



Recreational Resources Guide



**SAN DIEGO
REGIONAL CENTER**

Serving Individuals with Developmental Disabilities
in San Diego and Imperial Counties

4355 Ruffin Road, Suite 200, San Diego, CA 92123-1648
Voice – 858/576-2996 • FAX – 858/576-2873
www.sdrc.org

This guide was inspired by a plan to increase access to generic recreation resources for consumers of San Diego Regional Center.

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2-1-1

- 2-1-1**211
www.211sandiego.org
2-1-1 is the new national dialing code for information about community, health and disaster services. If you are unable to reach 2-1-1 from your cell phone, from your business phone, or are calling from outside San Diego County, call 858-300-1211.

CAMP OPPORTUNITIES

- A TOUCH OF COUNTRY VACATIONS**800-920-4473
www.atouhofcountryvac.net
PO Box 158, Ramona CA 92065
Quality vacations/retreats for persons with developmental disabilities.
Ambulatory/Nonambulatory.
- ACADEMY BY THE SEA/CAMP PACIFIC**.....760-434-7564
www.abts.com
Ages 8-16. Day/Residential camps. Weekend excursions, surfing and body boarding, arts and crafts, and more.
- ALPINE (COUNTY OF SAN DIEGO) PARKS & REC**619-445-7330
www.co.san-diego.ca.us/parks/programguide.html
Ages 5-16. Day camp. Multiple theme weeks.
- AMERICAN CAMPING ASSN**800-428-2267/765-342-8456
www.acacamps.org
List of accredited camps in Southern California.
- BOY SCOUTS**619-298-6121
www.sdicbsa.org
Ages 6-17. Day and overnight camps, need to pay a Boy Scout registration fee if not a member, has experience with special needs.
- BOY SCOUTS, BALBOA CUB DAY CAMP**619-298-6121
www.sdicbsa.org
Based on Cub Scout activities but not limited to scouts, all boys welcome, archery, arts and crafts, nature studies, riflery.
- BOYS & GIRLS CLUB OF SAN DIEGUITO**858-755-9371
www.positiveplacesd.org
Ages 5-18 years. Spring and summer day camp.
- CAMP-A-LITTLE (ARC OF SAN DIEGO)**619-685-1178
pals@arc-sd.com
Ages 5-17 residential summer camp, Cuyamaca outdoor school.
- CAMP-A-LOT (ARC OF SAN DIEGO)**619-685-1178
pals@arc-sd.com
Ages 18+ residential summer camp, Cuyamaca outdoor school.

- CAMP ABLE**858-627-9498
Ages 6+. Summer day camp. Silver Strand State Beach, Coronado.
- CAMP AT THE BAY**619-525-8247/TDD: 619-525-8249
Ages 7-Adult. Sign-ups during the month of May. Call for application procedure.
- CAMP BEYOND THE SCARS**.....858-541-2277
www.burninstitute.org
Ages 5-15. For burn survivors at Camp Cuyamaca.
- CAMP CAHITO – CAMP FIRE USA SAN DIEGO**619-291-8985
www.campfiresdi.org
Day camp includes arts and crafts, drama, hiking, music, swimming, archery.
- CAMP CONRAD-CHINNOCK**.....310-604-2473/888-800-4010
www.dys.org
Ages 7-17. Residential camp in Julian for children with diabetes.
- CAMP ESPERANZA**858-492-1090
http://ww2.arthritis.org/communities/Chapters/SoCal/JACamp/Camp_Esperanza.asp
Ages 8-17. Week long (August) residential camp in San Bernardino Mountains for children with any form of arthritis.
- CAMP FIRE COUNCIL OF SAN DIEGO**619-291-8985
www.campfiresdi.org
Ages 6-13. Camp is rustic; please call first to discuss child's accessibility.
- CAMP-I-CAN**619-298-3576
www.sd-autism.org
Ages 6-17. Summer day camp for children with autism spectrum disorders living in San Diego County. Swimming and daily field trips. Some scholarships available.
- CAMP IVEY**760-722-4839
www.iveyranch.com
Ages 7-17 summer day camp. 4 weeks. Before and after care available. Horseback riding, aviary, picnic lunch, gardening.
- CAMP JAYCEE**858-457-3030
www.lfjcc.org/campjaycee
Ages 2-16. Summer day camp. 1 or 2 week sessions. Inclusion setting. La Jolla.
- CAMP LA JOLLA**800-825-8746
www.campplajolla.com
Ages 8-18. Weight loss and fitness program with traditional camp activities including arts and crafts, drama, football, hiking, martial arts, kayaking and swimming.
- CAMP OLIVER**.....619-445-5945
www.campoliver.com
Ages 6-16. Residential camp in a rustic setting includes arts and crafts, archery, hiking, horseback riding, nature study, football, music and more in Descanso.

