



**Autism Society**  
Inland Empire

# **Inland Empire Social Recreation Services & Supports: Intellectual & Developmental Communities**



**2023/24**

**Coachella Valley, Riverside &  
San Bernardino Counties**



**IEAutism.org**

In 2022, Regional Centers were again allowed to coordinate and fund social recreation for regional center clients. Social recreation is any opportunity that will enable IRC clients to access public recreational activities to develop and enhance meaningful interpersonal relationships.

These activities:

1. Should allow opportunities for interaction.
2. Around and/or integrated with typically functioning peers.
3. Must be social: Examples of social recreation include group swim classes, horseback riding, sports, monthly gym memberships, art classes, special events like dances, Special Olympics, YMCA, and more.

Thank you to Inland Regional Center for providing a grant for the Autism Society Inland Empire to train social recreation providers and create this Resource Guide. We have curated a list of local social recreation programs that provide services to the developmental disability community.

To avoid disappointment due to schedule changes or space limitations, we encourage parents to call ahead to make sure the listed activity is available and meets you and your child's needs. Use other tools like YELP – “fun things to do with my kid,” talk to other parents, and check City Parks and Recreation programs, local news, and social media to find fun things other parents do with their children.

## **Autism Society Inland Empire Options Policy**

*This Resource Guide was developed to allow families and professionals to find resources related to autism in the Inland Empire in one place. All information provided or published by the Autism Society Inland Empire is for information purposes only. Specific treatment, therapy, or services should be provided to an individual only at the direction of the individual by the doctor, caregiver, or other qualified professional. References to any treatment or therapy option, program, service, or treatment provider are not an endorsement by the Autism Society. References of treatments, therapies, programs, services, and/or providers are not intended to be comprehensive statements. You should investigate alternatives that may be more appropriate for a specific individual. The Autism Society assumes no responsibility for using any information published or provided. The Autism Society Inland Empire includes information but does not constitute medical or legal information. Referrals provided are suggestions to organizations that might help but do not constitute a recommendation. The Autism Society Inland Empire cannot be held responsible for consequences that arise from individual dealings with a professional or organization. The inclusion of any organization does not imply endorsement, and omission does not imply disapproval. The Autism Society Inland Empire may add or remove organizations from this list at its discretion. We updated this list in November 2023 with organizations we were aware of. If you have a resource, you would like us to include, please email us at [resources@ieautism.org](mailto:resources@ieautism.org).*

# **Table of Contents**

<b>Why Social Recreation is Important.....</b>	<b>4</b>
<b>Different Types of Recreation Programs.....</b>	<b>5</b>
<b>What Types of Recreation Services Can Regional Centers Pay For.....</b>	<b>6</b>
<b>Social Recreation Vendors with Inland Regional Center.....</b>	<b>7</b>
<b>Businesses in the Process of Becoming Vendors.....</b>	<b>8</b>
<b>Archery.....</b>	<b>10</b>
<b>Arts.....</b>	<b>11</b>
<b>Baseball/Software.....</b>	<b>13</b>
<b>Basketball.....</b>	<b>14</b>
<b>Boccia.....</b>	<b>15</b>
<b>Bowling.....</b>	<b>16</b>
<b>City Parks and Recreation.....</b>	<b>17</b>
<b>Culinary.....</b>	<b>19</b>
<b>Dance &amp; Fitness.....</b>	<b>20</b>
<b>Equestrian Therapy.....</b>	<b>22</b>
<b>Flag Football &amp; Cheer.....</b>	<b>24</b>
<b>Golf.....</b>	<b>25</b>
<b>Gymnastics.....</b>	<b>25</b>
<b>Martial Arts.....</b>	<b>27</b>
<b>Music.....</b>	<b>28</b>
<b>Sensory Family Friendly/Sports Club.....</b>	<b>30</b>
<b>Soccer.....</b>	<b>31</b>
<b>Swimming.....</b>	<b>32</b>
<b>Tennis &amp; Pickleball.....</b>	<b>35</b>
<b>Volleyball &amp; Wallyball.....</b>	<b>36</b>
<b>Watersports.....</b>	<b>37</b>
<b>Yoga.....</b>	<b>38</b>

# Why Social Recreation Is Important

Social recreation is crucial for special needs children for several reasons:

1. **Promotes Fitness.** Regular physical activity can help minimize deconditioning, keeping the child physically fit.
2. **Enhances Overall Well-being:** It contributes to the child's overall well-being and mental health.
3. **Prevents Emotional Conditions:** It can help prevent various emotional conditions like depression, stress, and anxiety.
4. **Improves Self-esteem and Confidence:** Participating in social and recreational activities can improve self-esteem, social awareness, and self-confidence in children with special needs.<sup>3</sup>
5. **Provides a Sense of Accomplishment:** It promotes accomplishment and teamwork while improving communication skills.
6. **Opportunities to Express Creativity and Master New Skills:** Recreation provides opportunities to express creativity and achieve and master new skills.

