

FAMILY RESOURCE NETWORK

5232 Claremont Ave., Oakland, CA 94618

(510)547-7322

2010 RECREATION RESOURCE LIST

for children with disabilities/special needs

RESIDENTIAL CAMPS

ABILITY FIRST MOVEMENT UNLIMITED SPORTS CAMP Wheelchair sports camp designed to provide instructional/recreational sports opportunities to youth and young adults through junior and national levels of competition. Emphasizes training techniques and individual/team game play for youth 8-17 years of age. California State University, Chico. Tentative June 20-26, 2010. Contact information at (530) 588-0335 or www.abilityfirstsports.org.

BEARSKIN MEADOW Wilderness camp experience for children and teens affected by diabetes and their families. Located in the Sequoia National Forest, 65 miles east of Fresno. Sessions run from June through August. Many specialty camps to choose from. Financial assistance is available. Transportation available from selected locations. For more information, please call the Diabetic Youth Foundation at (925) 680-4994 or visit www.dyf.org. Email: info@dyf.org.

BERKELEY TOULUMNE FAMILY CAMP: A Very Special Family Camp (Berkeley Office of Recreation) is located near Yosemite National Park. Youth must be accompanied by parent or guardian. Accessible cabins, toilets, showers and healthy meals provided. Some terrain may be difficult without assistance. Camperships available. Call camp staff at (510) 981-5140 or (510) 981-6707 for an application or contact parks@ci.berkeley.ca.us. TDD (510) 981-6903. Do not need to be Berkeley resident.

BOY SCOUTS OF AMERICA offers summer camping experiences for all Scouts ages 7-18. Camp information is available at www.sfbac.org. Call Emily at (510) 577-9000, X 218 for information regarding accessibility.

BUILDING BRIDGES CAMP for children and youth age 5-17 years with complex communication needs who use Augmentative & Alternative Communication (AAC) systems and assistive technology for learning. The goal of this one-week camp (July 8-13) is to enable campers to learn to do more with their communication systems, meet new friends, and experience summer camp. Held at Camp Harmon in the Santa Cruz Mountains. For information, contact (650) 696-7295, or email your questions to

camp@bridgeschool.org. Applications available in February. Siblings can come.

CAMP ARROYO is a partnership among The Taylor Family Foundation, East Bay Regional Park District, and the YMCA of the East Bay and provides camping experiences for children with HIV/AIDS and other life-threatening diseases and disabilities. Lodging, food, sports, arts, crafts, special projects and hospitality are the focus. No charge. Livermore area. Contact (925) 455-5008, email Kids@ttff.org or check the web site at www.ttff.org.

CAMP BOTHIN, GIRL SCOUTS OF SAN FRANCISCO BAY AREA in Fairfax offers camping experiences June through August for girls in grades 1-9. Any girl for whom appropriate accommodations can be made is welcome. Girls do not have to be a Girl Scout to participate. Financial assistance available. Call (888) 287-4170 x248 or contact happycampers@girlscoutsnorcal.org. Website at www.camprocks.org.

CAMP BREATHE EASY presented by the Asthma Coalition of Alameda County is scheduled for August 15-18 at Camp Arroyo (see above). For children 8-12 years of age. Great activities and incredible meals (with a little asthma education thrown in). Safe environment with medical supervision. Contact Elizabeth Edwards at (510) 747-6178 or eedwards@alamedaalliance.org.

CAMP BUCK (for children with **diabetes**) outside Portola, CA, offers hiking, swimming and boating for youth 7-17 years. There will be one session August 8 to 14. A day camp, family camp and Counselor in Training program are also available. Call (800) 379-3839 for information and registration. Register on line at www.diabetesnv.org. Scholarships available.

CAMP COELHO sponsored by the Epilepsy Foundation of Northern California welcomes campers ages 9-15 with a primary diagnosis of epilepsy. The camp is located at Yosemite Ridge at Camp Wawona surrounded by Yosemite National Park. Activities include archery, arts and crafts, camp fires, horseback riding, R.O.P.E.S. course, swimming. June 13-18. Neurologist or epileptologist and nursing staff will be on hand throughout the week. Scholarships are available but number is limited. Call (925) 225-7760 or contact epilepsynorcal.org.

CAMP COSTANOAN, sponsored by the Via Services, Inc., serves children (ages 5+) and adults with developmental and physical disabilities. Call (408) 243-7861, x214 or visit www.viaservices.org for more information and to be put on the mailing list.

CAMP DE LOS NINOS, offered by the Diabetes Society of Santa Clara Valley, offers a week of rock-climbing, archery, arts and crafts and water sports for children ages 6 to 13 with insulin-dependent diabetes. Located in the Santa Cruz Mountains. Call (800) 989-1165, x121 or visit

camp@diabetessociety.org for all camp information. (See also Sequoia Lake, another camp of the Diabetes Society.)

CAMP HARMON a residential, co-educational camp for children and adults (ages 8-65) with disabilities. Run by Easter Seals Central California and located in the redwood forests of the Santa Cruz Mountains (Boulder Creek area). Designed for accessibility. Many camping sessions are offered during the summer with each session designed for a specific age group and for individuals with either developmental or physical disabilities. Respite weekends are also offered throughout the year. Camper ratio 2:1. For more details and camp availability contact (831) 684-2380, x107 or <http://centralcal.easterseals.com>.

CAMP KREM, sponsored by Camping Unlimited, offers 6, 10, and 12 day sessions for all ages and disabilities June through August in Boulder Creek (12 miles north of Santa Cruz). Bus transportation is available. Camper/staff ratio is 2:1. Year round activity camps and travel camps operate Sept.-May. Call (510) 222-6662 or see web site at www.campingunlimited.com.

CAMP LOTSAFUN: Special Recreation Services Camp Lotsafun provides recreational, therapeutic, and educational opportunities for individuals with developmental disabilities, while providing respite care for their families. The curriculum is based on therapeutic benefits with a focus on improving social skills and independence. Call (775) 827-3866 or contact www.camplotsafun.com.

CAMP NEFESH a "camp within a camp" for youth with Autism Spectrum Disorders and other special needs. Camp is scheduled for August 13-19, 2010 at Camp Newman facilities in Santa Rosa. The Camp Nefesh campers will be grouped in their own unit with specially trained staff and will participate in modified camp activities and interact with the larger camp community for meals, activities and celebration of Jewish ritual and worship. For more information, visit www.urjcamp.org/specialneeds or contact Flora Kupferman at Fkupferman@bjesf@bjesf.org or (415) 751-6983, x 122.

CAMP OPEHAY (formerly Camp New Hope) sponsored by Youth Bipolar Foundation of Northern California, is designed for children and adolescents, age 10-17 years, diagnosed with **bipolar/mood disorder**. July 9-11, 2010 at The Taylor Family Foundation's beautiful Camp Arroyo in the Livermore Valley. Camp Opehay is a safe, supportive environment professionally staffed and organized to meet the needs of each camper. Campers will gain self-acceptance, further knowledge of their diagnosis, and build camaraderie and community in a fun setting. Participants can choose from a wide variety of recreational activities including swimming, nature hikes, arts and crafts, dancing, music, high and low ropes course, climbing wall, interactive games and time to make new friends! **FREE**. For more information visit campopehay.com or email camp.opehay@gmail.com.

