coordination, and imagination through visual arts. Participants will develop skill in painting, drawing, and visual design all while enjoying themselves. Held Thursdays from 3:00 – 5:00 pm at the Craft Room at the MPSC. Participants must register before attending.

Baseball

Little League Baseball – Challenger Division

<https://www.littleleague.org/play-little-league/challenger/>

Any individual with a physical or intellectual challenge may participate. If an individual can participate in the traditional Little League Baseball or Softball program with reasonable accommodations, they should do so. The Little League Challenger Division accommodates players ages 4 to 18; or up to age 22 if still enrolled in school. The Senior League Challenger Division accommodates players ages 15 and above (no maximum age).

Basketball

Autism Spectrum Athletics – Winter Season Sport

<http://www.autismspectrumathletics.org/index.html>

This program is designed for moderate to high functioning children from ages 7 to 18. Basketball team are based on age, with modified rules to benefit number of players and ability level*

DRD Dragons Basketball Team – Coachella Valley

https://www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation?fbclid=IwAR36MO1JlhDwUMvVwzEzL_dQDx22OXdBsgGE0ek70uS07k-Rr6ccDNjHaM8

A focus on developing basketball skills through drills with progression to game play. Class is open to individuals with disabilities and special needs. All ability levels are encouraged to join!

Rock'N Our Disabilities -Special Needs Basketball

Epicentre Recreation Center

17508 Hercules St Hesperia, CA 92345

760-998-2241

Starting OCT 2021 - <https://form.jotform.com/212623472643150>

Temecula Youth Basketball Leagues

<http://temeculayouthbasketball.sportssignup.com/site/ClientSite/article/3200045>

The Challenger Division provides an environment where everyone can play and is part of a team, and parents who often feel isolated can network and find comfort in each other's company. This is a basketball division designed for those with Special Needs who live with physical or mental challenges where participation in a sports environment is structured for their success.

Pending Gym availability, the season can tentatively run from December through February. If you still have questions, please contact our division commissioner Jeff Kirshberg at tyblchampions@gmail.com or Harmony Pyper, M.A., OTR/L at tyblharmony@gmail.com

Bowling

Autism Spectrum Athletics – Winter Season Sport

<http://www.autismspectrumathletics.org/index.html>

This program is designed for low to high functioning children from ages 4 to 18. Players will bowl two games per week and will be assigned to a team with a volunteer for guidance.

Bowling with Special Friends (Coachella Valley)

Volunteer Coach, Andrew Macchia

760.275.7108

dolcemacchia@dc.rr.com

EEK Fitness Bowling League

AMF Hemet Lanes

2950 W. Florida Ave. Hemet, CA

951-929-9923

Wednesdays 4:30pm-6pm

Call for more info or to register: Felice 951-926-888 or Margaret 951-303-7892

Email: EEKfitnesshemet@gmail.com

<https://www.eekfitness.com/current-schedule>

Each year we have two seasons; Fall/Winter League (Sept/Feb) and the Spring/Summer (March/Aug)

Dance

High Hopes Dance Troupe

Renee Griffin

highhopesdance@yahoo.com

High Hopes Dance Troupe is for intellectually disabled 15-years and older want to learn to dance and to perform at events in the Coachella Valley.

No Limits Creative Arts – Dance, Musical Theater

Yorba Linda

<https://www.nolimitscreativearts.com/classes>

Program designed to bring the arts to kids with special needs. Arts for all children is a special gift that allows them to be creative and have a voice all their own. Their goal is to provide a safe, comfortable environment for our students to express themselves creatively. Offers Dance, Musical Theater and Tumbling classes in our program. All of our classes are structured and provide a fun and safe environment for our students.

Let's Dance Together

Free Zoom Dance Classes for children with special needs.

Every Saturday Meeting ID: 773 8415 4263 Password: Dance

Ages 0-3 from 10-10:30am

Ages 4-7 from 10:30-11am

Ages 8-12 from 9:30-10am

For questions email ellianakim@gmail.com

Ovation – Teens & Adults with Special Needs Performing Arts Program

1529 West 13th Street, Suite G, Upland

(909) 985-1858

<https://ovationperformingarts.com/classes--tuition.html>

Beginning October 20th, Ovation will launch an 8-week Performing Arts Program for Teens and Adults with Special Needs every Wednesday 6:30-8:00 PM.