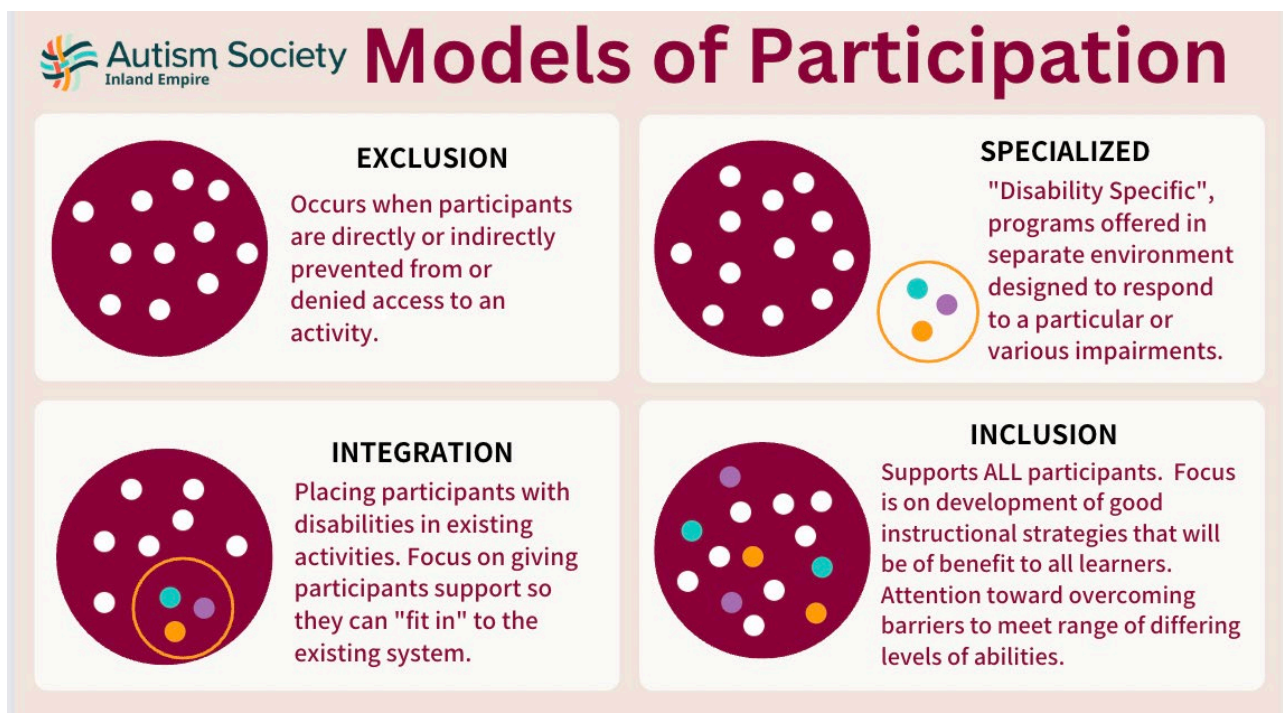
In summary, social recreation plays a vital role in the holistic development of special needs children by promoting their physical health, mental well-being, social skills, and academic performance.

# Different Types of Recreation Programs

Children and adults with Autism need different levels of support depending on their age, their developmental level, and the environment. We are not suggesting one type of program is better than the other. We believe decisions should be made based on the wants and needs of the person with Autism and the family and consider the level of support needed.

This resource guide indicates whether the recreational program is specialized, integrated, or inclusive.

- A **specialized program** is one where the services are provided in a separate environment, even if it is specially designed for a specific group of people. It may include special classes, early morning hours, or events such as "Autism Awareness Day" (for example, the Special Olympics).
- An **integrated program** encourages students with disabilities to be part of the larger group but may not have modifications.
- An **inclusive program** ensures neurotypical or non-disabled peers (people of the same age range) are in the class or program. These programs have usually made changes and modifications in teaching methods, approaches, structures, strategies, and possibly the environment with a vision to provide all students in that age range with equitable and participatory learning experiences. These changes are suitable for all students and are sometimes called universal design. An example would be posting a schedule so students know what to expect.



# What Types of Recreational Services Can Regional Center Pay For?

In 2024, Inland Regional Centers (IRC) changed their procedures for social recreation for IRC clients to accommodate various needs and preferences.

You have multiple options for seeking financial support from IRC:

1. Reimbursement for the service. You must request reimbursement from your Regional Center caseworker, approve it by IRC, and add it to your Individualized Service Plan (ISP). Requests must be made 30 days in advance.
2. Choose an organization already vendored for these services with Inland Regional Center. Requests must be made 30 days in advance

To request reimbursement for swim lessons through the Inland Regional Center (IRC):

- a. Identify which provider you want to use.
- b. Obtain Authorization
- c. Contact Your Service Coordinator at least 30 days before registering your loved one. Please provide a detailed request, including the purpose of the swimming lesson and how it aligns with your Individual's IPP. Provide your service coordinator with the business's name, address, website, and monthly cost for the activity.
- d. The service coordinator must get it approved by the program manager. Once approved, the service coordinator will send you all the instructions on creating an account with IRC's FMS Elevate program.
- e. Submit Reimbursement Request.
- f. Complete the reimbursement request form provided by the IRC's FMS Elevate program. Attach all required documentation.
- g. Send to FMS Elevate
- h. Submit the completed form and supporting documents. This can be done through their online portal.
- i. The Program Manager and the FMS Elevate Program will review the submitted receipts. If everything is in order, they will process the reimbursement.

Please get in touch with your Regional Center caseworker to request these services.

## Social Recreation Vendors with Inland Regional Center as of Nov 2023

### **NDR Therapeutic Riding (Specialize)**

3659 Pedley Ave, Norco

<https://ndrtherapeuticriding.org/>

Using the horse, their PATH-certified instructors, Occupational Therapists, and Physical Therapists can provide opportunities to achieve developmental milestones through equine-assisted activities. They serve all abilities ages two and up. They are partnered with Inland, Pomona, and Orange County Regional Centers.

### **REINS (Riding Emphasizing Individual Needs and Strengths) Horse Therapy (Specialize)**

An SDRC vendor that has been courtesy vendored with IRC, Vendor Number: PY2719  
4461 S. Mission Rd, Fallbrook

<https://reinsprogram.org>

Provides physical, mental, and emotional therapy to a wide range of disabled children and adults using carefully supervised horseback riding. Our therapeutic horsemanship program serves disabled children and adults from San Diego, Orange, and Riverside counties.

### **SoCal Adaptive Sports - (Inclusive)**

<https://socaladaptivesports.org>

SoCal Adaptive Sports' mission is to enable people with disabilities to participate inclusively throughout society by creating greater, more significant equity and inclusion through developing, planning, and implementing competitive and recreational sports and other opportunities.

### **Unique Differences in Development**

TBD

This is a sports club for school-age people and those up.

# Businesses in the Process of Becoming Inland Regional Center Vendors for Social Recreation

This section overviews businesses preparing to become social recreation vendors with Inland Regional Center. For further detailed information, please get in touch with the company directly.

## **5 Eleven Sports**

TBD

Sports Club for school-aged to adults.

## **Behavior Highway/Paws for Success**

Jurupa Valley

<https://www.behaviorhighway.com/services>

<https://paws4success.org/equine-assisted-learning/>

Behavior Highway, an ABA company, is teaming up with Paws for Success to provide Specialized Recreational Therapy. This will include Day Camp recreational activities that incorporate animals. It also offers integrated adaptive riding/equestrian therapy for all ages.

## **Boys and Girls Club (Integrated)**

Murrieta, Lake Elsinore, Pechanga, and Menifee locations

Will be vendored with two services each, one for adults and one for children.

## **Chasing 7 Dreams (Inclusive)**

Rancho Cucamonga

<https://chasing7dreams.org/>

Will be vendored to offer Day Camp and Sports Club for school-age children and Parent Training.