- CAMP PAIVIKA**909-338-1102
www.abilityfirst.org
 Ages 7-Adult. Summer, residential, Crestline, CA.
- CAMP QUEST**619-296-0161
www.epilepsysandiego.org
 Ages 8-12. Residential 6-day camp for children who have epilepsy and seizure disorders, must be independent with their basic needs, a nurse is provided but no 1:1 aides. Run by the Epilepsy Society.
- CAMP REACH FOR THE SKY**619-682-7427
www.cancer.org
 Ages 4-18. Day camp for children who have been diagnosed with cancer and their siblings. Includes archery, arts and crafts, basketball, dance, soccer, swimming and more. Run by the American Cancer Society.
- CAMP TALK**.....619-574-8181
 Turning Augmentative/Alternative Language into Conversation. School age. Summer day camp for individuals using voice output devices.
- CAMP WET & WILD**619-525-8247/TDD: 619-525-8249
 Ages 8-Adult with any disability. Camp meets at North Crown Point Shores in Mission Bay and at South Mission Beach.
- CAMP WOLAHI**619-291-8985
www.campfiresdi.org/wolahi
 Residential one-week camps featuring archery, arts and crafts, basketball, canoeing, fishing, swimming. Julian, CA.
- CARLSBAD (CITY OF) PARKS & REC**760-434-2989/760-434-2971
www.carlsbadca.gov/recreation
 Various day camps, sports, etc.
- CHULA VISTA (CITY OF) CAMP SUNRISE**619-409-5800
www.ci.chula-vista.ca.us
 Ages 6+. Summer and Spring day camp. Parkway Community Center.
- CHULA VISTA (CITY OF) COMMUNITY DAY CAMPS**.....619-691-5082
www.chulavistaca.gov/rec
 Ages 6-12. Summer day camp. Loma Verde Recreation Center.
- CHULA VISTA (CITY OF) COMM. YOUTH CENTER SPORTS CAMP**619-691-5084
www.chulavistaca.gov/rec
 Ages 8-14. Summer day camp. Sports camps.
- COMMUNITY CAMPERSHIP COUNCIL OF SAN DIEGO**.....858-268-9888
www.kidstocamp.org
 Ages 6-18. Provides scholarship for many day and residential camps throughout the San Diego area, based on family income.

