

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.

## **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.

The Achievers  
DS/USA Orange County Chapter  
TEL: (949) 460-6969  
Mac McCabe (714) 526-6960  
Email: dsusaoc@aol.com

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

#### **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)

## **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](http://www.usarc.org)

Email: [mail@usarc.org](mailto:mail@usarc.org)

### **Casa Colina Outdoor Adventures**

Casa Colina Outdoor Adventures focuses on empowering people of all ages with special needs by creating opportunities for challenging and exciting experiences in the out-of-doors. By focusing on abilities, not disabilities, the program enables its members and their family and friends to experience success both physically and emotionally.

Casa Colina Outdoor Adventures

TEL: 800-926-5462

Email: [outdoorsports@casacolina.org](mailto:outdoorsports@casacolina.org)

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

### **UCLA Adaptive Recreation Program**

Adaptive cycling, kayaking, sailing activities

Contact:

Jaime Hoffman

310-825-1059

## **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**

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

Long Beach, CA

TEL: 310-830-2060

Website: <http://valleyviewvaulters.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](http://www.torrcheyenne.com)

**Boy Scouts and/or Girl Scouts**

**On-Going Programs and Activities**

**Coach Art**

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

Contact:

[www.coachart.org](http://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](http://www.friendshipsb.com)