## **Children's Museum of the Desert (Integrated)**

Rancho Mirage

<https://cdmod.org>

It will offer adaptive bike trails, a sensory room, and a cultural education space for children between the ages of 4 and 17.

## **Desert Recreation District**

Various locations in the Coachella Valley

[www.myrecreationdistrict.com/](http://www.myrecreationdistrict.com/)

Offers sports and recreational activities. It will be vendored with two services - one for adults and one for children.

## **Girl Scouts San Geronimo (Integrated)**



Various locations

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

Will be vendored for a socialization training program for school-age students up to 17 years.

**Jocelyn Center (Integrated)**

Palm Desert

<https://joslyncenter.org/>

A senior center in Coachella Valley that specializes in specialized Recreation therapy for seniors. Includes art therapy, music therapy, and integrated senior center activities in the process of Regional Center vendorization for Social Recreation services.

**Reach One Care**

TBD

Will offer Sports Club for school age to adults.

**Self-Determined Futures**

TBD

Will offer Socialization and Recreational Services (school age to 18)

**YMCA Corona/Norco**

Corona

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

It will be vendored with two services: one for adults and one for children.

**YMCA West End**

Chino Valley, Ontario, Montclair

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

It will be vendored with two services: one for adults and one for children.

The following businesses may not be vendored with Inland Regional Center but have experiences with the Autism/IDD community and may be able to be reimbursed.

## Archery

**Desert Recreation District- Adaptive Archery (Specialize)**

45-305 Oasis Street, Indio, CA 92201 (760) 347-3484

[https://anc.apm.activecommunities.com/desertrecredistrict/activity/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=Adaptive%20Archery&viewMode=list](https://anc.apm.activecommunities.com/desertrecredistrict/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=Adaptive%20Archery&viewMode=list)

**SoCal Adaptive Sports- Adaptive Archery (Specialize)**

45433 Van Buren Street Indio, CA, 92201

<https://socialadaptivesports.org/>

# Arts

## **Able ARTS Work (Specialize)**

LA and San Diego, Virtual Options Available

<https://www.ableartswork.org>

Creative arts services and opportunities for marginalized communities in particular individuals with developmental disabilities as well as children and adults who are interested in inclusive art exploration.

## **Image Bearers Academy –Studio Arts (Integrated)**

Chino

[www.ibartsacademy.com/individual-music-instruction](http://www.ibartsacademy.com/individual-music-instruction)

IBAA offers art classes in multiple different disciplines within the visual, culinary, and performing arts (including individual music lessons in piano, voice, and drum set), with engaging, high-caliber instruction. Available for ages 5 to 18.

## **Jocelyn Center (Integrated)**

Palm Desert

<https://joslyncenter.org/>

A senior center in Coachella Valley that specializes in specialized Recreation therapy for seniors. Includes art therapy, music therapy, and integrated senior center activities. In the process of Regional Center vendorization for Social Recreation services.

## **No Limits Creative Arts (Inclusive)**

LA county & Orange County

<https://nolimitscreativearts.org>

No Limits Creative Arts is an inclusive program providing dance, music, art and more to individuals with disabilities. We prioritize building confidence and friendships through the arts.

## **Old Town Artisan Studio (Inclusive)**

La Quinta

(760) 777-1444

<https://oldtownartisanstudios.org/>

Old Town Artisan Studio is committed to providing positive art experiences for all people despite age, ability or financial condition. Art mediums, including drawing, painting, clay sculpting, glass painting, and other creative content allow students to have fun and explore their creativity.

## **Ovation School of Performing Arts (Specialize)**

60 E. Ninth St. Upland, CA, 91786

<http://ovationperformingarts.org/ovationplus>

A Performing Arts Program for Teens and Adults with Special Needs. The participants can take classes in Dance, Acting, and Singing.

**Special Needs Visual Arts Program- City of Temecula (Specialize)**

Enhance self-expression, coordination, and imagination through visual arts. Participants will develop skills in painting, drawing, and visual design all while enjoying themselves. Ages: 18 + Day/Time: Thursdays from 3:00 - 5:00 pm Location: Craft Room at the MPSC. Participants must register before attending. For more information, please contact TCSD at (951) 694-6480

**Studio Ace (Specialize)**

[www.studioace.org/time-for-art](http://www.studioace.org/time-for-art)

<https://www.studioace.org/time-to-draw>

3861 Mission Avenue #B3, Oceanside, CA 92058

Studio ACE celebrates neurodivergent with inclusive education & equal access to the arts. We offer a free weekly in-person/virtual art class for neurodivergent adults.

**Studio Claremont (Specialize)**

522 W 1st. Claremont, CA 91711

<https://www.studioclaremont.com>

We are a children's art studio located in the historic packing house in the Claremont Village, offering art lessons in various mediums for school-aged children, special needs and adults.

**The dA Center for the Arts (Inclusive)**

252 D South Main Street Pomona, CA 91766

<https://www.dacenter.org>

The dA Center for the Arts is a diverse, multidisciplinary, non-profit organization, aiming to enhance the quality of life for the greater Pomona community by educating about and providing opportunities to experience, appreciate, and support the arts through inclusive and healthy community activities.

# Baseball/Softball

## **Autism Spectrum Athletics- Baseball & T-Ball (Specialize)**

Covina

<http://www.autismspectrumathletics.org>

## **Bill's Special Kids – Baseball (Specialize)**

Morrison Park: 26667 Dracaea Ave, Moreno Valley, CA 92555

<https://www.billsspecialkids.org>

## **City of Chino Hills- Fall (August - November): Softball (Specialize)**

Chino Hills

<https://www.chinohills.org/1198/Special-Needs>

## **DeAnn's PAASS – Challengers Baseball (Specialize)**

Lions Park: 955 S. Hargrave St. Banning, CA 92220

<https://www.deannspaasskids.org/challengers-baseball>

## **DeAnn's PAASS – Stallions Baseball/Softball (Specialize)**

Noble Creek Park: 650 Oak Valley Pkwy Beaumont

<https://www.deannspaasskids.org/spring-baseball>

## **Kelsey's Heroes- Baseball & Softball (Specialize)**

Palm Desert/Indio

<https://kelseysheroes.org/>

## **Little League Challenger– Senior and Little League Division (Specialize)**

Various regions

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

## **Loma Linda PossAbilities- Xtreme Youth Baseball Team (Specialize)**

Loma Linda

<https://teampossabilities.org/xtreme-team/>

# Basketball

## **Autism Spectrum Athletics- Basketball (Specialize)**

Covina

<http://www.autismspectrumathletics.org>

## **Bill's Special Kids – Basketball (Specialize)**

Moreno Valley

<https://www.billsspecialkids.org>

## **City of Chino Hills- Spring (February - June): Basketball (Specialize)**

Chino Hills

<https://www.chinohills.org/1198/Special-Needs>

## **DeAnn's PAASS- Basketball (Specialize)**

789 San Geronio Ave Banning, CA 92220

<https://www.deannspaasskids.org/basketball>

## **Desert Recreation District- Adaptive Basketball (Specialize)**

45-305 Oasis Street, Indio, CA 92201 (760) 347-3484

<https://anc.apm.activecommunities.com/desertrecretdistrict/activity/search?onlineSiteId=0&locale=en->

