

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. If you are involved in any other community-based programs you would recommend, please inform the Community Adventures Team at PTN.

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

Cycling

Spinzone

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

Contact:

Noel Marie Spina, PT, PCS

Amy Williams, DPT

Pediatric Therapy Network

310-328-0276 ext 514 or 306

UCLA Adaptive Recreation Program

Adaptive cycling program for youth with special needs.

Contact:

Jaime Hoffman

310-825-1059

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

Mammoth Mountain Adaptive Sports School

Mammoth Mountain Sports School helps students of all abilities meet the challenges of skiing. Rental equipment is available. Please call at least three days ahead for reservations:

Contact

TEL: 760-934-0685

Website: <http://www.mammothmountain.com/ski Ride/lessons/>

or

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

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

The Achievers--DS/USA, Orange County Chapter
Mac & Mike McCabe
TEL: 714-449-7744
Email: dsusaoc@aol.com

The Unrecables-- DS/USA Los Angeles Chapter
Glenda Phillips
TEL: 818-986-3830
Email: unrecables@earthlink.net

Tahoe Adaptive Ski School

Located at Alpine Meadows Ski Resort
A Program of D, CA S/USA-Far West Chapter Reservations required.
Contact
TEL: 530-581-4161
Website: www.dsusafw.org
Email: dsusatah@trukee.net

Squaw Valley Ski School Adaptive Programs

Lake Tahoe Area Olympic Valley, CA Reservations required.
Contact:
TEL: 530-581-7263
Website: http://winter.squaw.com/html/ss_adaptive.html

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>

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

Website: <http://www.sanjuancapistrano.com/franjoswick/equine.html>

Therapeutic Riding Center of Huntington Beach

Huntington Beach, CA

714-848-0966

Website: 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.

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

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

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

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

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.torrnet.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

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

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

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

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