

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.

ADOLESCENT RESOURCE LIST

This is a specific list of resources for adolescents. These programs have the potential to become whatever you help them become, with your child's needs in mind. Please contact them directly for additional information and possibilities. Additional program possibilities may be found in the other sections of the community resource pages.

CLUBS

Disabled Sports/USA

DS/USA offers nationwide sports rehabilitation programs to anyone with a disability. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events.

Contact:

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

Mac & Mike McCabe

TEL: 949-460-6969

Email: dsusaoc@mac.com

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

"The Unrecables"- DS/USA Los Angeles Chapter

Email: info@unrecables.org

Website: www.unrecables.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

Paralympics

U.S. Paralympics, a division of the U.S. Olympic Committee, is dedicated to becoming the world leader in the Paralympic sports movement and promoting excellence in the lives of people with physical disabilities. Since its formation in 2001, U.S. Paralympics has been inspiring Americans to achieve their dreams. Through education, sports programs and partnerships with community organizations, medical facilities and government agencies, U.S. Paralympics is making a difference in the lives of thousands of physically disabled people every day.

Contact:

<http://usparalympics.org/>

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

Outdoor Adventures

United States Adaptive Recreation Center

United States Adaptive Recreation Center (USARC), located at Big Bear Mountain Resort in Big Bear Lake, CA, has been in existence since 1983 offering innovative winter and summer outdoor programs for children and adults with special needs.

Contact: Tom Pierce

TEL: 909-584-0269

PO Box 2897

Big Bear Lake, CA 92315

Website: www.usarc.org

Email: mail@usarc.org

Mammoth Mountain Weekend Ski Trips

Organized ski trips to Mammoth offered through Disabled Sports/USA-LA and Orange County Chapters

Contact:

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

Mac & Mike McCabe

TEL: 949-460-6969

Email: dsusaoc@mac.com

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

"The Unrecables"- DS/USA Los Angeles Chapter

Email: info@unrecables.org

Website: www.unrecables.com/

Sports

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

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

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. The center is located at 25449 Narbonne Avenue, Lomita, CA 90717. Call (310) 325-4100 for more information.

Horseback Riding

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

Valley View Vaulters/Rancho Rio Verde Riding Club

Long Beach, CA

TEL: 310-830-2060

Website: <http://valleyviewvaulters.com>

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

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.

Fran Joswick Therapeutic Riding Center

San Juan Capistrano 949-240-8441

Email: 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

Rock Climbing

Beach City Rocks

4926 W. Rosecrans Ave.
Hawthorne, CA 90250
TEL: 310-973-3388

Torrance South Bay YMCA

2900 W. Sepulveda Blvd.
Torrance, CA 90505
TEL: 310-325-5885

Parent/Child Programs:

Torrance-South Bay Family YMCA

The YMCA offers a variety of programs, classes, activities and camps for children and families.

2900 West Sepulveda Boulevard

Torrance, CA 90505

TEL:(310) 325-5885

Parent Child Programs: website: www.torrcheyenne.com

Boy Scouts and/or Girl Scouts

On-Going Programs and Activities

Dance

Ready, Willing and Able Dance Group

Contact:

Liz Cantine

310-541-2499

dancinliz@aol.com

Coach Art

Coach Art offers mentors/coaches for music or sports related activities for children with special needs.

Contact:

www.coachart.org

The Link Program

Arts and crafts, sports, music program for children with special needs on Saturdays at the Lomita Inclusion Center (24710 Narbonne Ave.)

Contact:

310-257-0464

The Bridge Program

Social recreation programs provided through Hope Chapel two Saturdays a month

Contact:

Special ministries director: Scott Ellis

310-374-4673

Friendship Circle

The Friendship Circle is a non-profit organization addressing the challenges facing the families of children with special needs by pairing local teenagers with children with special needs and creating a very special environment of friendship.

Contact:

310-214-4999

www.friendshipsb.com

Young Life Capernaum

Young Life Capernaum is a club designed specifically for young people with special needs. Meetings and events held at the First Baptist Church of PV at 28 Moccasin Lane, Rolling Hills Estates.

Contact:

Young Life Office South Bay Metro

18411 N. Crenshaw Blvd., Ste 270

Torrance

310-538-5305

or

Baldi at 310-612-3492

ylbaldi@aol.com