



2025

*Social
Recreation*
for Orange County



**Autism
Society**
Inland Empire

Social recreation offers meaningful benefits for Autistic children, teens, and adults, supporting personal growth, self-expression, and connection. Beyond providing opportunities for fun and relaxation, these activities foster inclusion, build confidence, and create space for authentic social engagement. Whether through sports, art, music, or community outings, social recreation offers a safe, supportive, and often sensory-friendly environment where individuals can explore interests, form meaningful relationships, and experience a strong sense of belonging. These activities also support physical, mental, and emotional well-being, reduce barriers to connection, and encourage greater independence and community participation.

Regional Centers may provide funding for social recreation services as part of their commitment to supporting individuals with developmental disabilities in accessing inclusive, community-based activities. These services can include participation in camps, sports programs, art classes, dance, and other recreational opportunities that promote social engagement, skill development, and overall well-being. Eligibility for social recreation funding is determined on an individual basis and must align with the goals outlined in the person's Individual Program Plan (IPP). If you or your family member is interested in exploring these options, we encourage you to contact your Regional Center Service Coordinator directly. They can help determine eligibility, guide you through the request process, and provide information on approved vendors or programs.

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The resources listed in this guide are provided for informational purposes only and are not intended to be comprehensive. The Autism Society Inland Empire does not endorse or recommend any specific product, service, treatment, therapy, program, or provider mentioned herein. Inclusion in this guide does not imply endorsement, and omission does not imply disapproval. All referrals are offered as potential options for families to explore and do not constitute professional advice or recommendations. Families are encouraged to conduct their own research and consult with qualified professionals to determine what is most appropriate for their individual needs. The Autism Society Inland Empire is not responsible for the outcomes or consequences of any interactions with the individuals or organizations listed. We reserve the right to update, add, or remove resources from this guide at our discretion.

If you would like your organization to be considered for inclusion in this guide, please get in touch with us at info@ieautism.org.

City Activities

AYSO Soccer - EPIC

AYSO's EPIC (Everyone Plays In our Community) program provides athletes with disabilities a safe and fun environment led by trained coaches, EPIC Buddies, and volunteers, creating lasting memories for players and their families.

Costa Mesa - AYSO 120

AYSO 120, PO Box 12065, Costa Mesa

<https://www.ayso120.org>

Irvine- AYSO 213

14252 Culver Dr, Ste A-206, Irvine

<https://www.ayso213.org>

Ladera Ranch-AYSO 1455

27707 Crown Valley Pkwy D4 – 259, Ladera Ranch

<https://www.ayso110.org>

Laguna Hills AYSO

24310 Moulton Parkway, Suite #O-214, Laguna Hills

<https://www.ayso111.org>

Laguna Niguel - AYSO 41

30251 Golden Lantern, Suite E #268, Laguna Niguel

<https://www.ayso41.org>

La Habra, Brea, and Fullerton- AYSO 94

P.O. Box 3774, La Habra, California 90631

<https://www.ayso-region94.com>

Lake Forest, Foothill Ranch, Portola Hills AYSO 85

PO Box 1059, Lake Forest

<https://www.ayso85.org>

Tustin-AYSO 96

13681 Newport Ave. Suite 8, Box 195, Tustin

<https://www.tustinayso.org>

City of Fountain Valley - Dances for Adults with Disabilities

The Center at Founders Village Community & Senior Center

17967 Bushard Street, Fountain Valley

(714) 593-4446

<https://www.fountainvalley.gov>

Dances are on the first Friday of every even-numbered month from 7 - 9 p.m. Tickets are \$1.00 each and include DJ, refreshments, and raffles—no RSVP required. You do not need to be a resident of Fountain Valley to attend.