[US&activity\\_select\\_param=2&activity\\_keyword=Adaptive%20Basketball&viewMode=list](https://anc.apm.activecommunities.com/desertrecretdistrict/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=Adaptive%20Basketball&viewMode=list)

## **Kelsey's Heroes- Basketball (Specialize)**

Palm Desert/Indio

<https://kelseysheroes.org/>

## **SoCal Adaptive Sports- DRAGONS Basketball with DRD (Specialize)**

43900 San Pablo Avenue Palm Desert, CA, 92260

<https://socaladaptivesports.org/events/adaptive-sports-workout-b65kk-kl637>

## **Inclusive Sports Foundation- Nothing but Nets Basketball (Inclusive)**

1820 Rimpau Ave Corona

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

## **Rock N' Our Disabilities Foundation – Basketball (Specialize)**

Sunrise Church: 13495 Arrowhead Dr Victorville CA

<https://form.jotform.com/232113736076149>

# Boccia

## **Desert Recreation District- Adaptive Boccia (Specialize)**

Palm Desert

[https://anc.apm.activecommunities.com/desertrecdistrict/activity/landing/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=boccia&viewMode=list](https://anc.apm.activecommunities.com/desertrecdistrict/activity/landing/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=boccia&viewMode=list)

## **SoCal Adaptive Sports- Boccia Trainings and Tournament**

Santa Ana CA- Friday, Jan 19, 2024 -Sunday, Jan. 21, 2024

<https://socialadaptivesports.org/events/boccia-trainings-and-tournament>

# Bowling

## **Autism Spectrum Athletics- Bowling (Specialize)**

Covina Area

<http://www.autismspectrumathletics.org>

## **Bill's Special Kids – Bowling (Specialize)**

Moreno Valley

<https://www.billsspecialkids.org>

## **City of Chino Hills- Summer (June - August): Bowling (Specialize)**

Chino Hills

<https://www.chinohills.org/1198/Special-Needs>

## **DeAnn's PAASS – Bowling (Specialize)**

Canyon Lanes at Morongo: 49750 Seminole Dr. Cabazon, CA 92230

<https://www.deannspaasskids.org/bowling>

## **EEK Fitness-Bowling (Specialize)**

Hemet

<https://www.eekfitness.com/programs/bowling>



# City Parks and Recreation

## **Chino - Accommodations Request Available**

<https://www.cityofchino.org/169/Programs-Activities>

## **Chino Hills- Special Needs Activity Programming**

<https://www.chinohills.org/1198/Special-Needs>

## **Corona - Adaptive Recreation**

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

## **Desert Recreation District- Adaptive/Therapeutic Sports & Recreation**

45-305 Oasis Street, Indio, CA 92201 (760) 347-3484

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

## **Fontana- Above the Limits Special Needs Program**

<https://www.fontanaca.gov/2708/Above-the-Limits-ATL-Special-Needs>

## **Menifee- Mighty Kids & Mighty Adults**

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

## **Moreno Valley - Fun for Special Needs**

<https://moval.gov/parks-comm-svc/virtual-special-needs.html>

## **Murrieta- Alternative Recreation Program (ARP) 18+**

<https://www.murrietaca.gov/482/Alternative-Recreation>

## **Norco - Developmentally Challenged Programs**

<https://www.norco.ca.us/departments/community-services/developmentally-challenged-programs>

## **Ontario Accommodations Request Available**

<https://www.ontarioca.gov/Recreation>

## **Rancho Cucamonga – IncredABLES**

<https://www.cityofrc.us/community-services/special-needs>

## **Riverside- Friendly Stars; Developmentally Disabled Adults Program**

[https://riversideca.gov/park\\_rec/programs-sports/adults/friendly-stars-developmentally-disabled-adults-program](https://riversideca.gov/park_rec/programs-sports/adults/friendly-stars-developmentally-disabled-adults-program)

## **Temecula- S.K.I.P. & High Hopes**

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

**Valley-Wide Recreation and Park District (Hemet, San Jacinto, French Valley, Menifee Valley, Winchester)**

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

**Yucaipa- Accommodations Request Available**

<https://yucaipa.org/community-services/>

# Culinary

## **Claremont Chefs Academy (Specialize)**

514 West First St, Claremont CA 91711

909-625-7505

Cooking classes for those with special needs. All classes are a hands-on experience, and everyone is involved in the cooking! Classes are for ages 15 to adult.

<https://www.claremontchefsacademy.com/special-needs>

## **Image Bearers Academy – Baking & Culinary (Inclusive)**

12410 Norton Ave Chino

IBAA has offers art classes in multiple different disciplines within the visual, culinary, and performing arts with engaging, high-caliber instruction. Available for ages 5 to 18.

<https://www.ibartsacademy.com/individual-music-instruction>

## **Leaps Services- Free Virtual Cooking Class (Specialize)**

Palm Desert, CA

<https://www.leapsservices.com/>

# Dance & Fitness

## **ABC Hopes- Fitness (Specialize)**

Corona

Fitness created in an atmosphere that allows participants the opportunity to exercise their bodies, their minds and their social skills.

<https://www.abchopes.com/fitness>

## **Angeles Especiales Folklorico Dancing (Specialize)**

Fontana

Spanish-Speaking Group

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

## **Bill's Special Kids – Dance (Specialize)**

Moreno Valley

<https://www.billsspecialkids.org>

## **Desert Recreation District- Adaptive Fitness (Specialize)**

45-305 Oasis Street, Indio, CA 92201

[https://anc.apm.activecommunities.com/desertrecretdistrict/activity/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=Adaptive%20Fitness&viewMode=list](https://anc.apm.activecommunities.com/desertrecretdistrict/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=Adaptive%20Fitness&viewMode=list)

## **Desert Recreation District- Adaptive Zumba (Specialize)**

Bermuda Dunes

[https://anc.apm.activecommunities.com/desertrecretdistrict/activity/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=Adaptive%20Zumba&viewMode=list](https://anc.apm.activecommunities.com/desertrecretdistrict/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=Adaptive%20Zumba&viewMode=list)

## **High Hopes Dance (Specialize)**

Palm Desert

[highhopesdance@yahoo.com](mailto:highhopesdance@yahoo.com)

High Hopes Dance Troupe is for intellectually disabled 15-years and older want to learn to dance.