- CORONADO (CITY OF) PARKS & REC619-522-7342**
www.coronado.ca.us
 Ages 7-16. Weeklong camps. Themes include aquatics, sports, gymnastics, mad science.
- DESTINATION SCIENCE.....888-909-2822**
www.destinationscience.org
 Ages 5-11. Activate your imagination and get your hands on some wildly outrageous science as you create extreme machines, build a futuristic city, visit the International Space station and more.
- EASTER SEALS CAMP RESPITE760-737-3990**
 Ages 5+. Residential weekend respite camps throughout the year for children and adults with special needs, including autism, Down syndrome and cerebral palsy.
- EASTER SEALS CAMP RESPITE – NATIONAL CITY.....619-336-0630**
 Camp Respite offers camp experience for both children and adults with disabilities.
- EL CAJON (CITY OF) PARKS & REC619-441-1516**
www.ci.el-cajon.ca.us
 Camps for every week during summer.
- ENCINITAS (CITY OF) PARKS & REC760-633-2759**
www.ci.encinitas.ca.us
 Ages 6-12. Click on Special Events, Seaside Day Camp on website.
- EPILEPSY FOUNDATION OF SAN DIEGO COUNTY619-296-0162**
www.epilepsysandiego.org
 Ages 8-12. Medically supervised summer camp for children with epilepsy/seizure disorders. 6 days/5 nights camp for one week in July. Camp costs funded by donations.
- GIRL SCOUTS619-298-8391**
www.girlscoutssdi.org
 Ages 7-18. Residential and day camps in (Camp Winacka and Camp Whispering Oaks) throughout San Diego County. Camper Support Specialist will work 1:1 to help special needs campers.
- HELEN WOODWARD CENTER858-756-4117**
www.animalcenter.org/education/critter_camp
 Ages 4-13. Winter camp.
- HERITAGE CENTER DAY CAMP619-421-7032**
 Ages 6-12. Spring and summer day camp.
- INCLUDING ALL OF US619-525-8248/619-525-8247**
www.sandiego.gov/park-and-recreation/activities
 City of San Diego Parks and Recreation, Disabled Services Program. Inclusive Children's Activities. Recreation opportunities and support for children with special needs.
- INSTITUTE FOR EFFECTIVE EDUCATION (THE)619-243-1325**
www.tiee.org
 Camp specifically for Children's Workshop and Young Person's Annex students.

- INTERNATIONAL YOUTH SOCCER.....858-382-9333**
www.usysd.org
 Under 17 years. Local soccer camps, individual and group sessions.
- JOINT ADVENTURES CAMP800-422-8885**
www.arthritis.org
 Ages 8-17. Week long residential camp in Julian, sponsored by the Juvenile Arthritis Association. Scholarships available.
- JUNIOR WHEELCHAIR SPORTS CAMP.....619-525-8247**
 Ages 4-18. Day camp for kids with physical disabilities. At North Crown Point Shores and Southwestern College.
- JUVENILE ARTHRITIS CAMP858-495-1877 EXT. 124**
 Summer camp. Traditional camp activities for children with rheumatic diseases.
- KID ZONE SUMMER ADVENTURE CAMP.....619-525-8247/TDD: 619-525-8249**
 Ages 6-12 with any disability. Meet at Tecolote Park.
- LA MESA (CITY OF) PARKS & REC619-667-1333/619-667-1300**
www.cityoflamesa.com
 Click on Community Services on website for camp information.
- MISSION BAY SPORT CENTER.....858-488-1036**
www.missionbayaquatic.org
 Ages 6-16. Learn to sail, surf, windsurf and kayak.
- MISSION BAY WATER SPORTS CAMP858-539-2003**
www.watersportscamp.com
 Ages 6-17. Wakeboarding, waterskiing, surfing, sailing and more.
- NATIONAL CITY (CITY OF) PARKS & REC619-336-4290**
 Ages 6-12. Community Services Division. Camps for every week during summer.
- OCEANSIDE (CITY OF) PARKS & REC760-435-5233**
 Ages 6-12. Camps for every week during summer.
- PALOMAR CHRISTIAN HORSE CAMP760-742-3438**
www.pcc.org
 Learn to care for and ride horses, trail rides, camp fires, show, cookouts, archery, swimming, basketball and more.
- PARKWAY CENTER SPRING CAMP.....619-691-5083**
 Ages 6-12. Spring break day camp.
- POWAY (CITY OF) LAKE POWAY DAY CAMP858-679-4343/858-668-4570**
www.ci.poway.ca.us
 Ages 6-12. Hiking, boating, fishing at Lake Poway, arts and crafts, play group, games and more. Summer months.