City of Irvine Disability Services

15 Sweet Shade, Irvine
(949) 724-6637

<https://www.cityofirvine.org>

Disability Services offers programs and activities for persons with disabilities of all ages. These programs and activities promote wellness, physical fitness, self-expression, independence, and socialization, fostering a well-rounded approach to life. Programs focus on art, sports, science, social skills, and more. Irvine residency is not required for participation.

City of Lake Forest Special Needs Program

100 Civic Center Dr., Lake Forest

<https://www.lakeforestca.gov/en/special-needs>

Lake Forest's Special Needs program supports the growth and development of individuals with developmental disabilities, as well as their families. The program serves participants of all ages and backgrounds, so don't hesitate to apply if you think it would be beneficial for you. Community services and events are held throughout the year.

City of Los Alamitos Adaptive Recreation

10911 Oak Street, Los Alamitos
562-430-1073

<https://cityoflosalamitos.org>

The City of Los Alamitos offers Monthly Meet-ups for participants with additional needs, i.e., those requiring extra support or accommodations due to physical, mental, or developmental challenges, and their families. Participants must always be accompanied by a parent/guardian and/or aide. Monthly meet-up activities vary each month. Pre-registration is required. Monthly meet-ups are free and open to all ages.

City of Placentia-Let's Dance

201 N. Bradford, Placentia

<https://www.placentia.org>

The city hosts monthly dances that are designed to offer people with disabilities the opportunity to dance and socialize. The City of Placentia Community Services Department provides supervision, a Live DJ, dinner, games, and activities at all dances. Second Friday of every month; 6:30 – 8:30 p.m.

Creative Arts

Autism Society Inland Empire – Online Art Class

(951) 220-6922

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

Free class for all ages! Bring your colored pencils, colored markers, crayons, and learn to draw something new every other week!

Dance- A Dance Class for Me!

425 Bolero Way, Newport Beach

(818) 425-4129

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

An inclusive dance program open to individuals of all abilities. Ages: toddlers to adults.

Down For Dance

(949) 478-3224

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

Online and in-person programs include Art Explorations, Adaptive Yoga, Ballet, Contemporary Dance, Hip Hop, Jazz, Tap, and Musical Theater. Open to students with a 1:1 aide. Hart Academy of Dance -La Habra; Substance Fitness -Los Alamitos; Atomic Ballroom -Irvine; Dance Studio of Orange County – Huntington Beach. Ages: 7 and older.

Harmonia Ensemble Orchestra - Korean American Special Education Center (KASEC)

1661 North Raymond Avenue, Suite 109, Anaheim

(562) 926-2040

<https://kasecca.org/>

Students with or without developmental disabilities who are interested in music can join the orchestra as members under the guidance of a professional orchestra conductor. This program seeks to enhance social interaction and communication skills through creating music together.

HOPE Center for the Arts

295 East Yale Loop, Irvine

714-778-4440

<https://hope4arts.org/>

Through art classes and other events, they serve adults with Intellectual Disabilities and train them in a wide variety of arts, including visual and performing arts. They are a vendor of the Regional Center of Orange County. They also cater to private students upon request. Please contact them for more information regarding tuition/private pay options.

Inclusive Art for Adults - Costa Mesa-Donald Dugan Library

1855 Park Ave, Costa Mesa

<https://ocpl.libcal.com>

A fun hour of art geared toward adults with developmental disabilities: Tuesdays, 1:30 p.m. - 2:30 p.m.

No Limits Creative Arts

Yorba Linda & Los Alamitos

<https://nolimitscreativearts.org/>

A program designed to bring the arts to kids with special needs. The goal is to create a safe and comfortable environment that allows students to express themselves creatively. Offers Dance, Musical Theater, and Tumbling classes in its program. Every class devotes structured time to movement and dance, breath control, speech skills, singing, and acting with an emphasis on recognizing and replicating emotional and physical states.