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

## **Inclusive Movement and Dance (Inclusive)**

41625 Enterprise Circle S, Suite D Temecula

[info@inclusivemovementanddance.com](mailto:info@inclusivemovementanddance.com) - email for more information

<http://www.inclusivemovementanddance.com/>

**Rock N’ Our Disabilities Foundation – Dance (Specialize)**

Rick Novack:13558 Palm Street Hesperia

<https://form.jotform.com/232415655581155>

**Rock N’ Our Disabilities Foundation – Motion Fitness Class (Specialize)**

Rick Novack:13558 Palm Street Hesperia

Adaptive fitness class will offer chair and standing exercises for all fitness levels and abilities in a fun and motivating environment.

<https://form.jotform.com/230153603884151>

**Steppin Out Ballroom Dance**

8768 Archibald Avenue Rancho Cucamonga, CA 91730

Allows individuals with special needs to be actively involved in learning. Learning through movement, socialization, and inclusion will allow them to grow in their independence and confidence.

<https://www.soballroom.com/confidance>

**To The Pointe Dance Productions (Specialize)**

14058 Euclid Ave., Bldg. A Chino, CA 91710

(909) 628-4242

Serving children and adults ages three and older with developmental or physical disabilities. All abilities welcome!

[www.tothepointedanceproductions.com/special-needs/](http://www.tothepointedanceproductions.com/special-needs/)

**United Cerebral Palsy of the Inland Empire- Be Fit program**

The **Be Fit** program provides instruction on healthy choices, healthy snacks, and includes 30 minutes of adaptive physical play each program day.

<https://ucpie.org/after-school-programs/>

# Equestrian Therapy

## **EQUU8 Horsemanship and Therapeutic Riding, Inc. (Specialize)**

42360 Fig Street Murrieta CA 92562

A nonprofit riding program dedicated to providing equal opportunities to enrich lives through equine-assisted activities.

[www.equu8.org](http://www.equu8.org)

## **Green Acres Interactive Therapy (GAIT) (Specialize)**

35750 De Portola Road, Temecula

GAIT is a Therapeutic Riding Program located in Temecula. The therapeutic programs are customized for each client to support their personal goals. GAIT can serve all abilities. <https://www.gaitprogram.org>

## **Leaps & Bounds Pediatric Therapy (Specialize)**

2200 Hamner Ave Ste 107, Norco

We offer hippotherapy services and adaptive riding for individuals with disabilities 4-years-old and older who would like to experience the rewarding benefits of horseback riding, horsemanship, and equine knowledge.

<https://leapsandboundspediatrictherapy.org/friends-leaps/adaptive-riding/>

## **NDR Therapeutic Riding – VENDORED THRU IRC (Specialize)**

3659 Pedley Ave, Norco

By using the horse our PATH certified instructors, Occupational Therapists & Physical Therapists can provide opportunities to achieve developmental milestones through equine assisted activities. We serve all abilities ages 4 and up. Vendored with Inland, Pomona and Orange County Regional Centers.

<http://ndrtherapeuticriding.org>

## **Paws for Success (Integrated)**

Jurupa Valley

<https://paws4success.org/equine-assisted-learning/>

Behavior Highway, an ABA company, is teaming up with Paws for Success to provide Specialized Recreational Therapy. This will include Day Camp recreational activities that incorporate animals. It also offers integrated adaptive riding/equestrian therapy for all ages. In process of becoming vendored with Inland Regional Center.

## **Oak Meadows Therapeutic Horseback Riding (Specialize)**

Wildomar, CA

Oak Meadows Ranch Therapeutic Horseback Riding by Appointment Only

[www.oakmeadowsranch.com/therapeutic-ride.html](http://www.oakmeadowsranch.com/therapeutic-ride.html)

**Pegasus Therapeutic Riding Center (Specialize)**

35-450 B Pegasus Court. Palm Desert, CA 92211

Elevating the capabilities of kids & adults with disabilities through therapeutic horseback riding

<https://pegasusridingacademy.org/>

**Queen of Hearts Therapeutic Riding Center, Inc. (Specialize)**

6407 Dana Avenue Jurupa Valley

Our students are challenged by various disabling conditions including cerebral palsy, spina bifida, paraplegia, sight and hearing deficit, developmental and learning disabilities. Their ages range from preschool through the senior adult years.

[www.queenofheartsranch.com](http://www.queenofheartsranch.com)

**REINS (Riding Emphasizing Individual Needs and Strengths) Horse Therapy (Specialize)**

4461 S. Mission Rd, Fallbrook

Provides physical, mental, and emotional therapy to a wide range of disabled children and adults using carefully supervised horseback riding. Our therapeutic horsemanship program serves disabled children and adults from San Diego, Orange, and Riverside counties.

<https://reinsprogram.org>

**Rising Stars of Equestrian Therapy (Specialize)**

1525 Sycamore Canyon Rd San Dimas

To facilitate continuing education and develop occupational skills through the pursuit of equestrian skills.

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

**TRAX Equestrian Center (Specialize)**

2121 Saint Lawrence, Riverside, CA 92504

TRAX Equestrian Center is a year-round facility offering a unique horseback riding program that coordinates physical and emotional therapy into a one-of-a-kind experience.