- POWAY (CITY OF) PARKS & REC858-679-4343**
www.ci.poway.ca.us
 Community Services Division. Summer day camps, extended day care. Sports camps, mini camps, swim lessons.
- PROJECT TURNAROUND.....858-481-3998**
 Ages 12+. Summer day camp. St. James Academy in Solana Beach.
- RAWHIDE RANCH760-758-0083**
www.rawhideranch.com
 Ages 7-16. Bonsall. Experience the rustic living of the old west. Roping, riding, wrangling, and more. Summer months.
- RAY & JOAN KROC CORP CMTY CTR/SALVATION ARMY619-287-5762**
www.kroccenter.org
 Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.
- SAN DIEGO (CITY OF) PARKS & REC-KEARNY MESA858-573-1387**
 Ages 5-13. Eleven one-week summer sessions. Field trips and swimming. No day camp.
- SAN DIEGO YOUTH AQUATICS CENTER619-298-6121**
 Residential camp includes aquatics, boating, canoeing, kayaking, arts and crafts, fishing, nature study, swimming and more.
- SAN MARCOS (CITY OF) PARKS & REC760-744-9000**
 Ages 6-14. Community Services Division. Day camps for every week during summer.
- SCAMP CAMP619-297-3901**
www.lungsandiego.org
 Ages 8-13. Week long camp in Julian for children with asthma, medical supervision allows for traditional camp activities.
- SEA WORLD ADVENTURE CAMP800-380-3202**
www.seaworld.org/camp
 Day and residential camps include a nonstop animal adventure.
- SOLANA BEACH (CITY OF) PARKS & REC858-793-2564**
 Ages 8-12. Day camps include various themes such as ecology, art, drama, shutterbug at San Dieguito Park.
- SUPER CAMP800-285-3276**
www.supercamp.com
 Residential camp includes basketball, soccer, swimming and more in Oceanside.
- SURFERS HEALING FOUNDATION949-492-1398**
www.surfershealing.org
 Summer surfing camps for individuals with autism. All camp sessions are free.
- TECH CAMP AT UCSD.....818-752-4332**
www.internaldrive.com
 Ages 8-17. Day and residential camps, learn programming, robotics, create video games, digital movies and music.

- TERI INC CAMP RED**760-721-1706
 Ages 4-22. Specializing in serving day campers who have severe behavior needs in Oceanside spring, summer and winter.
- THEATER CAMP**619-588-0206
www.cctcyt.org
 Classes, rehearsals, performance and fun.
- UCSD SUMMER CAMP**619-260-4593
www.camps.acusd.edu
 Basketball, tennis, soccer, baseball, volleyball, water polo, and more.
- USD SPORTS CAMPS**.....619-260-4593
www.sandiego.edu
 Day camps include baseball, basketball, field trips, soccer, swimming, tennis and more.
- VISTA (CITY OF) PARKS & REC**760-726-1340
 Ages 5-12. Community Services Division. Day camps for every week during summer.
- WHEELCHAIR CAMP**619-525-8248
www.sandiego.gov/park-and-recreation/activities
 Sign-ups begin in May. Inclusion support available. Call for application procedure.
- YMCA-BORDER VIEW**619-428-1168
www.borderview.ymca.org
 Ages 5-12. Serving families in Imperial Beach, San Ysidro, South San Diego, Nester and Otay Mesa.
- YMCA-CAMP MARSTON**760-765-0642
www.camp.ymca.org
 Ages 7-17. Day and residential camps including archery, arts and crafts, backpacking, canoeing, challenge/rope course, nature studies, riflery, wilderness trips and more.
- YMCA-CAMP RAINTREE**760-765-0642
www.camp.ymca.org
 Ages 9-16. Residential summer camp with focus on horsemanship.
- YMCA-CAMP SURF**.....760-765-0642
www.camp.ymca.org
 Day and residential camps including surfing, body boarding, kayaking, archery, arts and crafts, fishing, nature study and swimming.
- YMCA-COPLEY FAMILY**619-283-2251
www.copley.ymca.org
 Ages 7-16. Day camps include aquatics, basketball, computers, dance, field trips, hiking, swimming and more, serving families in mid-city San Diego, Kensington and Tierrasanta
- YMCA-EAST COUNTY**619-464-1323
www.eastcounty.ymca.org
 Ages 7-16. Serving families in Alpine, Del Cerro, El Cajon, Jamul, Lakeside, La Mesa, Lemon Grove, Rancho San Diego, San Carlos, Santee and Spring Valley.