Students will take Dance, Voice and Acting. The cost for the 8-week program is \$200 and can be broken up in two monthly payments of \$100 each. The final class meeting will be Wednesday, December 15th.

Romeo & Friends, Inc. - Exceptional Needs Dance

<https://www.facebook.com/romeoandfriendsinc/>

Hip-hop, Tap and Cheer classes starting October 2021

romeoandfriendsinc@gmail.com (951)870-9125

Games

A Place for All Pieces – Chess Club

Murrieta

www.aplaceforallpieces.org/chess-club.html

Chess club meets on the first and third Wednesday of each month. If your child is at least 5 years old, and you are interested in attending, please email us at chess@APlaceForAllPieces.org. Siblings are welcome.

Autism & Asperger's Adult Social Activities Group on ZOOM

Contact: Arman Khodaei 909-996-9706

<http://meetup.com/empoweringautism>

A special program designed to empower people on the autism spectrum to reach their full potential in life. Learn how to make friends, learn how to date and talk to people of the opposite gender, learn how to deal with anxiety, and much more.

Virtual Chess

<https://www.chesskid.com>

ChessKid is a fun place for Kids to learn and play chess! Chess really isn't just a game, it can also stimulate cognitive, social, emotional and metacognitive development, so our goal is to get more kids playing more chess!

Gymnastics/Fitness

No Limits Creative Arts – Tumbling

Yorba Linda

<https://www.nolimitscreativearts.com/classes>

Program designed to bring the arts to kids with special needs. Arts for all children is a special gift that allows them to be creative and have a voice all their own. Their goal is to provide a safe, comfortable environment for our students to express themselves creatively. Offers Dance, Musical Theater and Tumbling classes in our program. All of our classes are structured and provide a fun and safe environment for our students.

The Adaptive Athlete, Inc.

2028 W 11th Street, Upland, CA 91786

adaptiveathlete@icloud.com

909-931-2764

<https://www.theadaptiveathlete.com/gymnastics>

Provides a safe, friendly and fun environment to facilitate fitness and specialized programs for all ages and abilities. We believe that the quality of life can be improved through movement, inclusion and socialization!

Special Olympics Southern California

<https://www.sosc.org/hlc>

ONLINE FITNESS MEETUP

Join the Healthy Lifestyle Challenge Fitness virtual meet-up club

MONDAYS AT 4 P.M.

Horseback Riding and Equine Therapy

Blissful Ranch

Phelan

(760) 403- 2802

Therapeutic ranch program with animals consisting of mini horse, mini mule, 2 donkeys, dogs, cats and sometimes bunnies and goats. Program are free of charge for families. A safe, fun and peaceful environment. By appointment only.

Day Horsemanship Camp

Leaps & Bounds

4211 Valley View Avenue Norco, CA 92860

(951)340-0431

November 6, 2021 2pm-6pm Deadline to Register 10/22

<https://leapsandboundspediatrictherapy.org/wp-content/uploads/Fall-2021-Day-Camp-Dates.pdf>

Campers learn all things ranchin'. From goat races, riding, grooming, stall cleaning, farrier demos, ranch animal care, by the end of their time at camp they will know all basics with horsemanship and farm animals. The camp is for ages 4 and up, all abilities. Staff and volunteers are well trained for providing an exciting educational and safe week. Ask us about our sibling discount!

EQUU8 Horsemanship and Therapeutic Riding, Inc.

Big Bear Therapeutic Riding

Murrieta Therapeutic Riding

(951)445-2279

www.equu8.org

A nonprofit PATH International Certified therapeutic riding center serving the Big Bear and Murrieta communities. EQUU8 focuses on progressive lessons that promote independence and enhancing each individual's abilities.

Green Acres Interactive Therapy

35750 De Portoloa Road, Temecula

(951) 302-2384

<https://www.gaitprogram.org/therapeutic-horsemanship>

GAIT prides itself on providing client goal-oriented therapeutic riding lessons. By providing a consistent schedule, students can receive the full benefits of therapeutic riding while parents and instructors are able to monitor goals and growth more closely.

Leaps & Bounds Pediatric Therapy

4211 Valley View Avenue, Norco, CA 92860

(951) 340-0431

<https://leapsandboundspediatrictherapy.org/therapeutic-riding/>

Hippotherapy, horsemanship activities and adaptive riding lessons for ages 3+ and are available for beginners – advanced riders.