<https://traxequestrian.org/>

# Flag Football & Cheer

## **Autism Spectrum Athletics- Flag Football (Specialize)**

Covina

<http://www.autismspectrumathletics.org>

## **Loma Linda PossAbilities- Xtreme Youth Flag Football (Specialize)**

Loma Linda

<https://teampossabilities.org/xtreme-team/>

## **POP WARNER – Challenger Division /Football and Cheer (Specialize)**

varies by Region

<https://www.popwarner.com/Default.aspx?tabid=1476208>



# Golf

## **Love Them All Foundation**

397 N. Central Ave., Upland  
(909) 917-3115

<http://www.lovetheall.org/>

LTAF continues its mission to encourage both children & young adults, with disabilities such as Down syndrome, Autism, and Cerebral Palsy, to live life to their fullest potential, through sponsorship in sports activities such as basketball, golf, baseball, bowling, football & soccer, realizing how very important it is to each of them to be a part of a team, have on-going opportunities to meet others just like them, and create life-long friendships. In addition, LTAF sponsors social events such as its annual Valentine's Day Dance, Easter Egg Hunt, Summer Sports Camp, and Winter Holiday Dance, where the recipients, along with their families, have an opportunity to come together socially throughout the year to share lives, laughter, and most importantly, embrace their individuality. They offer cooking classes occasionally – check to see the schedule of events.

## **Rim Special Athletes**

Lake Arrowhead/Big Bear area

<https://rimspecialathletes.org/>

Rim Special Athletes are individuals with visual and hearing impairments, amputations, spinal cord injuries, traumatic brain injuries, Post Traumatic Stress Disorder, Down Syndrome, Autism, as well as many other cognitive and physical disabilities. At Snow Valley Mountain Resort during the winter Rim Special Athletes provides Adaptive skiing and snowboard lessons, including bi-ski and mono-ski. During the Spring, Summer and Fall we have weekly golf clinics. Year-round they provide yoga. During the summer Rim Special Athletes' water sports program includes kayaking, aqua biking, stand up paddleboarding, 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.

## **TGA of Temecula Valley**

Jeff Sampson 33266 Morning View Dr., Temecula (760) 518-2725

<http://golftga.com/temeculavalley/>

Experienced with children with ASD. Hold free golf lessons once a month at Redhawk Park in Temecula. Golf instruction that is age-appropriate and effective. Works on character development lessons through our initiative "Play the Fair Way with TGA." Physical education and fitness. Rules & Etiquette lessons utilizing our custom 2 Hole Teaching Aid. Academic lessons connecting to golf in math, science, history and English. Every TGA student gets our custom-made Student Handbook that includes all of these lessons plus interactive activities, skills challenges and notes.

# Gymnastics

## **Adaptive Athlete (Inclusive)**

2028 W 11th St. Upland, CA 91786

Specialized adaptive classes for: Gymnastics for ages 3-8, Pre-Teen Fitness for ages 8-13,

Group Fitness for teens and adults.

<https://theadaptiveathlete.com>

## **Foundations Gymnastics and Movement (Inclusive)**

168 Bellevue Ave Redlands CA 92373

This is for individuals of all ages with disabilities to learn and improve movement skills in a supportive and inclusive environment. Caregivers work with their loved ones to learn gymnastics skills, participate in activities to improve agility, balance, and coordination, and promote problem-solving.

<https://foundationsgymnastics.com/class-schedule>

# Martial Arts

## **Circle of Love Autism Center – Jiu Jitsu (Specialize)**

2025 Chicago Ave # A26, Riverside

951-232-7181

[https://form.jotform.com/colautismcenter/student-waiver?fbclid=PAAaZ-b9jmfCUBvbVzJGcRQnAXfJCrbZlzhEMfcwPJFQ6M2cVo3pVZWRnXlc\\_aem\\_Ael0wDi7iMVX8ztBxqnDpB-7BclJBzn3JA2l4o9bnG\\_fU\\_E\\_zXDN0Q40V2urcUSGMo](https://form.jotform.com/colautismcenter/student-waiver?fbclid=PAAaZ-b9jmfCUBvbVzJGcRQnAXfJCrbZlzhEMfcwPJFQ6M2cVo3pVZWRnXlc_aem_Ael0wDi7iMVX8ztBxqnDpB-7BclJBzn3JA2l4o9bnG_fU_E_zXDN0Q40V2urcUSGMo)

## **Fight Therapy-Martial Arts (Inclusive)**

[aubree@fighttherapy.com](mailto:aubree@fighttherapy.com)

310-425-5958

<https://www.fighttherapy.com/>

## **Giordano's ATA Martial Arts (Inclusive)**

Temecula and Murrieta, CA

<https://giordanosatamartialarts.com/>

## **Rock N' Our Disabilities Foundation – Karate (Specialize)**

Rick Novack: 13558 Palm Street Hesperia

<https://form.jotform.com/220893191125151>

## **Sektor Jiu-Jitsu (Specialize)**

\_2634 Central Avenue Chino, CA

<https://sektorbjj.com/classes-schedule>

# Music

## **Desert Recreation District- Adaptive Music (Specialize)**

78400 Avenue 42 Bermuda Dunes CA 92203 (760) 347-3484

[https://anc.apm.activecommunities.com/desertrecretdistrict/activity/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=Adaptive%20Music&viewMode=list](https://anc.apm.activecommunities.com/desertrecretdistrict/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=Adaptive%20Music&viewMode=list)

## **Henny Kupferstein (Specialize)**

Onsite and remote (Skype, Facetime) piano lessons are available. Teaching sight-reading for piano in the classical tradition empowers non-verbal autistic individuals to demonstrate intellect through music. Will not take clients who have ABA (Applied Behavior Analysis) services.

<https://www.facebook.com/HennyKupferstein>  
<http://hennyk.com/>

## **Image Bearers Academy -Piano, Voice, Drums (Inclusive)**

12410 Norton Ave Chino

IBAA has offers art classes in multiple different disciplines within the visual, culinary, and performing arts (including individual music lessons in piano, voice, and drum set), with engaging, high-caliber instruction. Available for ages 5 to 18.

<https://www.ibartsacademy.com/individual-music-instruction>

## **Jocelyn Center (Integrated)**

Palm Desert

<https://joslyncenter.org/>

A senior center in Coachella Valley that specializes in specialized Recreation therapy for seniors. Includes art therapy, music therapy, and integrated senior center activities. In the process of Regional Center vendorization for Social Recreation services.

## **Leaps Services- Free Virtual Music/ Karaoke (Specialize)**

Palm Desert, CA

<https://www.leapsservices.com/>

## **McKee Music (Specialize)**

McKee Music Therapy provides music therapy services to clients in all Southern California and throughout the world via Telehealth. We are regional center vendored and also have contracts with local school districts. We also offer music lessons for students of all ages.

<http://www.mckeemusictherapy.com>

**Music Speaks (Specialize)**

Your child or loved one can now enjoy music therapy services through our virtual sessions, wherever you are located in the US! Children and young adults of ALL abilities are welcome and encouraged to participate in this invaluable group experience promoting diversity, understanding and inclusion for all.