- YMCA-JACKIE ROBINSON**619-264-0144
www.jackierobinson.ymca.org
 Ages 7-16. Day camps include academics, aquatics, arts and crafts, basketball, computer, team sports and more. Serving families near the 805 Freeway and Imperial Avenue, including Encanto, Logan Heights, Mountain View, Oak Park, Skyline and Valencia Park.
- YMCA-JOE & MARY MOTTINO FAMILY**760-758-0808
www.mottino.ymca.org
 Ages 7-16. Serving families in Oceanside, Fallbrook and Bonsall.
- YMCA-LA JOLLA**858-453-3483
www.lajolla.ymca.org
 Ages 7-16. Day camps include aquatics, arts and crafts, backpacking, skating, soccer, swimming, tennis and more. Serving families in La Jolla, University City, North Clairemont, Del Mar, Pacific Beach, Sorrento Valley and Mira Mesa.
- YMCA-LA JOLLA DAY CAMP**858-453-3483
www.lajolla.ymca.org
 Ages 3-17. Summer day camp.
- YMCA-MAGDELENA ECKE FAMILY**760-942-9622
www.ecke.ymca.org
 Ages 7-16. Serving families in Encinitas, Cardiff, La Costa, Leucadia, Solana Beach, Carmel Valley, Carlsbad, Del Mar and Rancho Santa Fe.
- YMCA-MISSION VALLEY**619-298-3576
www.missionvalley.ymca.org
 Ages 7-16. Specialty day camps range from surfing to laser tag and residential camps at Camp Marston and Camp Wolahi. Serving families in Mission Valley, Linda Vista, Clairemont, Old Town, Hillcrest, Normal heights and Kearny Mesa.
- YMCA-PALOMAR FAMILY**760-745-7490
www.palomar.ymca.org
 Ages 7-16. Day camps serving families in Escondido, San Marcos and Valley Center.
- YMCA-PENINSULA FAMILY**619-226-8888
www.peninsula.ymca.org
 Ages 7-16. Day camps include dance, drama, fishing, kayaking, marine science, martial arts, water sports and more. Serving families in Point Loma, Mission Beach, Ocean Beach and Pacific Beach.
- YMCA-RANCHO FAMILY**858-484-8788
www.rancho.ymca.org
 Ages: 7-16. Serving families in Poway, Mira Mesa, Scripps Ranch, Carmel Mountain Ranch, Sabre Springs, Rancho Bernardo and Rancho Penasquitos.
- YMCA-SOUTH BAY FAMILY**619-421-8805
www.southbay.ymca.org
 Ages 7-16. Serving families in Chula Vista, Bonita and National City.

CHILDREN'S CORNER

ALPINE COMMUNITY CENTER619-445-7330
www.alpinecommunitycenter.com
1830 Alpine Blvd., Alpine CA 91901
Year-round after-school and summer recreational activities.

BOY SCOUTS OF AMERICA, DESERT PACIFIC COUNCIL619-298-6121
www.sdicsa.org
1207 Upas St., San Diego CA 92103
A year-round youth development program offering educational, recreational, and social activities ages 6-20.

BOYS & GIRLS CLUBTO LOCATE A CLUB: WWW.BGCA.ORG

BOYS & GIRLS CLUB-SUPPORT SERVICES OFFICE619-298-3520
www.sdyouth.org
3760 4th Ave., San Diego CA 92103
Provides after-school activities. Fee may apply. Call for information.

BOYS & GIRLS CLUB-BORREGO SPRINGS.....760-767-9989
www.sdyouth.org
630 Cahuilla, Borrego Springs CA 92004
Children participate in positive activities such as crafts, homework help, fitness program, team sports, games, computers, dance and storytelling. Boys 7-21; Girls 14-21.