Orange County Children's Therapeutic Arts Center (OCCTAC)

2215 N. Broadway St, Santa Ana

(714) 547-5468

<https://www.occtac.org/therapeuticarts>

Provides valuable support to children and youth with neurodiversity, commonly referred to as individuals with disabilities or special needs. Through engagement with art, dance, and music, the program aims to enhance their quality of life and foster positive interactions. Their therapeutic arts classes provide a safe and joyful environment for neurodiverse children and youth to engage in art, dance, and music.

Opportunity Matters to Everyone (OME)

3186 Airway Avenue, Building A, Costa Mesa

(714) 881-0427, ext.1725

<https://opportunitymatterstoeveryone.org/>

OME is a non-profit organization devoted to providing meaningful, enriching, and learning opportunities for children and teens with developmental disabilities and their families.

Segerstrom Center for the Arts and Studio D: Arts School for All Abilities

600 Town Center Drive, Costa Mesa

(714) 427-2213

<https://www.scfta.org/studiod>

Studio D: Arts School for All Abilities is an inclusive program offering classes in ballet, dance, music, musical theater, and theater for students aged four and above. They are led by professional teaching artists and licensed occupational, physical, or speech therapists. Class size: 8-12 students.

Straight UP Abilities

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

(213) 559-7178

Straight UP Abilities offers "professional performance art training to students of all abilities." In-person and online programs. Dates and times: Ongoing. Anaheim. All ages. Open to a 1:1 aide.

OC Community-Based Organizations

Aiden and Andy Safety Group

PO Box 1728, Garden Grove

(714) 856-4914

<https://www.facebook.com/p/Andy-and-Aiden-Safety-Group-100087153790074/>

Community engagement, safety awareness advocacy, and events.

LOLA Foundation (Live Out Loud with Autism)

P.O. Box 4503, Garden Grove

(714) 951-5488

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

Its mission is to assist those affected by Autism and their families, in the underserved community (particularly Vietnamese), to bring awareness to those who are not familiar with ASD (Autism Spectrum Disorder).

OC Autism Foundation

7441 Garden Grove Blvd, Suite #M, Garden Grove

(714) 799-3030

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

OC Autism Foundation was founded in 2010 to help children and families living with Autism access basic healthcare, education, programs, and services throughout their lifespan.

Mosaic Movement

PO Box 10873, Santa Ana

(714) 833-3197

<https://mosaic-movement.org/>

Provides support and resources to individuals and families in need.

TACA (The Autism Community in Action)

17752 Sky Park Cir, Ste 140, Irvine

(949) 640-4401

<https://tacanow.org/what-we-do/socal-outreach/>

Provides education, support, and hope to families living with Autism.

Sensory Friendly Venues

AMC Theatres- Sensory Friendly Films

AMC Theatres- Orange 30 - 20 City Blvd West, Suite E, Orange

AMC Theatres-Tustin 14 @The District - 2457 Park Ave, Tustin, California

www.amctheatres.com/programs/sensory-friendly-films

AMC is proud to partner with the Autism Society to offer unique movie showings where the lights are turned up and the sound is turned down, allowing you to get up, dance, walk, shout, or sing. Their Sensory Friendly Film program is available on the second and fourth Saturday (family-friendly) and Wednesday evenings (mature audiences) of every month.

Chuck E. Cheese Sensory Friendly Sundays- Costa Mesa, Garden Grove, and Placentia

<https://www.chuckecheese.com>

Chuck E. Cheese is proud to support families with children who have Autism and other special needs. Through our Sensory Sensitive Sundays, they offer families a quieter dining and entertainment environment, dimmed lighting, and a sensory-friendly arcade experience. Our sensory-friendly events feature a trained and caring staff to ensure each guest has a safe and fun-filled visit.