CAMP OHLONE is an accessible campsite in the Sunol area, which is available for group use. The camp is part of the East Bay Regional Parks District. Call (888) 327-2757 three weeks before use is expected to make arrangements for your group, or visit www.ebparks.org.

CAMP OKIZU runs **free** resident camp programs for children with cancer and their family members. Weekend camp programs are available during the Spring and Fall for families. Residential camps are provided for youth ages 6-17 years in July and August. A sibling, Teens 'n Twenties camp and family camp are also available. Contact (415) 382-9083 or www.okizu.org.

CAMP TAYLOR a **FREE** summer camp for children with **heart disease** offers youth, teen and family camp. Campers may participate in a wide range of activities on a scale that is comfortable to each of them. Activities include archery, horseback riding, kayaking, karaoke, etc. Medically supervised with a complete cardiac team. Contact information: [phone (209) 545-4715 and www.kidsheartcamp.org.

CAMP TOULUMNE TRAILS Devoted to helping children with special medical needs experience the joys of childhood in an outdoor environment. For families and children of all ages. Private pay and camperships available. Camp is fully wheelchair accessible, including pool. Camp activities for all ages including field games, hayrides, dances, campfire program. Contact Alexis Mewlind at (209) 962-7534.

CASA COLINA OUTDOOR ADVENTURES offers a variety of year-round integrated high adventure activities throughout the United States designed for people with physical and developmental disabilities, their families and friends. Casa Colina is committed to offering opportunities that are not only physically accessible, but also financially accessible to every person who can benefit. Sailing, cycling, whitewater rafting, sky diving, horse packing and much more. Call (909) 596-7733 x2200 for more information or visit adventure@casacolina.org.

CITY OF SAN JOSE has year round recreation classes for people of all ages and abilities. Check it out at sanjoseca@gov/prns. Search under therapeutic services.

COMMUNICATION WORKS offers on-going programs in speech, language and social learning. In Summer 2010 they will offer a six week summer program for pre-K to teens working in small groups to learn to communicate, cooperate and connect. Session June 21-July 30. *Vendorized by Regional Center*. A second summer program will be drama based and focus on cognitive flexibility and social awareness. For students 7-10 years who have basic group and social awareness skills. July 5 through July 16. Contact Elizabeth Sautter at (510) 639-2929 or eilizabeth@cwtherapy.com.

ENCHANTED HILLS CAMP at Mt. Veeder above Napa Valley offers a variety of camps for children ages 5–19, who are legally blind, ambulatory and do not require 1:1 supervision. Traditional camp activities adapted to include full participation. Transportation costs are the responsibility of the camper. Counselor in training program for youth 16-18 years. kFamily and adult camps also available. Call (415) 694-7342 or visit www.lighthouse-sf.org for further information and applications. .

OAKLAND FEATHER RIVER FAMILY CAMP Cabins and tent cabins available which sleep up to 4 adults. Family beach with lifeguard, hiking, campfire. Camp is accessible to persons with disabilities. Three meals served buffet style daily. Camp located in Plumas National Forest near Quincy, CA (4 ½ hours from Bay Area). Call (510) 336-2267 (Camps In Common) or contact www.featherrivercamp.com or email info@featherrivercamp.com.

JAF FAMILY RETREATS a program of Joni and Friends, the disability outreach of Joni Earekson Tada, which exists to accelerate Christian ministry in the disability community. Held at conference centers that provide accessible accommodation. Especially designed for families affected by disabilities. Call (818) 707-5664 or email familyretreats@joniandfriends.org. TDD (818) 707-9709.

MDA (MUSCULAR DYSTROPHY ASSOCIATION) SUMMER CAMP FREE program for children ages 6-21 years who have a neuromuscular disease (43 in all) covered under MDA's programs. August 15-21 at Westminster Woods in Occidental. Activities include recreation activities, arts & crafts, swimming. Call Jennifer, Bobbyh or Jessica at (415) 673-7500 for details. Go to www.westminsterwoods.org to check out camp facilities.

MOUNT CROSS LUTHERAN CAMP (Ben Lomond, CA) provides a camping experience for persons 18+ developmental disabilities. Camp sessions June 6-11 and August 1-6. Family camp is scheduled June 4-9. Call (831) 336-5179 or www.mtcross.org.

NEW DIRECTIONS TRAVEL offers holiday and vacation travel for people with developmental disabilities. New Directions makes all the arrangements including high quality activities, entertainment and accommodations. 24 hour assistance at a 1:3 or 1:4 ratio. Tours are wide ranging and include trips to Hawaii, a Texas dude ranch and many other exciting options. Contact (805) 967-2841 or, hello@NewDirectionsTravel.org or visit NewDirectionsTravel.org.

NORTHERN CALIFORNIA JUNIOR SPORTS CAMP for youth with physical disabilities (San Jose State University) introduces sports and recreation activities to children and youth ages 5-21 who want to have fun and participate in the same sports as their non-disabled friends. Instruction provided in archery, basketball, table tennis, track & field, tennis, swimming and other sports. July 12-17. Day camps and year round sports activities are

also available. For more information contact Adam Elix at (408) 369-6448 or www.fwws.org.

PLAY CAMP is a camp for children ages 6-12 with various disabilities. Designed for children who are not ready to participate in an integrated setting. Dates, location and costs vary. Staff ratio 1:2. Integrated summer day camp and teen day camp experiences are also available as well as holiday vacation camps. Call (408) 369-6438 for more information. Located at Mayfair and Kirk community centers in San Jose.

THE PAINTED TURTLE is a multi-disease medical-specialty camp and family care center which offers week-long, illness-specific summer sessions and fall and spring family weekends. At camp children build confidence and self esteem and learn crucial medical self-care skills while making friends and having lots of fun swimming, boating, fishing, dancing, etc. Expert medical care is provided 24/7 on site. Facilities universally accessible. 2:1 counselor/staff ratio. **FREE**. Information at www.thepaintedturtle.org or contact (310) 451-1353

SEQUOIA LAKE Larry L. Hillblom Camp near Kings Canyon National Park has swimming, backpacking, boating, sports and much more for children & teens 13-17 with diabetes. Registration begins in March. Call (800) 989-1165, x121 or visit www.diabetessociety.org for information and registration.

VIA SERVICES offers weekend respite program at Camp Costanoan. Activities include a focus on creative arts, performing arts, sports and recreation, gardening and nature. All programs are supported by a professional team. Call (408) 243-7861 or contact viaservices.org.