BOYS & GIRLS CLUB-CARMEL VALLEY/ALLRED BRANCH.....858-793-9196
www.positiveplacesd.org
12353 Carmel Park Dr., San Diego CA 92130
Provides after-school activities. Fee may apply. Call for information.

BOYS & GIRLS CLUB-CARLSBAD/LA COSTA BRANCH760-944-9211
www.bgccarlsbad.org
7805 Centella St., Carlsbad CA 92009
Provides after-school social, recreation, educational, arts and crafts and athletic activities for ages 6-12 years. Optional educational field trips available.
Homework hour available.

BOYS & GIRLS CLUB-CARLSBAD/MILLAGE BRANCH.....760-729-0207
3115 Roosevelt St., Carlsbad CA 92008
Guidance based programming to provide youths with a safe environment nurturing adults to care for them and a variety of activities.

BOYS & GIRLS CLUB-CHULA VISTA619-421-4011
1301 Oleander Ave., Chula Vista CA 91911
Provides opportunities for development of education, social, and recreation skills for ages 6-18. M-F; 2pm-6pm; \$50 annual membership. Includes a skate park.

- BOYS & GIRLS CLUB–CLAIREMONT**858-273-1645
 www.sdyouth.org
 4635 Clairemont Mesa Blvd., San Diego CA 92111
 Arts and crafts, education, sports, swimming, social, transportation-fee, computer center.
 \$10 yearly membership.
- BOYS & GIRLS CLUB–DEL MAR BRANCH**858-481-4116
 www.positiveplacesd.org
 14125 Mango Dr., Del Mar CA 92014
 Provides after-school activities. Fee may apply. Call for information.
- BOYS & GIRLS CLUB–EL CAJON**619-442-0371
 www.bgcec.org
 1171 E. Madison Ave., El Cajon CA 92021
 Provides athletic activities, a daily drop-in program, a craft shop program, a resource
 room and group clubs for ages 6-18.
- BOYS & GIRLS CLUB–ENCANTO**619-263-6407
 www.sdyouth.org
 6785 Imperial Ave., San Diego CA 92114
 Arts and crafts, education, sports, social, transportation-fee, computer center. \$10
 membership fee.
- BOYS & GIRLS CLUB–ENCINITAS/GRISET BRANCH**760-753-6351
 www.positiveplacesd.org
 1221 Encinitas Blvd., Encinitas CA 92024
 Provides after-school activities. Call for information. \$60 year.
- BOYS & GIRLS CLUB–ESCONDIDO/BAKER BRANCH**760-745-0515
 www.sdyouth.org
 835 W. 15th Ave., Escondido CA 92025
 Provides after-school activities. Call for information. \$25 membership.
- BOYS & GIRLS CLUB–ESCONDIDO/MITCHELL BRANCH**760-746-3315
 www.sdyouth.org
 115 W. Woodward Ave., Escondido CA 92025
 Drop-in recreational activities are offered on an ongoing basis during after-school hours
 for ages 5-13.
- BOYS & GIRLS CLUB–IMPERIAL BEACH**619-424-2266
 847 Encina Ave., PO Box 493, Imperial Beach CA 91932
 Athletic leagues, sports and gym activities, ceramics, social recreation, computers,
 homework help. Leadership activities open for children ages 7-17.
- BOYS & GIRLS CLUB–LAKESIDE**619-443-9293
 12824 Lakeshore Dr., Lakeside CA 92024
 Provides after-school activities. \$25 year. Call for information.
- BOYS & GIRLS CLUB–LINDA VISTA**858-277-6670