Pegasus Therapeutic Riding

35-450B Pegasus Court, Palm Desert, California, 92211 Stable: (760) 772-3057

(Messages Only) www.pegasusridingacademy.org

Provides Equine Therapy for all special needs.

Queen of Hearts Therapeutic Riding Center, Inc.

6407 Dana Avenue Jurupa Valley, California 91752

951-734-6300

www.queenofheartsranch.com

Dedicated to providing an avenue to improve the bodies, minds and spirits of children, youth, and adults with physical and/or developmental disabilities through therapeutic horseback riding lessons and other equine activities.

REINS (Riding Emphasizing Individual Needs and Strengths) Horse Therapy

4461 S. Mission Rd, Fallbrook (760) 731-9168

<https://www.reinsprogram.org/>

Provides physical, mental, and emotional therapy to a wide range of disabled children and adults through the use of carefully supervised horseback riding.

T.H.E. Center, Inc

27260 Girard St, Hemet (951) 658-7790

<http://www.thecenterranch.org>

Therapeutic Horsemanship Equestrian Center, Inc. (T.H.E. Center, Inc.) is dedicated to improving the cognitive, physical and psychological abilities of individuals through our nurturing therapeutic horsemanship program.

TRAX

2121 Saint Lawrence St, Riverside (951) 689-8009

www.traxequestriancenter.com

The facility offers a unique horse backing program that coordinates physical and emotional therapy into a one-of-a-kind experience. The goals of the program are to achieve increased balance and control, improve language and socialization skills while enhancing self-esteem. We design each of our rider's lesson plan based on their individual needs. TRAX is overseen by a licensed speech pathologist, and occupational and behavioral therapists who evaluate our rider's.

Martial Arts

Fight Therapy

285 San Jacinto River Rd Lake Elsinore, CA, 92530
Mon - Fri, 4pm – 8pm Closed Saturdays & Sundays
Phone: 310-425-5958 Email: aubree@fighttherapy.com

<https://www.fighttherapy.com>

Taking mental health to the mats. Fight Therapy offers Brazilian Jiu Jitsu classes with a focus on building the confidence and strength that comes from practicing martial arts.

Final Strike Martial Arts

39520 Murrieta Hot Springs Road Suite 224, Murrieta, CA 92563

<https://finalstrikemartialarts.com>

One of the great things about martial arts classes, is that it's an individual sport, done in a group environment. We find all our students improve in their focus, self-control, discipline and social skills. But the best part is.... They don't even realize that is what our highly trained Kids Martial Arts Instructors are actually doing. They just think they are having fun!

Riverside Youth Judo Club

10530 Magnolia Ave, Riverside CA 92505 (951) 353-7118

<https://www.riversideyouthjudoclub.com/disabilities/>

We have one special developing class that runs parallel to one of our mainstream classes that caters to some of our students with significant disabilities. Our goal for these individuals with significant disabilities is to also include them in our mainstream class when they are ready.

Movies (Sensory Friendly)

AMC Theatre

<https://www.amctheatres.com/programs/sensory-friendly-films#movies>

Check local theatre listings for specific show times. In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down, families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie. Additionally, audience members are welcome to get up and dance, walk, shout or sing – in other words, AMC's "Silence is Golden®" policy will not be enforced unless the safety of the audience is questioned. No need to RSVP. For schedule and movies visit our website.

- AMC CLASSIC Apple Valley
- AMC DINE-IN Ontario Mills
- AMC Tyler Galleria

Tristone Cinemas

<http://www.tristonecinemas.com/content/Autism+Friendly+Movies>

Movies are shown the first Saturday of the month. The sound is lowered and there are no previews. The concession stand will be open for those who choose to purchase snacks. gluten and casein free snacks will be allowed. No need to RSVP. Just show up that morning and purchase tickets at the box office.

- Palm Desert, CA - Palm Desert 10
- Riverside, CA - Jurupa 14
- Temecula, CA - Temeku

Music

Fun with Music –Autism Society Inland Empire

Mondays, 5-5:50pm Via Zoom

<https://ieautism.org/events/>

Taught by Amanda Neira, MMT, MT-BC Founder of Coachella Valley Music Therapy. Open to children with autism and other developmental disabilities and siblings of all ages. You must RSVP!