WESTMINSTER WOODS Christian camp on the lower Russian River offering a Friendship Camp for adults with developmental disabilities ages 18+, week of July 5-10. 1:3 staff ratio. Campers need to be ambulatory and continent. No rigid participation is demanded. Camp includes activities like swimming, non-competitive athletics, arts and crafts, movement and music. Camperships are available. Call (707) 874-2426 x615, or contact www.westminsterwoods.org for more information and registration materials.

YMCA CAMP JONES GULCH in La Honda (Santa Cruz Mountains) offers a wide variety of camping experiences for children ages 8-18 years. Family camp is also available. Children with disabilities are integrated on a case-by-case basis. Staff/camper ratio is 1:5. Cost varies. Scholarships are available. Call (650) 747-1200, info@campjonesgulch.org, or contact www.campjonesgulch.org. All forms available on web site.

DAY CAMPS/PROGRAMS

The **ABANTEY PROGRAM** offers unique roleplay workshops for youth which promote student self esteem, problem solving skills, creativity and social skills. The program uses an interactive storytelling game to teach real life skills in a creative, imaginary setting. Workshops are led by an adult game master who provides a supportive mentoring environment. The staff are experienced with students ages 10-18 years with a variety of learning styles. Summer day camps, after school programs, weekend programs, school holiday and special event programs. Summer hours 9-5 with extended care 8-6 available. Contact Becky Thomas at (510) 654-3582 or mail@roleplay-workshop.com or visit roleplay-workshop.com. Workshops held at Dr. Comics & Mr. Games in Oakland. Workshop facilities not wheelchair accessible.

The ADVENTURES & OUTINGS PROGRAM (a program of BORP)

provides disabled children and adults opportunities to enjoy the many wonderful outdoor and urban attractions that the Bay Area has to offer. Weekly urban outings such as theater trips and museum tours are included as well as more adventurous outdoor excursions including guided walks and nature hikes on accessible trails, whale watching, and adaptive sports. To reserve a space at an outing call Lori Gray at (510) 843-4398 after 10 AM or lori@borp.org. Recorded information at (510) 849-4663, x980 or visit www.borp.org.

ALAMEDA RECREATION AND PARK DEPARTMENT (A.R.P.D.)

Family Adventures offers camping experience for the whole family at South Lake Tahoe's "Camp Concord". August 16-20, 2010. Packed with activities. Cost (varies for age of individuals attending) includes individual cabins, communal bathhouses, washers and dryers and camp meals. Campground wheelchair accessible. Contact (510) 747-7529.

ALAMEDA SAND CASTLE AND SAND SCULPTURE CONTEST Robert Crown Memorial State Beach. Free event co-sponsored by the Bay View Women's Club, East Bay Regional Park District, Alameda Youth Committee and the Alameda Recreation and Park Department. Register for participation (9-11 am) or just come and view the wonderful sculptures (until 1:00). Saturday, June 19, 2010. Call (510) 747-7529 for info. FREE!

ALBANY CONTRA COSTA YOUTH SOCCER LEAGUE will begin its TOPSoccer program for youth with disabilities in March 2008. West County

youth are encouraged to apply. Information is available from Manish Doshi (510) 301-1747 or topsocceraccysl@gmail.com.

ALWAYS DREAM PLAY PARK Fremont's Central Park is now home to an accessible playground where children of all abilities can swing, slide and dig in the sand. The park is a dream made real by Olympic Skating champion Kristi Yamaguchi and her Always Dream Foundation. All equipment was designed to meet the needs of children with sensory, physical, or developmental issues. Great place to gather, picnic and play.

AQUATICS PROGRAM 2010, a swimming program through City of Oakland Office of Parks and Recreation, is offering a learn-to-swim program for special needs youth. Three sessions will be offered this summer All sessions offered Tuesday through Friday. \$30/session. Registration must be completed with the Aquatics Unit. Please call (510) 597-5014 for registration information and to obtain an inclusive recreation form. Many other swim classes are also being offered for infants, youth, adults, and junior lifeguards. Get the whole family involved!

AVALON MUSIC THERAPY (Berkeley) Marcie Avalon is a board-certified music therapist and specializes in working with children and youth who have special needs. Individualized sessions that include singing, percussion, keyboard and piano. Call (510) 486-1296 or visit marciemusic@theavalonfamily.com.

AXIS Dance Company offers **Dance Access/KIDS** (Oakland) a creative physically integrated dance class for youth and adults with and without disabilities. Participants explore a variety of creative dance approaches that emphasize individuality in movement. Creative dance class for teens (ages 12-21). 8-week sessions emphasize modern and creative dance techniques to discover dance vocabulary and explore new ways to move, build social skills and body awareness while having fun. Creative dance for kids (6-12 years) is also available. Wheelchair accessible. Pre-register by calling Annika at (510) 625-0110 or email kids@axisdance.org.

BAY AREA DISABLED SAILORS offer a **free** bay sailing opportunity for disabled individuals on Sundays at noon in San Francisco. The crew is very experienced in making accommodations to make this exhilarating sport available to everyone. Call (415) 281-0212 for recorded information and event contacts or visit www.baads.org for information and calendar of events.

BAY AREA WITH KIDS A great website which is a terrific resource for parents who are trying to find fun things on a shoestring budget. This website lists among other things free museum days and other Bay Area freebies. Try it out at bayareawithkids.com/free-san-francisco-bay-area-museums.

BAY AREA OUTREACH & RECREATION PROGRAM (BORP) offers year-round sports and recreation activities for adults, children and youth age 5+, with physical disabilities. Wheelchair basketball, cycling, power soccer, outdoor recreation activities, and goal ball (a unique sport for individuals with visual impairments) are included. Activities are offered on a low-cost or no-cost basis. Contact (510) 849-4663, info@borp.org, or try www.borp.org.

BEACH WHEELCHAIRS an all-terrain wheelchair which allows users to access beaches without sinking into the sand are now available at an increasing number of parks and recreation areas. In the East Bay Regional Park area, these wheelchairs are available at Don Castro (Castro Valley), Quarry Lakes (Fremont), Shadow Cliffs (Pleasanton), Lake Temescal (Oakland), and Crown Memorial (Alameda). Beach wheel chairs are also available at Doran Regional Park in Bodega Bay and Spring Lake in Santa Rosa. If you know that you will be visiting a California State Park where a beach is involved visit California State Parks at www.parksca.gov and click on accessible park/beach information and then on the park. Use the park's contact information to call ahead so that beach wheelchair use can be arranged.

BERKELEY COMMUNITY MEDIA Community Television in Berkeley offers video and TV production workshops and summer camp for youth. Editing, studio production and equipment available for use. Low cost internship program is very popular. Contact (510) 848-2288, info@betv.org, or www.betv.org.

BERKELEY HIGH SCHOOL POOL (indoor) has public access Monday, Wednesday, Friday from 4:30-7:30, and Sunday from 1-4:00. The water is very warm (92 degrees), and all hours listed are open to persons with disabilities. Senior Youth Disabled Swim available as well as parent and toddler classes. Cost is very low. Call (510) 644-6843 to reach the pool directly. Located at 2246 Milvia St. at Channing in Berkeley (on Berkeley High campus).