<https://www.musicspeaksmt.com>

# Sensory Family Friendly Organizations/ Sports Club

## **Adrian's World** - Various Activities and Events **(Inclusive)**

Creates fun family centered programs such as: Parent's Night Out, Caregiver Training, Respite Care and Holiday Events.

<https://adriansworldinc.com/>

## **Autism Society Inland Empire**- Various Activities and Events **(Inclusive)**

We create connections, empowering everyone in the Autism community with the resources needed to live fully.

<https://ieautism.org/>

## **Chasing 7 Dreams**- Various Activities and Events **(Inclusive)**

Rancho Cucamonga

<https://chasing7dreams.org/>

Will be vendored to offer Day Camp and Sports Club for school-age children as well as Parent Training.

<https://chasing7dreams.org/programs/e-kaam/>

## **Loma Linda PossAbilities**- Various Activities and Events **(Inclusive)**

Providing new direction and hope for people with diverse disabilities.

<https://teampossabilities.org/>

## **SoCal Adaptive Sports** - Various Activities and Events **(Inclusive)**

SoCal Adaptive Sports' mission is to enable people with disability to participate inclusively throughout society by creating greater equity and inclusion through developing, planning and implementing competitive and recreational sports and other opportunities

<https://socaladaptivesports.org>

## **Special Olympics Southern California (Specialize)**

In Riverside and San Bernardino Counties, we enrich the lives of thousands of athletes with and without intellectual disabilities and their communities through sports, education, and health.

<https://sosc.org/inlandempire/>

## **United Cerebral Palsy of the Inland Empire (Inclusive)**

Provides programs and services in the Inland Empire in both Riverside and San Bernardino counties. Services provided are for individuals diagnosed with cerebral palsy, autism, down syndrome, epilepsy, intellectual delay and other disabilities.

<https://ucpie.org/>

# Soccer

## **Autism Spectrum Athletics- (Specialize)**

Covina Area

<http://www.autismspectrumathletics.org>

## **AYSO- EPIC Division (Specialize)**

Varies by regions

<https://ayso.org/epic/>

## **Bill's Special Kids (Specialize)**

Moreno Valley

<https://www.billsspecialkids.org>

## **TOPSoccer (Specialize)**

Murrieta Youth Soccer League (<https://myslsoccer.org/topsoccer>)

Temecula Valley Soccer Academy (<https://www.tvsa.org/teams/topsoccer/>)

# Swimming

## **Aquatic Zone (Inclusive)**

Corona 951.739.4300

Does not have a special needs program but has a lot of experience teaching students with Autism to swim. Year-round programs.

<https://theaquaticzone.com>

## **Aqua Tots (Specialize)**

Rancho Cucamonga

909-259-0500

Has a Special Needs Aquatic Program (S.N.A.P.) is designed to create lessons tailored to each child's special needs and abilities. This class may serve children diagnosed with behavioral, developmental, learning, medical or mental challenges.

<https://www.aqua-tots.com/swim-levels/additional-swim-services>

## **Big Kahuna Swim Academy (Specialize)**

(909) 273- 9680

Private, One-On-One Swim Lessons at one of our heated pools (Norco or Riverside), Mobile Swim Lessons (we come to your pool) & Virtual Swim Lessons. Our #1 priority is water safety and drowning prevention; making sure that each one of our students has learned and mastered what are called the 8 Basic Water Safety Skills which will enable them to save themselves in any water emergency.

<https://bigkahunaswim.com>

## **Desert Swim Academy (Specialize)**

Tanya Orozco – Special Needs Swim Lessons

Palm Desert (760) 831-9066

Desert Swim Academy welcomes all ages and all disabilities.

[www.desertswimacademy.com](http://www.desertswimacademy.com)

## **Fontana Park Aquatic Center (Specialize)**

(909) 854-5111 Fontana

Aquability (Special Needs Swim Lessons) Ages 4 yrs.+ Students enrolled will range in all ages and abilities with different intellectual and physical disabilities. Students will be swim tested and placed together based on ability during the first-class meeting. No swim test required.

<https://www.fontana.org/2566/Fontana-Park-Aquatic-Center>



### **Kelsey's Heroes- Swimming (Specialize)**

Palm Desert/Indio

<https://kelseysheroes.org/>

### **Passion for Splashin' (Specialize)**

Teaches lessons out of two private home pools, one in Upland on Tuesdays, Wednesdays, and Thursdays, and the other in LaVerne on Mondays and Fridays. Has over two decades of experience in teaching students of all abilities and is the mom of a child with Autism.

<https://passionswim.com>

### **Riverside City Parks and Recreation (Specialize)**

The City of Riverside PRCS D accommodates all participants regardless of limitations individuals may have. The City of Riverside Aquatics program along with Swim Angel Fish provide a fun and safe environment while developing swimmers' abilities based on individual needs providing them with tools and skills necessary to become a successful swimmer. Go to their website to complete the form and email. Private lessons are available.

[https://www.riversideca.gov/park\\_rec/programs-sports/aquatics/swim-lessons](https://www.riversideca.gov/park_rec/programs-sports/aquatics/swim-lessons)

### **Special Olympics (Specialize)**

It is held in Central Riverside, Desert, Fontana, Mojave, Rebels, Temecula February – June Because of the wide array of swimming events offered, it is appropriate for a range of ages and ability levels. Swimming competition events are based on various strokes. An athlete with Down syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in Butterfly events, Individual Medley events, diving starts or diving.

[www.sosc.org/sports/swimming](http://www.sosc.org/sports/swimming)

### **SwimSafe Aquatics (Specialize)**

(951) 226-7562

Menifee, they offer year-round swimming lessons in our customized saltwater lesson pool, which is heated to 92 degrees. We use a combination of sand, salt, and copper ion technology to keep the pool clean, without the use of harmful chemicals. They have over 25 years' experience and a passion for teaching. We specialize in the Swim Float Swim method and have been highly trained by the best in the business, Including the originator of the Swim Float Swim Method. We are highly trained and specialize in teaching children with Special Needs.

<https://swimsafeaquatics.com/special-needs-adaptive-1>

**Sunsational Swim School (Specialize)**

1-888-788-2140

Private Swim Lesson in your own pool – Inland Empire. Their effective-yet-gentle approach to swimming lessons in all of the suburbs of the Inland Empire area—from San Bernardino to Murrieta and everywhere in between—consists of private, personalized classes that quickly allow our students of all ages (even adults!) to gain the skills to better avoid falling into a pool, and how to turn around and reach the wall if they do fall in.