Henny Kupferstein

<http://hennyk.com/>

Henny Kupferstein, Ph.D. is a psychologist with a specialization on autism research. Dr. Kupferstein is trained in music therapy, is an autistic autism researcher, parent of autistic children, and piano pedagogy scientist. Onsite and remote (Skype, Facetime) piano lessons are available

Play Groups

A Place for All Pieces

Murrieta

<https://www.facebook.com/groups/554429451248279>

A Place for All Pieces was founded with the hope of helping autistic individuals and their families. With the assistance of our generous supporters, we have been able to create events that provide autistic individuals with opportunities to develop basic social skills and friendships. Together, we are building a support network which nurtures a positive self-image of autism, while embracing the unique challenges of this lifelong developmental disability.

Friends of Center of Individual Development – Sunshine Club

8088 Palm In. San Bernardino, CA 92410

(909) 384-5426

<https://www.friendsofcid.com/sunshine-club>

In Sunshine Club we believe in letting our participants be their self, letting their personality shine. Through therapeutic recreation we take every chance we can to help encourage teamwork, independence, and education. Although we love spontaneity, we do our best to keep our participants on a weekly activity schedule which is always posted on our activity board. Keeping you informed is big priority for us, we send out weekly reminders letting you know about field trips, parties, events or any closure CID will be having.

Inclusive/Special Needs Programs- City of Menifee

<https://cityofmenifee.us/549/InclusiveSpecial-Needs-Programming>

Our programs are specifically geared towards those individuals with intellectual and physical disabilities and is designed for all abilities and all capabilities. These programs are structured to try a different activity every month. Activities include music therapy, food therapy/day of creativity, fitness/movement, socializing and crafts.

RAD Camp

199 Technology Ave, Suite 100, Irvine CA. 92618

949-387-5219

<https://radcamp.org/programs/>

Delivering RAD right to you, each week! With our membership service, our RAD Club members get exclusive digital access to accessible, adaptable recreational content! Each week we deliver new and engaging videos, activities with step-by-step visual instructions, emails, resources and loads of fun! Members also receive access to a monthly Zoom event from dances and karaoke to movie watching, trivia and more! RAD Club is designed for all ages and abilities, those with special needs, their families + those in the special needs.

San Bernardino Parents of Asperger kids Meetup Group

www.meetup.com/San-Bernardino-Parents-of-Aspergers-kids-Meetup-Group

Make play dates and events for kids with High-functioning Autism and Asperger's Syndrome. Share experiences and help. Check site for schedule.

Special Needs Social Skills Program- Eagle Soar Playground & Splash Pad

Michael "Mike" Naggar Park

29119 Margarita Rd Temecula CA 92591

Wednesday September 29th, October 6th and October 13th from 3:15pm – 6:15pm and Saturday October 9th from 9:00am – 11:00am.

<https://temeculaca.gov/Facilities/Facility/Details/Eagle-Soar-Playground-Splash-Pad-50>

The ESP Program is a sensory-friendly program held at the Michael "Mike" Naggar Park and Splash Pad. It allows children and families with special needs to have a stress-free environment and gives them the time to play with each other, explore and participate in enrichment activities. For more information, please call (951) 694-6464

Story Time, Sing-A-Long, Dance Party – Autism Society Inland Empire

Saturdays 9:30-10am Via ZOOM

<https://ieautism.org/events/>

All ages are welcome.

Skiing and Snowboarding

U.S. Adaptive Recreation

Big Bear
(909) 584-0269

<https://www.usarc.org/winter/>

From December through March, using the best adaptive equipment and teaching techniques available, private one-on-one instruction maximizes each participant's potential for success. Mono-skis, bi-skis, and outriggers allow beginners to quickly feel the freedom of gliding down the mountain. Each student is individually assessed by an instructor, outfitted with appropriate adaptive equipment and led through the lesson at a safe, yet challenging pace. The half-day or full-day lesson includes private instruction, lift ticket, and equipment.

Rim Special Athletes- Snow Activities

909 867-2751 EXT 135

Lake Arrowhead/Big Bear area

<https://rimspecialathletes.org/>

The RSA Foundation is in partnership with Snow Valley Mountain Resort to provide a wide variety of snow activities – including independent skiing (with some or little supervision), three and four-tracking, bi-ski and mono-skiing with each service specifically tailored to each participant's capabilities and interests. The winter package includes instructors, equipment, and ski lift access for a 2 1/2-hour morning session and can be extended to include an additional 2-hour afternoon session if time permits.

