

Although PTN is not affiliated with these programs, we do make this information available to you in efforts to support your own adventures within the community. Please contact them directly for additional information and possibilities.

SPORTS

Parks and Recreation

A variety of sport programs and classes are available through city Parks and Recreation departments. See "Park and Recreation Departments" from PTN's Community Adventure resource list.

City of Torrance Special Needs Sports and Recreation programs

Offer a variety of social activities and sports programs for individual ages 13 and older.

Contact:

Phil Duthie: 310-618-2934

<http://www.torranceca.gov/Parks/6622.htm>

Torrance South-Bay YMCA

A variety of sport programs, swimming and fitness activity classes are available at the YMCA.

Contact:

2900 West Sepulveda Boulevard

Torrance, CA 90505

310-325-5885

Baseball/T-Ball

Challenger Little League

Little League's fastest growing division provides boys and girls with special needs the opportunity to experience the emotional development and fun of playing Little League Baseball.

Contact:

Torrance: Donna Erie

(310) 417-0400 x 1504 work

(310) 292-8169 cell

derie@LAWA.org

Manhattan Beach: Bill Hein

310-345-7954

Soccer

VIP (Very Important Player) Soccer Program.

This division provides a fun soccer experience for children whose physical or mental challenges may make it difficult to participate on mainstream teams.

For more information: <http://www.ayso.org/site3.aspx>

Contact:

800-872-2976

Tennis

ACEing Autism

A special designed tennis program for children with autism. For information on the Torrance and Long Beach

www.aceingautism.com or email: info@aceingautism.com

For Torrance, contact:

Riya Padhye

-310-613-8566

Yoga

Naam Yoga

Offer free yoga class every Friday for children on the autism spectrum in Santa Monica.

Contact: 310-751-7550

<http://www.naamyoga.com/index-la.php>

Cycling

Spinzone

Bicycles, tricycles, push wagons, scooters and adaptive cycles on loan for free to families of PTN

Contact:

Pediatric Therapy Network

310-328-0276

Snow Skiing and Snow Boarding

The United States Adaptive Recreation Center

Full time onsite adaptive ski school in Southern California at Bear Mountain Resort for children and adults with cognitive or physical disabilities.

Contact: 909-584-0269, mail@usarc.org

<http://usarc.org/>

Mammoth Mountain Adaptive Rec Program

Volunteer based nonprofit that offers year round outdoor sports and individualized activities for people with disabilities.

Contact: 760-934-0891

www.disabledsportseasternsierra.org

Mammoth Mountain Weekend Adaptive Ski Trips

Organized ski trips to Mammoth Mountain offered through Disabled Sports/USA— Los Angeles and Orange County Chapters

Orange County Chapter

949-460-6969

Email: info@theachievers.org

<http://theachievers.org/>

Los Angeles Chapter

Email: info@unrecables.org

<http://www.unrecables.com>

Alpine Meadows Ski School

Provide ski or snowboard classes for children and people with disabilities in Lake Tahoe.

Contact: 530-581-4161

Website: <http://squawalpine.com/skiing-riding/lessons-rentals-teams/ski-snowboard-lessons>

Heavenly Valley Adaptive Skiing

Provide personalized instruction by trained instructors in Lake Tahoe for anyone with cognitive or physical disabilities to help build confidence and a love for snow sports in a safe environment.

Contact: 530-542-6904

<http://www.skiheavenly.com/ski-and-ride-school/adaptive-ski-programs.aspx>

Adaptive Ski and Sport Programs

Nationwide and international listings of ski and sport programs in different location.

<http://www.sitski.com/pg3.htm>

Horseback Riding

Ride to Fly

A nonprofit organization in Palos Verdes that provide therapeutic horseback riding and the associated learning experiences to children and adults with disabilities in a safe, nurturing environment.

Contact: (310) 541-4201

Email: grammadoit@aol.com

Dream Catchers

Offer therapeutic horseback riding and hippotherapy to improve the lives of children, adults, and veterans with cognitive, physical, and emotional disabilities in Long Beach.

Contact: (310) 350-1311, Info@dreamcatcherla.com
<http://www.dreamcatcherla.com/home.html>

Valley View Vaulters

Offer adaptive vaulting classes for children with disabilities in Long Beach and Lake View Terrace.

Contact: 818-302-0153
<http://www.valleyviewvaulters.com/>

Lakewood Stables

Pony rides and petting zoo in Lakewood.