Discovery Cube Orange County

2500 N Main Street, Santa Ana

<https://www.discoverycube.org/sensory-friendly-mornings/>

To inspire and educate young minds through engaging science-based programs and exhibits to create a meaningful impact on the communities served. Sensory Friendly Mornings (third Sunday of each month) 8:00 am – 10:00 am. Admission: Adult: \$24.00; child: \$20.00

Pretend City Children's Museum

29 Hubble, Irvine

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

The Museum is a child-sized, interconnected city that balances rich educational learning experiences with boundless fun, where children can try on real-world roles and let their creativity run wild. Neurodivergent Family Night (2nd Tuesday and 4th Thursday of each month). 5:00 pm-7:00 pm. Admission: Free to behavioral therapists and neurodiverse children or those with other disabilities and their immediate families.

Santa Ana Zoo

1801 East Chestnut Avenue, Santa Ana

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

Sensory-friendly. The Santa Ana Zoo features over 120 species of animals, including some of the smallest monkeys in the world, the golden-headed lion tamarins. The zoo also includes the Crean Family Farm, the Zoofari Express Train Ride, the

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endangered species carousel, and the "Fifty Monkeys Ferris Wheel." Sensory bags are available for check out.

Sensory Play Time - San Clemente Library

242 Avenida Del Mar, San Clemente

<https://ocpl.libcal.com/event/13905209>

Join the excitement at our engaging Sensory Playtime. Awaken the senses with our sensory playground. All ages welcome. Saturdays: 10:00 AM - 11:00 AM.

The Children's Museum at La Habra

301 S. Euclid Street, La Habra

<https://www.lhcm.org/349/Childrens-Museum>

A resource in the Southern California community since 1977, The Children's Museum at La Habra is an award-winning, nonprofit public museum that provides unique, hands-on educational and cultural experiences for young children aged 2 to 8. Sensory-Friendly Tuesdays: 2:00 pm – 4:00 pm. Admission: \$7 per person; 1 free aide per family.

The Frida Cinema

305 E 4th St #100, Santa Ana

<https://thefridacinema.org/film-series/sensory-friendly-screenings/>

Nonprofit arthouse cinema programming independent, foreign & classic films on two screens. The monthly Sensory Friendly Screening series offers opportunities to watch movies with the lights on and the sound turned down. If you feel inspired to get up, make noise, and move about the theater, you're welcome to do so.

Social Inclusion & Adaptive Programs

Best Buddies International (BBI)

15251 Barranca Parkway, Suite B, Irvine

(949) 569-8100 ext. 2

www.bestbuddies.org

BBI serves to empower individuals aged 12 and above with IDD, helping them form meaningful friendships with their peers, secure successful employment, improve public speaking, self-advocacy, and communication skills, and feel valued by society.

Boys and Girls Club

Various OC County locations

(714) 543-5540 (Corporate Office)

<https://boysandgirlsclub.com/>

Programs offer academic support, mentorship, and enrichment activities, including arts and recreation, throughout the year.

The Friendship Circle

2240 University Drive, Newport Beach

(949) 721-9800

www.friendshipoc.org

Friendship Circle exists to bring friendship and inclusion to children and young adults with special needs through a variety of social, recreational, and educational programs. It offers support and respite to their families.

Katie's Club-Fullerton

2801 Brea Blvd, Fullerton

(714) 257-4391

<https://fullertonfree.com>

Designed for 14-to 22-year-olds, Katie's Club is a program tailored to meet the social and recreational needs of exceptional individuals. They offer activities during Winter Break, Spring Break, Summer, and Thanksgiving.

Vocational Visions

23612 Alambre, Mission Viejo

(949) 837-7280

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

House of Champions Clubhouse offers a social program for adults 18 and older on Fridays and Saturdays for members (monthly fee). Clubhouse activities include movies, dances, crafts, sports, and theme parties.

YMCA New Horizons Special Needs Adults Programs

13821 Newport Ave #150, Tustin
(714) 508-7636

<https://ymcaoc.org/new-horizons/>

New Horizons is a program for adults with developmental disabilities and special needs, ages 18 and up. The New Horizons program offers activities for adults with special needs, providing participants with safe and supervised recreational outings in the community that foster social interaction, skill development, and lifelong friendships. Activities: Tuesday-Saturday.