Soccer

AYSO VIP (Very Important Player) Special Needs Soccer

David Flores, Coach
La Quinta Soccer Park
(760)-345-2976

www.laquintasoccer.com

American Youth Soccer Organization (AYSO) is a nation-wide quality youth soccer organization that promotes a fun, family environment. The VIP Program provides a quality soccer experience for children and adults who's physical or mental disabilities make it difficult to successfully participate in mainstream teams. Ages 4+

Special Needs Beginner Soccer Skills – EEK Fitness

Shideler Park
600 Mayberry Ave Hemet, CA 92543

\$45/ season Saturdays 9am-10am

To register call Coach Abdel: 951-526-4593 or text Margaret 951-303-7892

<https://www.eekfitness.com/current-schedule>

Focused on fundamental skills such as dribbling, passing, shooting, trapping and mini games. All are welcome and no skill or experience required.

Special Events

Get Air – Indoor Trampoline

POMONA- The First Saturday of Each Month 8am-10am-

<https://getairsports.com/pomona/events/special-needs/>

PALM DESERT- The First Saturday of Each Month 8am-10am-

<https://getairsports.com/palm-desert/events/special-needs/>

We offer a dedicated time just for jumpers with special needs. Music is played at a lower volume and the park's atmosphere is calmer. One parent or guardian can support jumpers on the trampoline for free. Siblings of jumpers are welcome to jump for the same price but should be more careful during this time.

Chuck E Cheese Sensory Sundays

72513 Highway 111, Ste. B, Palm Desert, CA 92260 (760) 341-6005

www.chuckecheese.com/events/sensory-sensitive-sundays/

Chuck E. Cheese is proud to support families who have children with autism and other special needs. Our Sensory events include a trained and caring staff that work to ensure each guest has a fun-filled visit. We realize that the Chuck E. experience can be very stimulating for any child, so our mission is to create an event that allows ALL kids to be a kid. Starting in May, participating locations will open 2 hours early on the first Sunday of the month to offer a sensitive-friendly experience for the remainder of the year

iFLY- all-abilities

<https://www.iflyworld.com/programs/all-abilities/>

Indoor Skydiving is Limitless and Inclusive. We believe that regardless of physical or cognitive challenges, everyone should be given the opportunity to spread their wings.

Fleet Science Center San Diego- Accessibility Mornings

1875 El Prado San Diego, CA 92101

(619) 238-1233

October 16, 2021 - 9:00am to 10:00am

November 20, 2021 - 9:00am to 10:00am

December 18, 2021 - 9:00am to 10:00am

<https://www.fleetscience.org/events/accessibility-mornings>

On the third Saturday of every month, visitors can enjoy admission to the exhibit galleries in a quieter setting, an hour before the museum opens to the public, and a special film screening with house lights on and a lower soundtrack volume. Visitors are welcome to stay and enjoy the museum all day.

Pretend City Children's Museum – Family Autism Night

<https://www.pretendcity.org/event/>

Join us for a special event for children of all ages on the autism spectrum, their therapist, and their family. This is a fun opportunity for families and children to play and interact in an autism-friendly environment.

The Living Desert Zoo/Gardens

47900 Portola Ave, Palm Desert, CA 92260

(760) 346-5694

<https://www.livingdesert.org/visit/visitor-information/>

The Living Desert has partnered with KultureCity to improve our ability to assist and accommodate guests with sensory needs. Sensory bags containing special KultureCity VIP badges, fidget tools, noise canceling headphones and other resources are available for checkout (at no cost by leaving an ID) at our Admissions windows or Guest Services Office located at the Zoo Entrance.

Sports Sampler

Autism Spectrum Athletics (ASA)

<http://www.autismspectrumathletics.org/index.html>

Offers community based socialization sports programs. Our programs are designed to be stress free, non competitive, with positive peer support. All children are placed on teams based on age, function level and abilities

*WINTER SEASON SPORTS - BASKETBALL/BOWLING

*SPRING SEASON SPORTS – BASEBALL/T-BALL

*FALL SEASON SPORTS - FLAG FOOTBALL/ SOCCER**

Desert Recreational District

<https://www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation>

Through community partnerships we are able offer a comprehensive list of unique programs and events. Through community partnerships we are able offer a comprehensive list of unique programs and events. Including, Archery, Art, Basketball, Fitness, Gymnastic, Hiking, Meditation, and more.