Contact: 562-916-7669
<https://ponytimeatlakewood.weebly.com/>

Therapeutic Riding Center of Huntington Beach

Therapeutic horseback riding classes for children with disabilities in Huntington Beach

Contact: 714-848-0966
www.trchb.org

Martial Arts

Seinan Judo

Judo classes for children aged 7 and up and adults of all ages and abilities.
Contact: Chris Kaichi, 310-515-3613

Iddy Biddy Martial Arts Program

Torrance-South Bay YMCA
2900 W. Sepulveda Blvd.
Torrance, CA 90505
310-325-5885

Superkids Parent and Me Martial Arts

This course teaches the non-aggressive aspects of self-defense. Parents learn self-defense skills in addition to helping their child learn the basics of Chinese based Kung Fu and Western Kick Boxing. Parent and child learn how to work as a team, balance, coordination, flexibility, self-control, self-confidence. Ages 3 and older. Classes meet at the Torrance Cultural Arts Center

Contact:
Torrance Parks and Recreation, 310-618-2930
Website: <https://www.torranceca.gov/our-city/cultural-services/registration>

Gymnastics

Superkids Family Gym

Designed for families with young children. Children learn basic tumbling, balance and coordination skills with lively music and colorful equipment. Classes meet at the Torrance Cultural Arts Center.

Contact: 310-378-4800

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

Studio West Gymastics

Gymnastic school located in Torrance

Contact: 310-326-1818

swestgym@gmail.com

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

Swimming

Torrance Plunge

Offer swim lessons for children with disabilities at Torrance's "Plunge" located at 3331 Torrance Blvd.

Contact: 310-781-7115

Website <https://www.torranceca.gov/our-city/recreation/aquatics>

Torrance South Bay YMCA

Parent and child classes, group and individual lessons, are offered year round in an indoor pool located at the Torrance South Bay YMCA

Contact: 310-325-5885

Banning Pool

Offers adaptive swim lessons in the evenings and on weekends. Spaces are limited. Located on the campus of Banning High School in Wilmington

Contact: 310-548-7420

<http://www.laparks.org/aquatic/year-round/banning-pool>

Lucky Duck Swim School

Group and individual swim lessons, swim teams, parent and child classes are all held at this swim school located in Gardena

Contact: 310-323-3383

<http://luckyduckswimschool.com/>

Rock Climbing

South Bay YMCA

Facilities includes climbing wall, swimming pool and supervised child activity centers

Contact: 310-325-5885

<http://www.ymcala.org/torrance-south-bay>

Fitness

The Little Gym

Variety of programs that include movement, music, gymnastics, sports, exercise, games, listening and cooperation in Torrance.

Contact: (310) 543-2333

<https://www.thelittlegym.com/TorranceCA>

We Rock the Spectrum Kid's GYM

Gym designed for children with sensory processing disorders in multiple locations including Redondo Beach, Long Beach, Glendale, Pasadena and Santa Monica.

The equipment in the gym aids children in the improvement of their sensory functions while they learn and play. All children are welcomed and can benefit from the use of this equipment to grow, improve skills, learn, and master their own body weight and movements.

For more information:

Contact: <http://www.werockthespectrumredondobeach.com/>

(310) 318-7191 or info@werockthespectrumredondobeach.com

Variety of Sports Activities

AdventurePlex

Provide structured and safe environment with mazes, tunnels, rope courses, outdoor rock climbing walls, indoor gymnasium and a toddlers-only play zone in Manhattan Beach. Also offers a variety of fitness classes for kids.

Contact:

(310) 546-7708

www.adventureplex.org

Adaptive Sweat

Provide adapted and modified physical activity classes in Los Alamitos through Sweat Boutique Fitness gym for children from 4 years old to adult who have cognitive or physical disabilities.

More information: <http://sweatboutiquefitness.com/>

Contact: 562-596-1061

email: info@sweatboutiquefitness.com

Pint Size Sports

Introduces children to variety of sports and exercise in a positive, fun environment where they will gain the skills to build healthy habits.

More information: <https://pintsizesports.wordpress.com/>

Contact: Sarah Miller-Sanchez

310-220-7804

Email: pintsizesports@yahoo.com

Special Olympics

A year-round sports training program for youth and adults with developmental disabilities. Weekly practice locations vary and competitions are held throughout Southern California. Sports include track and field, basketball, tennis, softball, soccer and volleyball. Registration is required. Volunteers are welcome!

Contact:

Torrance or San Gabriel Valley

Website: <https://www.sosc.org/lasgv>

Email: southbay@sosc.org or contact

Melissa Erdmann

562-502-1121

Special Games at Loyola Marymount University

A student run, Olympic style multi-day program for adults and children with special needs usually held in March/April at LMU.

Contact: Special Games- Loyola Marymount University

310-338-1643, SpecialGames@lmu.edu

<http://studentaffairs.lmu.edu/activities/centerforserviceandaction/getinvolvedinca/specialgames/>