- BOYS & GIRLS CLUB–LINDA VISTA TEEN CENTER**858-751-0611
 2230 E. Jewett St., San Diego CA 92111
 After-school program. Arts and crafts, education, sports, swimming. Social transportation-fee, computer center. Ages 6-18. \$5/year transportation fee.
- BOYS & GIRLS CLUB–LOGAN HEIGHTS BRANCH**619-525-1739
 www.sdyouth.org
 2930 Marcy Ave., San Diego CA 92113
 Arts and crafts education, sports, swimming, social, \$10 transportation-fee, computer center.
- BOYS & GIRLS CLUB–NATIONAL CITY**619-477-5445
 www.bgnc.org
 1430 D Ave., National City CA 91950
 Social development program offers athletic and recreational activities for ages 6-18. Fees apply. Call for details.
- BOYS & GIRLS CLUB–NORTH COUNTY**760-728-5871
 PO Box 476, Fallbrook CA 92028
 After-school program for Health to Life Skills, art, sports fitness and recreation, education and career development, character to leadership development, homework help, sports, and arts and crafts. Ages 6-18. \$25 annual membership. Languages spoken: English and Spanish. M-F 2pm-6pm.
- BOYS & GIRLS CLUB–OCEANSIDE**760-433-8920
 www.bgcoceanside.org
 After-school program for children ages 6-18. Program includes power hour, tutoring, computer training, sports, arts and crafts, smart girls, keystone club and street safe, SASS and gangbusters to name a few.
- BOYS & GIRLS CLUB–OCEANSIDE/LIBBY LAKE BRANCH**760-721-5851
 489 Calle Montecito, Oceanside CA 92057
 Provides after-school activities. Fee may apply. Call for information.
- BOYS & GIRLS CLUB–RAMONA**760-788-7564
 www.sdyouth.org
 622 E St., Ramona CA 92065
 Children participate in positive activities such as crafts, homework help, fitness program, team sports, games, computers, dance and storytelling. \$25 membership fee. Call for details.
- BOYS & GIRLS CLUB–SAN DIEGO**.....858-866-0591
 www.bgca.org
 4635 Clairemont Mesa Blvd., San Diego CA 92117
 Provides after-school activities. Fee may apply.

- BOYS & GIRLS CLUB-SAN MARCOS760-471-2490**
www.boysgirlsclubsm.org
 1 Positive Place, San Marcos CA 92078
 Open 11 hours per day. Activities for members 6-18 years of age are planned in educational, cultural, social, recreational, health, physical, and environmental fields with special concern for the disadvantaged. The organization helps families by providing a safe adult supervised place for their children every day after school and for all non-school days.
- BOYS & GIRLS CLUB-SOLANA BEACH/LOMAS SANTA FE BRANCH858-755-9012**
 533 Lomas Santa Fe Dr., Solana Beach CA 92075
 Provides after-school activities. Fee may apply. Call for information.
- BOYS & GIRLS CLUB-VISTA760-724-6606**
www.bgcvista.org
 410 W. California Ave., Vista CA 92083
 Offers core program activities in character-leadership development, education and career development, health and life skills, the arts, sports, fitness and recreation.
- BOYS & GIRLS CLUB-VALLEY CENTER BRANCH760-749-9822**
www.sdyouth.org
 28751 Cole Grade Rd., Valley Center CA 92082
 Provides after-school activities. Fee may apply. Call for information.
- CAMP FIRE COUNCIL OF SAN DIEGO COUNTY619-291-8985**
www.campfiresdi.org
 Camp Fire does after-school clubs for children ages 3-18. Also conducts day camps. Club meets weekly.
- CHILDREN'S LITERACY PROGRAM619-574-1641**
www.literacysandiego.org
 Provides one-to-one tutoring to enhance reading abilities.
- COOPERATIVE EXTENSION, UNIVERSITY OF CA.**
FARM& HOME ADVISOR OFFICE858-694-2845
www.cesandiego.ucdavis.edu
 5555 Overland Ave., #4101, San Diego CA 92123
 Provides youth education through adult volunteer assisted community clubs for ages 9-19.
- GIRL SCOUTS, SAN DIEGO-IMPERIAL COUNCIL, INC.....619-298-8391**
www.girlscoutssdi.org
 1231 Upas St., San Diego CA 92103
 Resident - 2 camps; basic camp experience to high adventure girls ages 7-18. Day camp of varying specialties, science to surfing, girls ages 6-18. Both programs offer leadership opportunities for girls 13-18.
- GRAHAM CRACKER KIDS & COMPANY619-258-7571**
www.grahamcrackerkids.com
 PO Box 562, Lakeside CA 92040
 Provides children's toys, books and resources. Call for fee.