City of BERKELEY RECREATION INCLUSION PROGRAM After-school, vacation, holiday and all day summer program for kids & teens with developmental or physical disabilities, ages 5-18. Swimming, field trips, arts/crafts, games, sports, drama, cooking. *Vendorized by Regional Center.* Call (510) 981-6651.

City of BERKELEY AUTISM PROGRAM for adults with autism or autistic-like behavior. Alternate Saturdays during the school year. Emphasizes socialization and recreation through trips to local events, cooking activities, etc. Call (510) 981-6651. *Vendorized by Regional Center.*

BERKELEY TOULUMNI FAMILY CAMP—see page 1.

BERKELEY YMCA offers programs year-round for newborn to 18 year olds with and without physical or developmental disabilities. Includes swimming, basketball, soccer. Costs vary. *Vendorized by Regional Center. Call Eden O'Brien-Brenner at (510) 665-3238 (see also Swim and Gym for pre-school activities.)

BRIDGING THE GAP: Early 1st Grade Readiness Dr. Orna Ariel Lenchner will conduct a series of two week classes for kindergarten graduates focusing on useful skills for first grade success. Using interactive songs, games and activities for review of essential learning skills. Provides early identification and remediation for children at-risk for reading and spelling difficulty. Oakland. Call (510) 655-2952 or www.EarlyLiteracyWizard.com or Ariel@EarlyLiteracyWizard.com.

CAL ADVENTURES offers outdoor adventure activities like rock-climbing, sailing, sea kayaking, and windsurfing for children and youth ages 8-17 years and sports camps for children as young as 5 years. The program accepts children with mild disabilities and offers some scholarships. Call (510) 643-2267 (enrollment center). Also at this site check out gymnastics, science, and swim programs. Application forms available on line.

CAL SHAKES California Shakespeare Theater Camp Under the guidance of professional teaching artists, campers immerse themselves in a wide variety of classes as well as in daily rehearsals for performance. Some experience with special needs youth. Serve ages 8-18. See website for dates and locations at calshakes.org. Scholarships available. Transportation: shuttles from some BART stations. Contact Ava Jackson at (510) 809-3293 or email learn@calshakes.org.

CAMP BENNETT (Burlingame) is a summer day camp being held at Movement Discoveries from June 14 – July 2, Monday-Friday, 9am-3pm. Focusing on Constrained Induced Movement Therapy (CIMT) a type of therapy which has benefited children who have experienced stroke and hemiplegic cerebral palsy. Ages 4-8, with 1:1 adult to child ratio. Visit www.movementdiscoveries.com or contact Audrey Vernic at audvern@yahoo.com or (415)377-1132.

CAMP GALILEO (Oakland) offers exciting options for Pre K-entering 5th graders. Another summer quest option is available for students entering 5th – 8th grade. Very inviting options. Experienced in inclusion. Accept students on case by case basis. Extended care available. Contact www.galileo-learning.com or 1-800-854-3684.

CAMP TZOFIM has day camp opportunities throughout the summer for children entering kindergarten through grade 10 as well as a counselor in training program for grades 10-12. Some overnight camping opportunities are also available. The daily schedule is 9 AM to 4 PM with extended care available. The camp has experience with the inclusion of children with

disabilities on a case-by-case basis. Transportation by shuttle from JCC in Berkeley. An after school program for grades K-5 (Olam Yeladim) is also available. Call (510) 530-9222 or www.jceastbay.org for further information. Camp Tzofim is sponsored by Jewish Center of the East Bay serving Oakland and Berkeley.

CENTER FOR ACCESSIBLE TECHNOLOGY offers consultation re: computer hardware or software (call for an appointment) and keyboarding for students in grades 4-12. They also offer a variety of inclusive opportunities for people with and without disabilities to create and enjoy art. Fees include supplies. The studio, located at 2547-8th St., Berkeley, is wheelchair accessible and a sign language interpreter is available with prior request. Call (510) 841-3224, visit their web site at www.cforat.org or email info@cforat.org for specific information.

CHALLENGER BASEBALL *Oakland* for kids 7 – 18 with physical or intellectual challenges. Uniforms, hats and equipment provided. Coach-pitched baseball. Buddies assist Challenger players when needed. Questions? Email: Challenger@nollsoll.com or call Jim Balich (510) 465-3998 or email at jrbalich@earthlink.net for time, location, and other information.

CHALLENGER BASEBALL *San Francisco* for children ages 6+ years regardless of skill level, experience or limitations. Games are non-competitive, fun, friendly and informal with full participation by all. March-June on Sunday afternoons. Fees can be waived if needed. Contact Peter Straus at (415) 864-2939 or pstraussf@prodigy.net or www.sfill.org to register on line. Peter can provide information re: other teams in the area.

CHALLENGER BASEBALL *San Lorenzo* See descriptions above. Lots of volunteers, so parents get to watch. This group has an announcer to call out player's name as they come up to bat. Pre-game "Star Spangled Banner" and post game concession goodies. Lots of fun! Contact Susan Sherman at TheSherman5@aol.com for information.

CHALLENGE SOCCER/TOPSoccer is a fall activity for youth with physical & developmental disabilities throughout Alameda County. Games are played in Castro Valley and are adapted to the needs of the participants. "Buddies" are often used to help facilitate play. A division for youth using wheelchairs is also available. Call Lisa Glover-Gardin at (510) 537-5247 or (510) 881-1691 for registration and information or contact registrar@castrovalleysoccer.com. Registration begins in March for play in the fall season.

CHALLENGE SOCCER in Albany See Albany Contra Costa Youth Soccer League listed above.

CHESS SCHOOL Program includes chess instruction at different levels. Emphasis is on the joy of the game with an eye to the student's progress.

Grades K through 12 at various locations in Alameda and Contra Costa counties. Year-round activities. Some scholarships available. All day summer camp option with extended care in Berkeley. Summer camps also available in other cities. Contact via www.berkeleychessschool.org, info@berkeleychessschool.org or (510) 843-0150.

CITY OF EMERYVILLE RECREATION DEPARTMENT provides a wide variety of youth and family activities year-round including after school programs, youth and adult sports and aquatics. Students are included on a case-by-case basis. Contact (510) 596-3782 for a booklet of activities and registration information.

CITY OF RICHMOND Disabled People's Recreation Center after school program for youth aged 10-22 with developmental disabilities. 1:5 staff ratio. Monday-Friday, 2-6:00 pm. Open for school holidays. Call (510) 620-6814 for more information. Funded by Regional Center.

COMMUNICATION WORKS will be offering summer social language groups from June 22 through July 31. Ages preschool to teens. Working in small groups with a speech/language pathologist, participants will learn to cooperate, communicate and connect. Communication Works offers speech and language therapy and social language groups year round at their facilities in Oakland. If you are interested or would like more information, please call (510) 639-2929 or check the web site at www.cwtherapy.com.

