

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.

### **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  
TEL: (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.

Contact:

Cathy Howard  
(310) 325-6336.

### **Yoga**

### **AdventurePlex**

Offers a variety of yoga and fitness classes for kids, including mother/daughter classes

Contact:

(310) 546-7708

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

### **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**

#### **United States Adaptive Recreation Center**

USARC offers adaptive ski lessons and equipment at Big Bear Mountain Resort in Big Bear Lake, CA, for groups during the weekdays and for individuals on the weekends. Reservations are required. Additional information on USARC available on our Outdoor Adventures link.

Contact:

TEL: 909-584-0269

Website: [www.usarc.org](http://www.usarc.org)

### **Mammoth Mountain Adaptive Rec Program**

Website: [www.disabledsportseasternsierra.org](http://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

Contact:

"The Achievers"-DS/USA, Orange County Chapter

Mac & Mike McCabe

TEL: 949-460-6969

Email: [dsusaoc@mac.com](mailto:dsusaoc@mac.com)

Website: <http://homepage.mac.com/dsusaoc/>

"The Unrecables"- DS/USA Los Angeles Chapter

Email: [info@unrecables.org](mailto:info@unrecables.org)

Website: [www.unrecables.com/](http://www.unrecables.com/)

Alpine Meadows Ski School

**Located at Alpine Meadows Ski Resort**

**A Program of DS/USA-Far West Chapter**

**Reservations required.**

**Truckee, CA**

Contact

TEL: 530-581-4161

Website: [www.dsusafw.org](http://www.dsusafw.org)

Email: [dsusatah@trukee.net](mailto:dsusatah@trukee.net)

### **Heavenly Valley Adaptive Skiing**

<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.

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

### **Horseback Riding**

<http://www.netpets.com/horses/horsclub/narha/narhacenters2.html>

### **Dream Catchers**

The mission of Dream Catcher of Los Angeles Therapeutic Riding Centers is to improve the lives of children, adults, and veterans with cognitive, physical, and emotional disabilities through the benefits of therapeutic horseback riding and other equine-assisted activities, while serving the therapeutic riding profession through training and education

Contact:

Dream Catcher of L.A. Therapeutic Riding Centers

Joan Blank

751 Oxford Avenue

Marina Del Rey, CA 90292

**Location:**

Imperial Equestrian Center

5543 Leeds Street

South Gate, CA 90280

Phone: (310) 350-1311

[Info@dreamcatcherla.com](mailto:Info@dreamcatcherla.com)

### **Lakewood Stables**

Pony Rides and Petting Zoo

11369 Carson St., Lakewood

Contact: 562-860-1108

### **Ride to Fly**

A therapeutic riding program located in Palos Verdes. For more information, call (310) 541-4201.

### **Valley View Vaulters/Rancho Rio Verde Riding Club**

Long Beach, CA  
TEL: 310-830-2060  
Website: <http://valleyviewvaulters.com>

**Fran Joswick Therapeutic Riding Center**

San Juan Capistrano 949-240-8441  
Email: [fjtrc@aol.com](mailto:fjtrc@aol.com)  
Website: <http://www.sanjuancapistrano.com/franjoswick/equine.html>

**Therapeutic Riding Center of Huntington Beach**

Huntington Beach, CA  
714-848-0966  
Website: [www.trchb.com](http://www.trchb.com)

**Martial Arts**

**Seinan Judo**

Judo classes for children aged 7 and up and adults of all ages and abilities.  
Practices are scheduled Wed and Fri evenings 7:30 – 9:30 pm.  
Contact: Chris Kaichi, MA, OTR  
TEL: 310-515-3613

**Iddy Biddy Martial Arts Program**

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

**Little Tao Dragon**

A special needs class utilizing Northern Shaolin Kung Fu is offered by Sifu Ford Edwards at Little Tao Dragon Dojo.  
Contact:  
(310) 212-0770  
[www.thelittletaodragon.com](http://www.thelittletaodragon.com).

**Southwest Karate**

As part of the basic karate training, children learn proper stances, correct posture and appropriate behavior in a friendly and fun atmosphere. Your child will learn polite conduct, words of courtesy leadership, self-control, self-defense, teamwork, responsibility and develop a strong character.  
Contact:  
(310) 325-4100  
[www.swdojo.com](http://www.swdojo.com)

**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: [www.tprd.torrnet.com](http://www.tprd.torrnet.com)

### **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:

Torrance Parks and Recreation

(310) 618-2930

[www.tprd.torrnet.com](http://www.tprd.torrnet.com)

#### **South Bay Gymnastics**

A wide variety of activities including gymnastics, martial arts, cheerleading, and mommy and me classes.

Contact:

TEL: 310-328-3136

Website: [www.southbaygymnastics.com](http://www.southbaygymnastics.com)

### **Swimming**

#### **Banning Pool**

Offers adaptive swim lessons in the evenings and on weekends. Spaces are limited. Located on the campus of Banning High School 1450 N. Avalon Blvd. Wilmington, CA 90744

Contact:

TEL: (310) 548-74203

#### **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, 2900 W. Sepulveda Blvd., Torrance, CA 90505.

Contact:

(310) 325-5885.

#### **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 at 421 W. Marine Ave.

Contact:

(310) 323-3383.

**Torrance Plunge** Parent and child, group lessons are offered at the city of Torrance's "Plunge" located at 3331 Torrance Blvd. Phone: (310) 781-7115. Classes are offered through the Torrance Parks and Recreation Department located at 3031 Torrance Blvd.

Contact:

(310) 618-2930

Website [www.tprd.torrcnet.com](http://www.tprd.torrcnet.com)

### **Rock Climbing**

#### **South Bay YMCA**

2900 W. Sepulveda Blvd.

Torrance, CA 90505

TEL: 310-325-5885

### **Beach City Rocks**

A wide variety of climbing and bouldering routes for everyone including beginners to seasoned climbers. Located at 4926 W. Rosecrans Avenue, Hawthorne

Contact:

(310) 973-3388 or

Website at [www.beachcityrocks.com](http://www.beachcityrocks.com)

### **Fitness**

#### **The Little Gym**

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

Contact:

Jamie Mainvielle

20914 Hawthorne Blvd.

Torrance, CA 90503

(310) 370-2100

### **AdventurePlex**

Offers a variety of classes and activities for children and teens as well as a fitness center for youth and families

Contact:

(310) 546-7708

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

### **Miscellaneous Sports Activities**

#### **Pint Size Sports**

Introduces children to exercise in a positive, fun environment where they will gain the skills to build healthy habits that will last a lifetime.

Contact: Sarah Miller-Sanchez

TEL: 310-220-7804

Email: [pintsizesports@yahoo.com](mailto: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

Website: <http://www.sosc.org/southbay.html>

Phil Duthie

TEL: 310-618-2934

Email: [southbay@sosc.org](mailto:southbay@sosc.org)

**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

310-338-2728