Kelsey's Heroes

www.Kelseysheroes.org <https://www.facebook.com/KelseysHeroes/coach@kelseysheroes.com>

Kelsey's Heroes provides children with special needs the opportunity to play baseball in a safe, noncompetitive environment.

Palms to Pines Parasports

pppmiker@palmstopinesparasports.org
www.palmstopinesparasports.org/

The purpose of Palms to Pines Parasports is to create a more-inclusive society by providing competitive and recreational opportunities focusing on people with physical disabilities, simultaneously working with athletes with other disabilities while instilling a lifelong passion for wellness, helping everybody realize their full potential. Offers adaptive classes in basketball, volleyball, soccer, bocci, table tennis, pickleball, archery, and guided meditation.

Special Olympics Southern California

<https://wearesosc.org/2021/09/14/return-to-activity-update/>
(562)502.1103

The health and safety of athletes, volunteers, and employees continues to be our number one priority. We continually track information from trusted health resources about the presence and impact of COVID-19 on communities in Southern California. Based on our understanding of the recent increase in COVID-19 cases throughout Southern California and the growing concerns regarding COVID-19 variants in our communities, SOSC will remain in Phase 1 at least until December 31, 2021. We will continue to offer training opportunities in

Athletics, Bocce, Golf, and Team Wellness in small group settings of 10 or less individuals. The emphasis in Phase 1 will continue to be on general fitness and conditioning, followed by equipment introduction, and skills development. There will be no competition opportunities in Phase 1. For those athletes and coaches who are not ready to return to in-person activity, we will continue offering virtual events and activities; learn more at www.sosc.org/hlc.

Rim Special Athletes

<https://rimsspecialathletes.org/activities>

Winter: snowboard lessons, including bi-ski and mono-ski.

Year-round they provide yoga. During the summer Rim Special Athletes' water sports program includes kayaking, aqua biking, stand up paddle boarding, boating, biking, fishing, hiking and outings. Their objective is to have the adaptive athletes have fun, learn a new skill, and develop self-confidence from the experience.

Rock'n Our Disabilities Foundation – Adaptive Rec. & Sports

13558 Palm St, Hesperia, CA

(760) 998-2241

<https://rocknourdisabilitiesfoundation.org/adaptive-rec-%26-sports>

A safe place for children and young adults with special needs to play team sports in a positive, self-esteem building environment. The Program is for athletes who are physically active (ambulatory) but have difficulty keeping up with their peers. We emphasize the learning of basic sports and social skills for boys and girls, ages 8-30 years, with autism or other developmental disabilities.

United Cerebral Palsy of the Inland Empire

70017 Hwy 111 Suite 5, Rancho Mirage Ca 92270

(760) 321-8184

Offers UCPIE Skill Builder's, an after-school and summer program in the Coachella Valley; The Be Fit program provides instruction on healthy choices, healthy snacks, and includes 30 minutes of adaptive physical play each program day; respite and recreational programs. For more information about the UCPIE After School programs, contact Ronica Reagins, Regional Program Manager, at (760) 321-8184 ext. 111 or ronica@ucpie.org

Swimming

AbilityFirst

<https://www.abilityfirst.org/programs/aquatics/>

The Ability First aquatics program offers warm water exercise classes, ideal for promoting joint flexibility, range of motion, muscle tone, group and private swim lessons, as well as open swim times for the entire community.

Aquatic Zone

1138 E. Sixth Street, Corona
(951) 739-4300

www.theaquaticzone.com

Indoor swim lessons. Offers private lessons and has experience with special needs children. At the heart of the pool is a group of swim instructors that are known for their patience and affection for children.

Desert Swim Academy

Tanya Orozco – Special Needs Swim Lessons 73751 Magnesia Falls Drive Palm Desert Ca (760) 831-9066 www.desertswimacademy.com
Desert Swim Academy welcomes all ages and all disabilities.

Friends of Center of Individual Development

<https://www.friendsofcid.com/aquatics>

Twinges & Hinges is for adults with physical disabilities, senior citizens, their friends/family, and for people without disabilities. The class consists of gentle stretching, aquatic exercise, and socialization. The exercises help with increasing flexibility, range of motion, decreased pain, and increase self-esteem.