<https://www.sunsationalswimschool.com/swimming-lessons/Inland-Empire-CA>

**Temecula Community Services (Specialize)**

Learning to swim is for everyone. These classes for participants with special needs will focus on basic water skills and water adjustment to help participants gain confidence in the water and improve kicking and stroking ability.

<https://temeculaca.gov/408/Adaptive-Swim-Lessons>

**Victorville Parks and Recreation – VIP (Very Important Player) Program (Specialize)**

Ages three and older. An adult must get in the water with the participant and teach them water safety at his/her own pace. A lifeguard will be present for instruction guidance.

[www.victorvilleca.gov/home/showpublisheddocument/6410/637867445794430000](http://www.victorvilleca.gov/home/showpublisheddocument/6410/637867445794430000)

# Tennis & Pickleball

## **ACEing Autism –Tennis (Specialize)**

220 East 6th Street Claremont, California 91711

Helps children with autism to grow, develop and benefit from social connections and fitness through affordable tennis programming

<https://aceingautism.org/programs/claremont-ca/>

## **Desert Recreation District- Adaptive Pickleball (Specialize)**

Palm Desert

[https://anc.apm.activecommunities.com/desertrecdistrict/activity/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=Adaptive%20Pickleball&viewMode=list](https://anc.apm.activecommunities.com/desertrecdistrict/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=Adaptive%20Pickleball&viewMode=list)

## **Desert Recreation District- Adaptive Tennis (Specialize)**

Palm Desert

[https://anc.apm.activecommunities.com/desertrecdistrict/activity/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=Adaptive%20Tennis&viewMode=list](https://anc.apm.activecommunities.com/desertrecdistrict/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=Adaptive%20Tennis&viewMode=list)

## **SoCal Adaptive Sports- Adaptive wheelchair tennis & pickleball lessons (Specialize)**

41000 Bob Hope Drive Rancho Mirage, CA, 92270

<https://socaladaptivesports.org/events/adaptive-sports-workout-b65kk-kl637-bnkfn>

# Volleyball & Wallyball

## **Adaptive Athlete – Adaptive Volleyball (Specialize)**

2028 W 11th St. Upland, CA 91786

<https://app.iclasspro.com/portal/theadaptiveathlete/classes?levels=32>

## **Inclusive Sports Foundation- Volleyball (Specialize)**

Ontario

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

## **Desert Recreation District- Adaptive Wallyball (Specialize)**

Indio

[https://anc.apm.activecommunities.com/desertrecdistrict/activity/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=Adaptive%20Wallyball&viewMode=list](https://anc.apm.activecommunities.com/desertrecdistrict/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=Adaptive%20Wallyball&viewMode=list)

# Watersports

## **Rim Special Athletes**

909 867-2751 EXT. 100

Lake Arrowhead/Big Bear area

<https://rimspecialathletes.org/>

Rim Special Athletes are individuals with visual and hearing impairments, amputations, spinal cord injuries, traumatic brain injuries, Post Traumatic Stress Disorder, Down Syndrome, Autism, as well as many other cognitive and physical disabilities. At Snow Valley Mountain Resort during the winter Rim Special Athletes provides Adaptive skiing and snowboard lessons, including bi-ski and mono-ski. During the Spring, Summer and Fall we have weekly golf clinics. Year-round they provide yoga. During the summer Rim Special Athletes' water sports program includes kayaking, aqua biking, stand up paddleboarding, 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.

# Yoga

## **IEHP Community Centers – Riverside, San Bernardino, Victorville**

3590 Tyler St, Riverside

805 West 2nd Street, Suite C, San Bernardino

12353 Mariposa Road, Suites C-2 & C-3, Victorville

1-866-228-4347

[IEHP – Community Resource Centers : About Us](#)

Stay active with classes like Yoga, Zumba (all levels), Tai Chi, Line Dance, Yoga for Seniors & People with Disabilities, Meditation, Aerobic Box, Latin Dance, Strength and Conditioning, and Kid Aerobics. Also offers Wellness Classes like nutrition, managing asthma symptoms, controlling diabetes, stress management, breathing, and relaxation. Classes may change each month so make sure you check the schedule.

## **Rim Special Athletes**

909 867-2751 EXT. 100

Lake Arrowhead/Big Bear area

<https://rimspecialathletes.org/>

Rim Special Athletes are individuals with visual and hearing impairments, amputations, spinal cord injuries, traumatic brain injuries, Post Traumatic Stress Disorder, Down Syndrome, Autism, as well as many other cognitive and physical disabilities. At Snow Valley Mountain Resort during the winter Rim Special Athletes provides Adaptive skiing and snowboard lessons, including bi-ski and mono-ski. During the Spring, Summer and Fall we have weekly golf clinics. Year-round they provide yoga. During the summer Rim Special Athletes' water sports program includes kayaking, aqua biking, stand up paddleboarding, 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.

## **Sparky Wellness– Yoga, Meditation, & Adult Support group for 18+**

1407 N. Garey Ave, Pomona, CA

818-419-5481 donellkeila@gmail.com

<https://www.meetup.com/trysparky/events/hmpphtyfcplb/>

We welcome all neurodivergent adults and those with psychological and emotional disabilities AuDHD, Autistic / Autism Spectrum Disorder, Depression, ADHD, Anxiety .

## **Up & Movin' Pediatric Physical Therapy**

6180 Brockton Ave. Suite 202, Riverside (951) 684-6500

[www.upandmovintherapy.com](http://www.upandmovintherapy.com)

Besides offering physical, speech and occupational therapy, Offers yoga classes, dance Classes, Fitness For Kids, Language & Literacy Classes, Social Skills Groups, Cooking & Eating For The Picky Eater, Handwriting & Crafts, Sensory Exploration & Motor Skills Development and Toddler Play & Move. Accepts over 20 different insurances.

### **Yogable- Patty Wildasinn**

Weekly classes are held at The Adaptive Athlete, 2028 W. 11th St. Upland, Ca 91786, 909-931-2764.

Monthly classes are held at Salt Oasis, 11940 Foothill Blvd. #111, Rancho Cucamonga, Ca 91739, 909-291-7258.

[pattyogable.com](http://pattyogable.com)

Special Needs Family Yoga class is an activity for the whole family. It 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. We all need a little deep relaxation (especially parents)! The atmosphere is safe and relaxed. All ages and abilities are welcome, and modified choices.