Sports

Aqua-Tots Swim School

Anaheim, Costa Mesa, Orange, and Tustin

<https://www.aqua-tots.com/>

At Aqua-Tots, children of all abilities from 4 months to 12 years old become safe and confident swimmers in their indoor, 90° pool, with flexible class schedules, make-up lessons, and evening and weekend availability.

Adaptfit

3894 W Cerritos Ave, Los Alamitos
(562) 794-9330

<https://adaptfitlife.com>

Gym offering inclusive, leading-edge physical fitness programs adapted for kids, teens, and adults with social, cognitive, or physical challenges.

ACEing Autism

Fullerton, Newport Beach, Yorba Linda
(310) 401-0544

<https://aceingautism.org/>

ACEing Autism is on a mission to help children with Autism grow, develop, and benefit from social connections and fitness through affordable tennis programming.

Baseball -Little League Challenger Division- Orange, Santa Ana, Mission Viejo, Tustin, and Villa Park

(714) 325-1527 -jenellesmommy@gmail.com
(714) 204-6231- nesallchallenger@gmail.com

<https://www.littleleague.org>

Adaptive baseball program for individuals with physical and intellectual challenges. Accommodates players aged 4–18 years, or up to 22 years if enrolled in high school. The senior division is for individuals aged 15 and above (no upper age limit).

Basketball - Hoopstars Basketball

2801 Brea Blvd., Fullerton

(714) 257-4391

hoopstars@fullertonfree.com

<https://fullertonfree.com/ministries/specialneeds/>

This special needs basketball ministry league offers a social environment for children (7 years and older) and adults with special needs to participate in basketball. January-March season.

Basketball, Golf, and Dance - Korean American Special Education Center (KASEC)

1661 N. Raymond Avenue, Suite 109, Anaheim

(562) 926-2040; program@kasecca.org

<https://kasecca.org/>

The social skills and physical health of students with developmental disabilities are enhanced through participation in basketball, golf, dance, and various other sports alongside individuals without disabilities, under the guidance of APE specialists and professional coaches.

BC Adaptive Fitness

108 N Tustin Ave., Anaheim

(714) 683 – 0112

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

Offer fitness programs for individuals with all abilities in an inclusive setting, available both online and in-person.

Blue Buoy Family Swim School

1702 Nisson Road, Tustin

<https://bluebuoy.com/>

At Blue Buoy Swim School, the focus is on fun, interactive, and personalized teaching. Students learn best with tailored instruction, not a one-size-fits-all approach. Along with small group classes, semi-private and private lessons are also offered. Private swimming lessons are available for children with special needs.

Bowling Leagues at Saddleback Lanes

25402 Marguerite Parkway, Mission Viejo

(949) 586-5300

<https://saddlebacklanes.com/>

Saddleback Strikers-adaptive bowling league. The league has two seasons, an 8-week summer league and an 8-week winter league (January). Meets on Wednesdays at 6 pm. Teens and adults. Registration required. The cost includes two games with bumpers (and a ramp, if needed), shoes, and a pizza party on the last night.

Boxing - Calm Hands, Calm Body at HB Fight Club Inc.

15531 Computer Lane, Huntington Beach

(714) 487-2082

<https://hbfightclub.org/>

Students of all backgrounds and abilities create a supportive environment where everyone can train together. Students with Special needs/ mild to moderate Autism are welcome.

Cypress Pony Champions Baseball

www.cypresspony.com

The program provides a fun and safe environment for children and adults with mental and physical disabilities to learn and enjoy the game of baseball. The largest special needs baseball organization in the United States. Their program is free of charge to all participants, providing jerseys, caps, belts, and pants for our players, as well as gloves, bats, balls, and helmets. Their division welcomes all, regardless of ability, from high functioning to the most severe disabilities.