Leaps Services “ A Hand in Hand Approach”

www.leapsservices.com/

Sports and recreational activities that are fun, competitive, and rewarding for individuals with special needs or disabilities. Through community partnerships we are able offer a comprehensive list of unique programs and events. Our virtual programs have created a safe place where our special needs community can make friends, learn and grow together. We developed a program that allows our community to participate in different classes throughout the week, including weekends, with some days having classes twice a day. Currently offer classes on movement, reading, music, art, cooking and karaoke.

Premier Swim Academy

7827 Haven Ave, Rancho Cucamonga, Ca 91730

(909) 509-5700

<https://premierswimacademy.com/about/>

Indoor, temperature-controlled swim lessons. Our swim instructors are specially trained, making private lessons a great option for younger or more developmental children, special needs children

Sun Coast Swim - Sensory Swim/Adapted Aquatic

Instructor: Pearl Carrera. Please feel free to call or text at (951) 370-3302

<https://suncoastswim.com/programs-pricing/>

Sun Coast Aquatics believes that every child should have the opportunity to benefit from these fundamental skills and enjoy water in a safe and comfortable environment, including children with disabilities and on the autism spectrum.

Swim Safe Aquatics

32335 Lindenberger Road, Menifee, California 92584

Call/Text: 951-226-7562 Email: info@swimsafeaquatics.com

<https://swimsafeaquatics.com>

Year-round indoor swim lessons. We specialize in instructing children with Disabilities and/or Special Needs

Tans Private Swim Lessons

45575 Whistler Ct, Indio, Ca 92201

(760)-609-8906

20 years elite swim instructor. Special Needs students welcome.

Teens & Adults

Ability First Claremont Center

480 South Indian Hill Boulevard, Claremont
(909) 621-4727

www.abilityfirst.org

Provides a variety of programs designed to help people with disabilities to achieve their personal best throughout their lives. Our person-centered programs are grounded in individual choice, autonomy and community participation. We are currently providing daily remote programming and alternate location services to keep participants and families engaged and connected.

Autism & Asperger's Empowerment

<http://meetup.com/empoweringautism>

A special program designed to empower people on the autism spectrum to reach their full potential in life. Learn how to make friends, learn how to date and talk to people of the opposite gender, learn how to deal with anxiety, and much more. For more information contact: Arman Khodaei 909-996-9706

Center for Individual Development (CID)

8088 Palm Lane, San Bernardino
(909) 384-5426

<https://www.friendsofcid.com/programs>

A regional recreation center that focuses on providing recreation programs for people of all ages with physical, developmental and mental disabilities. Seniors and individuals without disabilities are welcome to participate in many of CID programs.

City of Corona Adaptive Recreation Program

Corona

<https://www.coronaca.gov/government/departments/recreation-services/adaptive-recreation>

*Story Hour: Please join us at the library the 1st and 3rd Monday of each month on our Virtual LaRS webpage for a virtual Storytime and passive activities. For those 16 years and older. Free

*Out of Bounds: Please join us on our Virtual LaRS webpage for a virtual Out of Bounds activity every Thursday at 10:30am for recreational games, crafts or social activities. Free unless otherwise stated.

For additional information on Adaptive programming, please contact Jessica Barlow, Recreation Specialist, at Jessica.Barlow@CoronaCA.gov or (951) 817-

5849 or Ashley Arias, Library Assistant, at Ashley.Arias@CoronaCa.gov or 279-3746.

Friendly Stars, City of Riverside

https://www.riversideca.gov/park_rec/programs-sports/adults/friendly-stars-developmentally-disabled-adults-program

Due to the COVID-19 pandemic, all Friendly Stars activities are held virtually. For more information, please call La Sierra Senior Center at (951) 351-6435.

Fun Teen Girl Group – Autism Society Inland Empire

<https://ieautism.org/events/>

This group will be open to girls ages 13 years to 17 years as a safe place for hang out and make friends. Meets every other Thursday virtually. Free but you must RSVP!

Hangout From Home - Inland Regional Center Consumer Advisory Committee

<https://www.inlandrc.org/pec-events/irc-cac-hangout-from-home/1634821200/>

Every Thursday, from 1-2:30pm

Every week, members of the IRC CAC will get together to catch up, ask questions, and hang out in a virtual meeting.