CRAB COVE Come explore marine life during low tide, participate in recreational activities and experience interactive stations. Wheelchair accessible including ramp to explore tide pools at low tide. Open Wednesday through Sunday 10 AM – 4:30. Crab Cove Visitor Center, 1252 McKay Ave., Alameda. Call (510) 544-3187 for information, toll free at 888-327-2757, option 3, x4520, or ccove@ebparks.org.

CREATIVE GROWTH offers a variety of classes to encourage adult artists with disabilities to create and market their talents. The Summer Youth Art and Transition Program (ages 16-22 years) is offered June 21-August 12 to students with disabilities who are interested and talented in the visual arts. This program has been designed to serve as a bridge from school to adult activities. The center is located in Oakland. Call summer youth coordinator Tracy Chocholousek at (510) 836-2340, x11, contact tracy@creativegrowth.org or visit www.creativegrowth.org.

DAMSEL ARISE DANCE offers "Special Needs Fun Dance Class" designed for children and teens. Encourages self-expression in a safe and supportive environment to increase confidence and socialization skills. Free trial dance class! For information call (510) 507-9085 or email instructor at jwrightwatkins3@comcast.net.

DESTINY ARTS CENTER is an arts education/violence prevention center that offers after school , weekend and summer classes in dance, martial arts, theater, youth leadership for youth ages 3-18. Summer camps and intensives available for youth ages 7-12. Students included on case by case basis. Located in Oakland. Scholarships available. Call (510) 597-1619 or www.destinyarts.org or info@destinyarts.org.

DISABLED SPORTS USA, Farwest offers both summer and winter sports activities. In the summer adaptive instruction is available in cycling, golf and waterskiing. Adaptive adventures include 4-wheel drive outings, white water rafting, camping and water sports. From December through April (weather permitting) the **Tahoe Adaptive Ski School** (at Alpine Meadows and Northstar-at-Tahoe resorts) offers instruction in adaptive snow sports including skiing and snowboarding. Minimum age for these activities is 5 years. Equipment is provided and personally adapted and fitted to the individual. Costs and dates vary. Some scholarships. Contact (530) 581-4161 or www.disabledsports.net. Reservations needed. Contact reservations@disabledsports.net.

EAST BAY REGIONAL PARKS DISTRICT A seasonal activity guide listing all recreation and educational programs through the parks system is available by visiting www.ebparks.org. The guide is extensive and indicates which activities, hikes, classes are wheelchair accessible. Also available is a booklet listing the day camps in the East Bay Regional Parks. For example, Roberts Regional Park has a pool and play area which are accessible. Temescal has an accessible playground.

EL CERRITO SPORTS CAMP Year-round activities, ages 4-12. Non-competitive co-educational atmosphere focusing on participation. Baseball, basketball, t-ball, soccer, tennis, capture the flag, bocce ball, board games, art projects—and more! Sunday soccer and baseball work particularly well for inclusion experiences. Extended care available. Call (510) 559-7000 or contact el-cerrito.org/recreation for locations and registration. Contact 559-8208 for Sunday soccer and baseball information.

ENVIRONMENTAL TRAVELING COMPANIONS offers accessible outdoor adventure opportunities for adults and youth with disabilities throughout the summer, including sea kayaking and river rafting trips. Cross-country skiing is offered January through April (depending on snow). Trips for families, groups or individuals are available. Adaptive equipment is available, and staff is experienced in its use. **Youth LEAD Program** plans adventures for youth 14-18. Goals are to gain outdoor leadership skills, experience the adventure of a lifetime and make friends for life. Call (415) 474-7662, x19 or contact by email at info@etctrips.org or www.etctrips.org.

GYMNASTICS CLASSES for Special Needs Children Head over Heels Gymnastics Emeryville, in partnership with Behavioral Intervention Association, is offering gymnastics classes for students with special needs.

This is a fun class with an individual approach to the needs of each student. Students will improve their gross motor skills and gain confidence in a supported peer setting. Depending on the child's needs, participation by a parent or guide may be required. Classes will offer high teacher to student ratios, small class size overall, repetition, positive behavioral support, and visual strategies. Contact at (510) 655-1265 and information at www.hohgymnastics.com.

FIRST STEP CHILDREN'S CENTER (Hayward) in affiliation with The ARC of Alameda County, is committed to increasing quality of life and enabling each child to learn and develop at his/her own rate toward their maximum potential. Diverse, integrated preschool program which serves non-disabled children and children with special needs. Their year-round program for ages 2 – 5 years is open 7:30 am - 5:30 pm. Call Mary Foster at (510) 582-8151, x3213 or contact www.arcofalamedacounty.org.

HABITOT Children's Museum, a discovery museum for young children, offers hands-on exhibits, drop-in art studio and interactive events for infants, toddlers, pre-schoolers and their families. Classes, schedules and costs vary. Located in Berkeley at 2065 Kittredge Street at Shattuck (one block from Berkeley BART station). Call (510) 647-1111 for information or visit www.habitot.org.

HALLECK CREEK 4-H RIDING CLUB for the HANDICAPPED in Nicasio (Marin County) operates three group sessions year-round every Saturday. Individual lessons are offered on Monday, Tuesday and Wednesday. Cancelled if raining. Call Julie, coordinator, at (415) 662-2488 or try jcassell@halleckcreekranch.org. Check out the riding schedule at www.halleckcreekranch.org.

HOOFPRINTS ON THE HEART Adaptive Riding Center (Livermore) Mounted lessons, equine assisted social skills and responsibility of stable maintenance. Activities 6 days/week plus summer day camp. Call (925) 449-9090.

INCLUSION FILMS & JOEY TRAVOLTA'S SHORT FILM CAMP for students aged 8-17 with Autism Spectrum Disorder. Designed to address social cognitive communication and interpersonal skills. Students develop skills used in actual film making. Sponsored by Futures Explored. For more information contact www.futuresexplored.com and click on ASD Film Camp or (925)-284-3240 x320.

JAMES BRADY RIDING PROGRAM FOR SPECIAL CHILDREN a program of Horses in California Incorporated, serving youth since 1946 in San Francisco. The program helps disabled and disadvantaged youth by offering horsemanship and riding lessons as physical or social therapy alternative. Activities include grooming, stable management, and basic riding skills in Golden Gate Park. Saturdays. Cancelled if raining. Call (415) 221-9438 for information or www.horsesinca.com.

JEWISH COMMUNITY SERVICES OF OAKLAND offers year-round preschool, after school summer and vacation camps. Open to kids K-9th grade. Children with disabilities can be mainstreamed on an individual basis. Limited spaces available. Activities include drama, sports, swimming, music, art and nature. Fees vary. Open to all faiths and backgrounds. Call (510) 848-0237 (Berkeley), (510) 530-9222 (Oakland) or visit www.jcceastbay.org.