Fish for Life

(949) 285-8819 or jim@fishforlife.org

<https://www.fishforlife.org>

This program is designed to provide love and inspiration to a diverse group of individuals with special needs, while teaching them fishing skills and creating memorable experiences.

Karate for All

3002 Dow Ave., #114, Tustin

(714) 731 – 4668

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

Karate For All is a unique martial arts program that combines the Art of Karate-Do with occupational therapy knowledge, developed for all children and teenagers. It focuses on social and linguistic development, gross motor skills, and sensory processing abilities.

Makapo Aquatics Project

PO BOX 61090, Irvine

714 868 6252

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

The program provides adults with disabilities the opportunity to enjoy outrigger paddling in a fun and recreational setting. Open to individuals 18 and over with physical, intellectual, or developmental disabilities, they provide a supportive environment for new paddlers or anyone looking to enjoy the water.

Miracle League of Orange County

Pioneer Park- 2565 E. Underhill Ave., Anaheim

(714) 713-2512

www.ocmiracleleague.com

Baseball league for children and adults with physical and intellectual disabilities; plays baseball on a specially built, fully ADA-adaptable synthetic turf field safe for

participants in wheelchairs and/or those who use walkers. Minimum age to play is 3-4 years old. Financial aid is provided if you cannot pay for tuition.

Phoenix Swim Academy

4757 Valley View Ave., Yorba Linda

(714) 621-5454

<https://phoenixswimacademy.com/>

Phoenix Swim Academy is Southern California's leading provider of adaptive swim lessons for individuals with special needs. With over 30 years of hands-on experience, it serves children and adults with Autism, Down syndrome, cerebral palsy, sensory challenges, physical disabilities, and other developmental or cognitive conditions.

Recreation Access Motivating People (R.A.M.P.)

(562) 592-1091

www.rampitup.org

RAMP is a nonprofit corporation dedicated to providing adaptive recreation opportunities, resources, and instruction to individuals with physical and intellectual challenges of all ages. Meet up at Bolsa Chica State Beach the second Saturday of each month (typically 10 a.m. – 1 p.m.) for hand cycling.

Sailing Fascination

Newport Beach

<http://sailingfascination.org/>

Since 1996, Sailing Fascination, a 501(c) 3 nonprofit organization, has provided free sailing lessons to over 500 students with a range of disabilities. With no prior experience required, the Foundation teaches students everything from boat safety and sailing terminology and concepts to steering, tacking, running downwind, crewing, and, perhaps most importantly, confidence-building.

Softball – CHAMPs Program for Girls (Laguna Niguel)

<https://www.lagunaniguelgirlssoftball.org/champs>

The LNGS CHAMPs Division is open to girls of all ages with special needs who are **Challenged Mentally** and/or **Physically** and want to learn how to play softball! CHAMPs players will receive an LNGS uniform (jersey and socks). CHAMPs games are held on Saturday mornings from January to April.

Soccer – GoalStars

2801 Brea Blvd., Fullerton

(714) 529-5544

<https://fullertonfree.com/ministries/specialneeds/>

GoalStars is a special needs ministry soccer league for players with disabilities from ages seven and up. Players will be divided into three age groups: 7-11 years old, 12-17 years old, and 18 years old and above. The season runs from late summer to early fall, spanning seven weeks, with a pre-season event and a post-season event (JamFest).

Special Olympics Southern California

<https://sosc.org/region4/>

Special Olympics Southern California (SOSC) enriches the lives of athletes with intellectual disabilities through inclusive sports, education, and health programs. A variety of sports are offered throughout the year, including athletics, basketball, bocce, golf, soccer, swimming, tennis, and other sports.