Movie Club – Autism Society Inland Empire

<https://ieautism.org/events/>

For Teens and Adults. Movie Club is a safe place for movie lovers to watch and discuss movies every other Thursday. You must download Teleparty/Netflix Party before movie club and have a Netflix account to participate. Works on desktop or laptop

Party Parners Program – City of Norco Parks and Recreation

Norco Senior Center, 2690 Clark Avenue, Norco

(951) 270-5647 or email partypardners@ci.norco.ca.us

<http://www.norco.ca.us/depts/parks/specialneeds/default.asp>

Program for developmentally disabled adults 18 and over. In-person programming has been placed on hold. We will still be offering our "Monthly Fun Packs" and Activity Packets for the time being. We appreciate your patience and look forward to seeing you all very soon again. If you would like to reserve a "Fun Pack," or have any questions or concerns please call us at 951.270.5647 or email partypardners@ci.norco.ca.us.

Rancho Group Virtual Hang Out – Autism Society Inland Empire

<https://ieautism.org/events/>

This event is intended for independent adults over 18 years old. No parents. You must RSVP.

Virtual Role-Playing Group – Autism Society Inland Empire

Tabletop Simulator (TTS) from Steam is required to play.

Saturdays, 6:30-8:30pm

Ages 16+

This event is for individuals who love playing RPG.

Virtual Teen/Adult Group – Autism Society Inland Empire

Fun, engaging social class for teens and adults to meet new friends, activities, and hang out! Meets every Thursday from 3:00-4:00pm Free but you must RSVP

Women's Autism Spectrum Group

Claremont, Ca

<https://www.meetup.com/WomensASgroup/>

A group for women on the autism spectrum and between the ages of 18 and 35. monthly meetings in which we discuss pertinent and engaging topics and do fun activities. Moreover, we have awesome outings such as going to play mini golf, go kart racing, or hanging out at the mall. This group is for women only.

Trampoline Parks

Get Air – Indoor Trampoline

POMONA- The First Saturday of Each Month 8am-10am-

<https://getairsports.com/pomona/events/special-needs/>

PALM DESERT- The First Saturday of Each Month 8am-10am-

<https://getairsports.com/palm-desert/events/special-needs/>

We offer a dedicated time just for jumpers with special needs. Music is played at a lower volume and the park's atmosphere is calmer. One parent or guardian can support jumpers on the trampoline for free. Siblings of jumpers are welcome to jump for the same price but should be more careful during this time.

Volleyball

Nothing But Nets Volleyball

<https://specialforcessports.com/special-forces-sports-day-event-details/>

We are excited to partner with Forza1 Volleyball Club. They have two locations in the Inland Empire: Ontario (North) at Forza1 North Volleyball from 4-5PM starting Sept 27th and Winchester (South) at Forza One Performance Center from 7:30-8:30PM starting Oct 4.

Yoga

Cosmic Kids

<https://app.cosmickids.com/browse>

The World's most popular yoga and mindfulness videos for kids!

Rim Special Athletes- Virtual Yoga

<https://rimspecialathletes.org/activities>

These practices are led by Bobiane, a certified therapeutic yoga instructor with Madison and Kim as assistants. We are offering evening and morning practices each week. Virtual Yoga programming is safe and therapeutic via the Zoom platform. If you would like to sign up, you can contact Bobiane at 310-963-1856 or Kim at Kim@rimspecialathletes.org

Salt Oasis - Special Needs Family Yoga

11940 Foothill Blvd. Suite 111 Rancho Cucamonga, CA 91739

909-291-7258

<http://saltoasis.com/wellness-class/>

This family yoga class is geared toward helping kids and their parents, where everyone may reap the benefits.

Join us for a fun yoga class where we work on balance, strength, and flexibility. Yogic techniques are also taught to stimulate the brain, release stress and anxiety, and encourage deep relaxation. The atmosphere is completely safe and relaxed in our one-of-a-kind Salt Cave. All ages and abilities are welcome, and modifications are given to assure a feeling of success.

Special Needs Yoga Class – EEK Fitness

<https://www.eekfitness.com/current-schedule>

All Levels Welcome! Via ZOOM

To join send text to Michele 951-288-9604 (include name and email)

\$5/class \$10 registration fee, pay monthly or by class. Instructor led.