KIDS 'N' CLAY Pottery Studio offers affordable on-going classes and summer camps and summer Saturdays for kids 3-18 years of age. Just off I-80 at the University Avenue exit in Berkeley. Staff provides an environment for all children to explore their creativity while learning the craft of ceramics. Experienced with inclusion. Call (510) 845-0982 or contact info@kidsnclay.com.

LAKE MERRITT BOATING PROGRAM provides a boating program and accessible boat rentals. Programs run year-round. Classes are available to disabled students. Signing must be arranged in advance. Before and after care available. Call (510) 238-2196 re: hours and dates. Call Scott Means at (510) 615-5980 to see if appropriate accommodations can be made.

LEISURE CLUB with City of Alameda Recreation and Park Department is a social recreation program designed for high school students and adults with developmental disabilities. Meets 2nd and 4th Thursdays, 7-9:00 PM at Harrison Center. Activities include dances, games, cooking and sports. Occasional field trips. Transportation can be arranged. Call (510) 747-7543 for info. TDD (510) 522-7538. Email at arpd@ci.alameda.ca.us.

LUNA KIDS DANCE strives to bring all children to dance and dance to all children. Serves children ages 3-17 years. On-going classes year round. Summer program includes teen choreography, full day dance camp for ages 8-11, and half day for ages 5-7. Check website for class schedule. Contact (520) 644-3629 or www.lunakidsdance.com.

MAYFAIR COMMUNITY CENTER (CITY OF SAN JOSE) is pleased to announce the start of new programs for people with disabilities. Programs for youth (Mommy & Me, Ballet/Tap), teens (computers, Hip Hop Dance, and adults (knitting, walking, yoga). Contact Liz Best at (408) 794-1065 or Liz.Best@sanjoseca.gov.

MOCHA Art activities for children of all ages and abilities. Come paint, build, paste, mold, sculpt. Be sure to dress for a mess! Drop-in sessions, scheduled activities, groups, parties. Open on most school holidays and breaks. Summer program June 21-September 4 for ages 6-14 years. Apprenticeship program for ages 15+. 8:30-3:30 with pre- and after-care available. Partial scholarships. 538 Ninth St. between Washington & Clay in

Oakland. Call (510) 465-8770 or contact www.mocha.org or hello@mocha.org.

MONKEY BUSINESS CAMP (Tilden Park in Berkeley) Focus on loving the planet, celebrating diversity, appreciating different learning styles. Staff has experience with inclusion. Accept campers on case by case basis. Three age groups: 3-4, 5-7, 8-10 with youth leadership for ages 11+. Extended care options. Contact www.monkeybusinesscamp.com or (510) 540-6025.

MUSIC THERAPY SERVICES with Nicole Patton, MA, MT-BC, Board certified Music Therapist at (925) 984-3263 or mrsmusic@mac.com. (see also Rompin' Rhythm)

NEW DIRECTIONS TRAVEL is a non-profit organization which organizes tours in integrated small groups for travelers with developmental disabilities with a 1:1 to 1:4 escort ratio, depending on need. Local, national and international, and holiday options. Varied price range and some scholarships available. All travelers welcome. Call toll free (888) 967-2841 or visit www.newdirectionstravel.org or email info@newdirectionstravel.org.

NILES CANYON HERITAGE RAILWAY provides train rides on Sundays throughout the year (1st and 3rd Sunday only September through March, every Sunday beginning in April) over the route of the Transcontinental Railroad. 4 trips daily. Round trip takes 1hour, 15 minutes. Tickets available at the platform in Sunol. Call ahead to make arrangements for groups. Wheelchair accessible, limit of 2 chairs/train. Call (925) 862-9063 for extensive information, (510) 966-8420 for station agent or www.ncry.org for a complete schedule and directions. Parking available.

OAKLAND PARKS AND RECREATION provides year-round after school and full day programs for children who are deaf or hard of hearing. Special Olympics sports and other activities are offered at the Inclusive Recreation Center at Arroyo Viejo Recreation Center in East Oakland, which is equipped with an accessible play structure. This center serves as a centralized location where people with disabilities can make accommodation requests, receive assistance in identifying accessible facilities, and participate in specialized and inclusive programs. Call **Scott Means**, Inclusion Coordinator, for details or if your child requires accommodations at (510) 615-5980 or TDD at (510) 2238-7629 or smeans@oaklandnet.com.

OAKLAND STROKES SUMMER ROWING CAMP Training for beginning rowers including technique, physical training, team work. Programs offered year-round. Some financial aid. For summer camp information email summercamp@oaklandstrokes.org or contact www.oaklandstrokes.org. Jack London Aquatic Center, Oakland. Ages 12-18 years. Swimming skills needed.

OAKLAND YMCA SUMMER DAY CAMP offers sessions late June-August for kids grades K-8 with and without disabilities. Staff/camper ratio 1:10, not wheelchair accessible. Hours are 9-4, with extended care available. Call for cost and dates. Some specialty camps vary in price. Financial assistance available. Call (510) 451-9622, x166 for more complete information or check www.oakland.ymca.org.

PARKS EXPRESS, a program of the East Bay Regional Park District, offers van and bus transportation to non-profit groups year round to visit Regional Park facilities, many of which are accessible. For example, Lake Temescal has an accessible fishing pier. Roberts Pool (see page 10) is equipped with a lift and Mondays are reserved for swimmers with disabilities. Call transportation coordinator at (510) 544-2205 or www.ebparks.org (click parks and then accessibility) for more information.

PEACE CAMP A camp for kids ages 6-12 who are interested in music, peace and how to solve problems without fighting. August 16-20,2010. Yoga Peace Camp August 9-13. Art, music, fun! Experienced with inclusion. Swimming at a local pool is part of the afternoon program. Camper to staff ratio about 4:1. Located in Berkeley. Call Mary at (510) 845-8417 or contact peacecamp.com or yogapeacecamp.homestead.com.

PIEDMONT STABLES offers Skyline Therapeutic Riding Program. Call (510) 336-0850.

POWER SOCCER (AKA SAN JOSE STEAMROLLERS) Join the Steamrollers in electrifying and growing sport of power soccer. Opportunities to participate in tournaments are available. Players must use power wheelchairs. All ages welcome. Call (408) 369-6438.

PYRAMIDS CHEER GYM offers special needs cheerleading programs in Concord for children of all ages and abilities. Call (866) 685-7615 or contact info@cheergyms.com or cheergyms.com.

QUEST THERAPEUTIC CAMP in Alamo. For ages 6-18, camp provides intensive therapeutic intervention for kids with mild-moderate behavioral, emotional and social disorders and/or LD, ADD. Not for children with major physical handicaps. June 22-August 14 , 9-3:30.. After school programs also available in Alamo and Oakland. Contact Bob Field (925) 743-1370 or www.questcamps.com.

RADD Recreation Activities for the Developmentally Disabled offers dances, local activities and excursions for participants aged 15 and older. 1:6 staff ratio. Participants who need extra help with personal care or behavior management are welcome if accompanied by care provider. Call (925) 314-3477 (Danville), or (925) 373-5721 (Livermore).