Spirit League

27201 Puerta Real, Suite 300, Mission Viejo
(714) 417-9553

<https://spiritleague.org/>

Spirit League is a year-round sports league for athletes with developmental disabilities in Orange County, California, that emphasizes learning sports fundamentals and social skills for boys and girls aged 6-32, offering both youth and adult programs. The youth program (ages 6-22) includes basketball, baseball, and soccer, while the adult program (ages 18-32) includes basketball, bowling, baseball, flag football, and volleyball. Athletes are ambulatory. Scholarships available.

Surfing -A Walk on Water

<https://awalkonwater.org/>

A Walk On Water provides Surf Therapy to children with special needs or disability. The ocean's transformative properties empower our participants, who enjoy a much-deserved day of laughter, love, and acceptance alongside their family. Check the website for the calendar.

Surfing- Best Day Foundation

bestdayfoundation.org

Best Day Foundation is a volunteer organization that helps children and young adults aged 4-24 with special needs build confidence and self-esteem through safe, fun, and adventurous activities, such as surfing, bodyboarding, kayaking, snow sports, and more.

Surfers Healing

30767 Gateway Place, PMB #126, Rancho Mission Viejo
(877) 966-SURF

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

Surfing camp helps enrich the lives of people living with Autism by exposing them to the unique experience of surfing.

Surfing – McKinnon Surf Lessons

Huntington Beach

(714) 337-6101

<https://mckinnonsurfandsuplessons.com>

McKinnon Surf & SUP Lessons offers premium surf and stand-up paddleboard lessons, utilizing the expertise of professional surfers and paddlers, along with high-quality equipment, to ensure a successful experience.

The J.F. Shea Therapeutic Riding Center

26284 Oso Road, San Juan Capistrano

(949) 240-8441

<https://sheacenter.org/>

Their expert staff designs therapy, horsemanship, and adaptive riding programs that address over 85 physical, emotional, social, and cognitive challenges. Ages 2 and older.

Therapeutic Riding Center of Huntington Beach

Huntington Central Park Equestrian Center -18381 Goldenwest Street, Huntington Beach

(714) 848-0966

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

Provides low-cost adaptive riding services to children, youth, and adults with a variety of physical and developmental challenges, including Autism, muscular and skeletal diseases and disorders, learning disabilities, and those with vision impairments and who are deaf or hard of hearing. Through riding sessions, clients develop a "spirit that overcomes their disability." The students range in age and skill level, and the therapy is tailored to each rider's needs. Classes are approximately 45 minutes.

TOPSoccer - Orange Junior Soccer Club

1944 Tustin St #118, Orange

(714) 357-1145

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

The Outreach Program for Soccer is a community-based recreational sports program for children and adults with intellectual, emotional, or physical disabilities. TOPSoccer offers a structured environment where players can enjoy soccer in a safe, fun, supportive, and inclusive setting. One-on-one assistance is available. Play is every Saturday afternoon from September through November—no practice or weekday events are scheduled.

Us Too Gymnastics

25 Spectrum Pointe Drive, Lake Forest

(949) 716-1970

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

Support children and teens aged four and above with a variety of disabilities.

Special Needs classes are designed around individual abilities. During class, kids learn to wait for their turn, improve their social skills, and explore stations that include bars, a trampoline, and a balance beam. Students will also begin to learn basic gymnastics skills, including rolls, balance, and handstands.

Waterworks Aquatics

25 Waterworks Way, Irvine
(949) 450-0777

<https://www.waterworksswim.com/#>

Adaptive swim lesson program for children with special needs. Other Locations: Anaheim Hills, Huntington Beach, La Habra, and Yorba Linda. Ages: 3 months to adult.

YMCA Social and Recreational Support Program

13821 Newport Ave #150, Tustin
(714) 508-7638

<https://ymcaoc.org/recreationalinclusion/>

The program provides aide support for individuals with special needs in activities such as swimming, ballet, basketball, art, or similar recreational activities. They provide assistance to help your loved ones participate in recreational activities. Ages 3-21. Must be a client of the Regional Center of Orange County.