RASKOB LEARNING INSTITUTE'S SUMMER PROGRAM 2010 Designed to serve bright students with learning disabilities. The program is from 9am – 3 pm and provides academics, enrichment, and educational therapy in individual and small group settings. For additional information call Polly Mayer, Interim Clinic Director at (510) 436-1104 or mayer@hnu.edu.

ROBERTS REGIONAL PARK at 10570 Skyline Blvd., in Oakland has an accessible swimming pool and an accessible playground as well as some picnic sites (access not paved, but possible). Call (510) 482-6028 or contact the East Bay Regional Parks website at www.ebparks.org and look under swimming, parks and trails.

ROMPIN' RHYTHM A parent and child interactive music class for preschoolers with Nicole Patton, music therapist. Private music therapy sessions also available for children and adults. Call Nicole at (925) 964-0693. (see also Music Therapy Services)

SAILING—Adaptive Sailing Program Treasure Island Sailing Center offers sailing lessons to support the needs of each unique participant and promote safety both on and off the water. Experienced staff of US Sailing Association certified instructors. For sailors of all ages. Call Lacey Todd at (415) 421-2225.

SAN RAMON VALLEY DANCE ACADEMY is nationally recognized for diversity and excellence in dance training. The Academy offers a wide variety of classes including a class for children with special needs which explores creativity, musicality, and movement through dance. For more information call (925) 837-4656 or view their class schedules at www.srvda.com.

SKIING Tahoe Adaptive Ski School at Alpine Meadows (see page 12) has a well-known ski program, but many resorts now offer adaptive lessons and have some equipment. Contact the resort of your choice to inquire what services are available for disabled athletes.

SOCIAL LANGUAGE PROGRAMS (Walnut Creek) offers a Summer Adventure Group for children 5-8 and 8-12. Includes discussion groups and weekly field trips. Contact The Speech Pathology Group at (925) 945-1474 or www.speechpathologygroup.com. Also offers full range of speech/language therapy for children and adults.

SOCIAL SKILLS CAMP The Strawberry Canyon Blue Camp, located on the U C Berkeley Campus, as a one-of-a-kind inclusion camp for children and teens with Nonverbal Learning Disabilities, High Functioning Autism, Asperger's and children with similar social skills deficits. A camper's daily schedule includes a social coach as they are fully integrated onto the camp experience with more typically developing peers. Teenage campers begin to work on job readiness skills as well as leadership skills. There is an application for the

program to ensure a fit between the camper's needs and program structure. These programs are for children with average verbal and cognitive abilities and are not designed to meet the need for one-to-one assistance for children who have significant non-compliant or aggressive behavior. Contact Dr. Jennifer H. Selke at (510) 642-7648 or jenn8@berkeley.edu. You can download forms at www.oski.org or go to calbears.berkeley.edu/social_skills.

SORENSDALE RECREATION CENTER in Hayward provides opportunities for developmentally disabled persons to participate in recreational, educational and daily living skill activities. Day programs available for adults ages 21 and older, 9:30-3:30. Contact Shelly Lucini at (510) 881-6778 or info@haywardrec.org.

SPACE EXPLORERS CAMP at Chabot Space and Science for youth entering grades 1-8. Registration forms, and program catalog are available at www.chabotspace.org (click youth and school programs and click summer camps). Special needs children are accepted on a case-by-case basis. Please disclose child's challenges so that appropriate accommodations can be made when needed. Full-day camps run 9am-4pm. Fees vary depending on Chabot member status and registration date. Extra fee for after hours care, 4-5 pm. Call (510) 336-7426 with questions.

SPECIAL NEEDS AQUATIC PROGRAM (SNAP) is an adaptive aquatics program at the Berkeley High School Pool (indoor pool with very warm water) and the Berkeley YMCA designed to accommodate motor development to meet the needs of all swimmers ages 1-18. Swimmers are matched on a 1:1 basis with volunteers. Program is active throughout the school year (Sept-June). A parent-tot program and teen program are additional special features. Call (510) 832-7430 x8.

SPECIAL OLYMPICS OF NORTHERN CALIFORNIA The Special Olympics mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for persons six years of age and older with developmental disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with families, other Special Olympic athletes and the community. A wide choice of activities is available. Activity times vary. Call (925) 944-8801, x211 for Contra Costa County or x207 for Alameda County. Also www.sonc.org or EBregion@sonc.org.

SPECIAL SKATER PROGRAM The Oakland Ice Center/Sharks Ice proudly offers a learn to skate program which has been developed especially for athletes with special physical and mental challenges, Emphasizing fun and safety, the Special Skater program helps to improve balance and coordination and promotes an "I can do it!" attitude that carries over into other aspects of the participant's life. With the assistance of volunteers, skaters develop skills, make new friends and experience a new found freedom and sense of accomplishment. Fridays from 4-5:15 PM. The cost is

\$25 for a 12 week series. (Note: only one (helping) sibling or family member will be free. All other family members will be charged \$5/week). During this special time slot, wheelchairs, walkers, etc. are allowed on the ice. Call (510) 268-9000, x101 or www.oaklandice.com for directions, facilities, parking information.

SPRINGBACK LEARNING CENTER provides individual and group programs for students K through 12th grade. Credentialed tutoring and assessment. Programs in reading, writing, math, test preparation and study strategies. Strong ties to local schools. Located on Lakeshore Ave. in Oakland. Contact (510) 763-3701.

STARLIGHT MOVIE IN THE PARK Alameda Recreation and Park Department will sponsor **free** Family Events **June 26** and **July 22** at the Alameda Point Multi-purpose Field, 1101 W. Redline Ave., Alameda. Also on **September 24** at Leydecker Field. 3225 Mecartney Rd. Movie titles to be announced. Bring your chairs and blankets and picnic beginning at 6:30, movie about 8:15. Box dinners (\$5) and other refreshments available. Call (510) 747-7529 to reserve your family's space.

SonRise EQUESTRIAN FOUNDATION is a non-profit organization making a positive difference for children ages 8-18 living with social, emotional, or physical challenges including terminal illness. Participating children develop confidence, integrity and responsibility through mentoring and peer relationships centered on the care and enjoyment of horses. Stables located in Castro Valley. Contact them at (925) 838-7433 or www.sonriseequestrianfoundation.org.

Free SWIM AND GYM INCLUSION PROGRAM meets on Fridays from 10:30 to 1:30 (2-4 years) and Thursday 1-3:30 (3-4 year olds) for preschoolers with special needs at the downtown Berkeley YMCA. No membership necessary. Session includes a swim lesson, tumbling lessons and parent support group. Sensory tool lending library, field trips, book lending library and respite days also available.. Call Rachel Longan at (510) 665-3280 or email rlongan@baymca.org. **Play Pals** for 5-12 year olds with special needs. Program includes a gym class while parents are in a support group. (Play Pals requires the ability to participate with a 3:1 staff ratio) Must be a Program member. **Inclusion/Special Needs Aquatics** lessons offered to children 5-14. Program membership required. Call Shelley Prater at (510) 665-3258 or email at kbrogna@baymca.org.

SYLVAN CAMPS Year-round academic enrichment program with camps during spring and summer school breaks which provide a fun approach to learning. Speed reading, fractions, writing, math facts, study skills. Ages 5+. Limited scholarships available. Locations in Piedmont/Oakland, Castro Valley, San Ramon, San Francisco, El Cerrito, Walnut Creek and Fremont. Contact Sylvan Learning Center through (510) 428-4000.

THINK SOCIAL THINK SUMMER (Oakland) provides a social thinking program focusing on teaching students the social thought processes required for working, playing, and hanging out, a part of a group. Opportunities for children, teens and adults through direct instruction, reasoning and practice in the community. Contact (510) 444-8732 or info@thinksocialbay.net.

THIS LAND IS YOUR LAND 2010 a day camp which blends the exciting science and nature studies developed by Sarah Shaffer with art, music, hiking, swimming and outdoor games. Locations in Oakland, Berkeley and San Ramon. Designed for children ages 5-15 years. Activities based on weekly themes. CIT leadership program available for students 11-15. Special needs students accepted on a case by case basis. 9 – 3:00 PM with extended care available. Thanksgiving, Winter and Spring camps also available. Call (510) 581-3739 or visit www.sarahscience.com.

THROUGH THE LOOKING GLASS (Berkeley) Will begin a Headstart and Early Headstart program specifically for infants/toddlers/preschoolers with disabilities or for parents with disabilities. Includes facilitated playgroups, center-based and home-based options. For more information contact Christi Tuleja at (510) 848-1112, x 119

TRAILS TO SUCCESS is an innovative program that allows children the opportunity to learn social skills while interacting with their peers in a ranch environment and learning to ride horses. Sessions combine expressive art, teambuilding, and riding. Horses provide a unique medium for teaching relationship skills. Announcing **ALL DAY ADVENTURE RANCH CAMP** (Orinda), a social skills camp open to children ages 7-16 emphasizing competence, confidence, community. Two summer sessions. Each session includes parent training day. Staff ratio 2:8. Camp run by Dr. Maria Antoniadis, Dr. Christine Duis. Register by contacting Marcie at Marcie.trails@gmail.com. Transportation provided from designated locations in the East Bay. Information is available at (925) 256-4400 or www.trailstosuccess.com.

UNITED CEREBRAL PALSY (UCP) OF THE GOLDEN GATE offers a program called “**Everyone In**” providing care during non-school hours to school-aged children, age 4 through middle school. The program helps the parent find an aide that can facilitate inclusion in an after school program. UCP takes care of administrative back up. Funded by RCEB. Contact Karen Glatze at UCP at (510)832-0431 for more information. Also available for summer programs.

WESTWIND 4-H RIDING PROGRAM in the Los Altos Hills offers sports and recreational riding for children and youth ages 5-19 years with physical disabilities. Program lasts throughout the year, weather permitting. Suggested donation. Call (650) 947-8680 or visit www.westwind4h.org.

WHEELCHAIR SPORTS Newark Recreation and Community Services meets Tuesdays , 3-5:00 PM for individuals age 5 and older who use a motorized or manual wheelchair. Silliman Activity Center (6800 Mowry Ave., Newark). With prior notice to bus company student may use Durham to get to Silliman Center after school. Contact Brian Cobb at (510) 578-4407 for more information.

WHEELS ON FIRE (San Jose) is a year-round wheelchair athletic program for people ages 5-21 with disabilities. Includes basketball, rugby and indoor soccer. Athletes do not have to be wheelchair users, but sports activities involve wheelchair use. Call (408) 369-6438.

WORD WORKS! (Oakland) Offers speech, language and social skills groups year round. Skilled in working with children of all ages with a variety of communication needs in a play-based environment. Play groups for toddlers and preschoolers, peer social language groups for children ages 5+. Baby sign language classes available. Oakland. Call (510) 433-0123 or www.wordworkstherapy.com or email info@wordworkstherapy.com.

XENOPHON THERAPEUTIC RIDING CENTER (Orinda) offers horseback riding lessons for students ages 5-17 years. Monday through Thursday afternoons as well as Saturday morning. Program operates from the first of June through November 1. Participants need a medical release. Cost is \$30/lesson. Some scholarships are available. Call (510) 339-6047, for info and to get on a long waiting list or contact cmoisenco@xenophon.org.

YOGA The following individuals offer yoga for children which is adapted to their special needs.

Amanda Sharpe (510) 886-2264 nuturing.yoga@comcast.net

Kim Lyons-Stuart (Oakland) 510-798-3089

www.movingfromwithin.com or email kim@movingfromwithin.com.

Ellen Gordon (Oakland) 510-530-6586

ZOOCAMP 2010 at the Oakland Zoo. Exciting weekly sessions of nature discovery and animal adventures involving hands-on, age-appropriate learning. For students 4 years and older. Special needs students included on a case by case basis. Before and after care options available. Call (510) 632-9525, x280 or contact www.oaklandzoo.org, click education and the zoocamp. Applications also on line.

Information on CAMPERSHIPS for children with developmental disabilities: Call Community Assistance for the Retarded and Handicapped (CARH) at (510) 537-6611.

CAMPERSHIPS are also available through **East Bay Regional Park District (EBRPD)**. Each qualifying child will receive an award of \$200 to be used toward the registration fee of camps and swim lessons listed in the EBRPD Day Camp Directory. Must be resident of Contra Costa or Alameda County. Awarded to children whose

families can demonstrate financial need, children with disabilities, and children in foster care. Call (510) 544-2512 or visit www.ebparks.org to obtain an application.

CHADD/UCB SUMMER CAMP AWARD FUND is open to children with AD/HD of CHADD members to help defray expenses associated with attendance at eligible summer camps. Information and application available at www.chadd.org/summercamp.

A wonderful book, **A Wheelchair Rider's Guide San Francisco Bay and the Nearby Coast** by Bonnie Lewkowicz, is available free of charge through the Costal Conservancy (510/286-1015 or www.scc.ca.gov). The book lists more than 100 accessible sites to explore - parks, trails and the shoreline - giving details about each site, parking and how to get there.

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provided the Family Resource Network is acknowledged.**

**Family Resource Network, 5232 Claremont Avenue, Oakland, Ca
94618
(510) 547-7322**

This list has been developed as a service to families so that they may be aware of a broad range of choices for recreational opportunities for their children. We do not endorse any of the individual programs. The listings are based on descriptions and information we have received from each program. Eligibility restrictions may apply.

Many programs not listed here may consider enrolling a child with a disability on a case-by-case basis. Don't hesitate to inquire if it seems as though your child would benefit from the experience. You may offer the program an inclusion opportunity they hadn't considered.