- LAWRENCE FAMILY JEWISH COMM. CENTER LA JOLLA BRANCH.....858-457-3030**
 www.lfjcc.org
 4126 Executive Dr., La Jolla CA 92037
 Provides after-school enrichment for grades K-12, camp programs and sports activities.
- MUSIC FOR KIDS858-487-7867**
 www.musicforkidsonline.com
 16475 Bernardo Center Dr., San Diego CA 92128
 Various music classes and private lessons.
- RAY & JOAN KROC CORP CMTY CTR/SALVATION ARMY619-287-5762**
 www.kroccenter.org
 6845 University Ave., San Diego CA 92115
 Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.
- SAN MARCOS (CITY OF)760-744-9000**
 www.san-marcos.net
 Community Services Department, 3 Civic Center Dr., San Marcos CA 92078
 Provides special interest classes, hobbies, aquatics, creative cultural experiences, softball and soccer leagues, teen activities, preschool education and various special events throughout the year for ages 2 and up.
- SAN DIEGO YOUTH & COMMUNITY SERVICES, INC. CENTRAL COMM.....619-232-8126**
 2220 Broadway, San Diego CA 92102
 Provides services to youth including individual, peer, and family counseling, remedial education and tutoring, career development, cultural and recreational activities, and a restitution program for ages 8 and up.
- UNITED CEREBRAL PALSY ASSOCIATION858-278-5420**
 www.ucpsd.org
 Toy and Software Library, 6153 Fairmount Ave., #150, San Diego CA 92120
 Toy and software mobile library program allows one the opportunity to check out toys or software for a \$10 fee for two weeks to one year. Call for schedule.
- VISTA (CITY OF) PARKS & COMMUNITY SERVICES DEPT760-726-1340**
 www.cityofvista.com/departments/parks
 1200 Vale Terrace, PO Box 1988, Vista CA 92085-1988
 Offers a day camp program for children in grades K-8.
- YMCA-MAGDALENA ECKE FAMILY BRANCH760-942-9622**
 200 Saxony Rd., Encinitas CA 92024
 Special Olympics Swim Team. Ages 8 and up. Saturdays 11am-12pm. No fees but must register and have medical information on file with coach. Sign up for a month and at times. Meets once a week.
- YMCA-PALOMAR FAMILY BRANCH760-745-7490**
 1050 North Broadway, Escondido CA 92026
 Learn about Indian culture and history. Program is designed to strengthen the family unit. For ages 6 and up.

- YMCA-RANCHO FAMILY BRANCH.....858-484-8788**
 9410 Fairgrove Ln., San Diego CA 92129
 Pee Wee sports programs ages 3-7. Gymnastics ages 2-14. Summer day camps ages 3-14. Swim lessons May-Aug ages 2-12.
- YMCA-SOUTH BAY FAMILY.....619-421-8805**
 1201 Paseo Magda, Chula Vista CA 91910
 Health and fitness, aquatics, camping, family childcare, community development, sports, teens.
- YMC-YOUTH LITERACY PROGRAM.....619-232-7451**
 500 W. Broadway, #B, San Diego CA 92101
 The youth literacy program matches students with volunteer tutors on a one-to-one basis. Our goal is to aid in areas that pertain specifically to literacy, ages 5 to 15. Free of charge.

SOCIAL ACTIVITIES

- A TOUCH OF COUNTRY VACATIONS**800-920-4473
www.atouchofcountryvac.net
PO Box 158, Ramona CA 92065
Quality vacations/retreats for persons with developmental disabilities.
Ambulatory/Nonambulatory.
- ACCESS TO INDEPENDENCE OF SAN DIEGO**619-293-3500
www.a2isd.org
1295 University Ave., #10, San Diego CA 92103
Formerly Access Center, provides various resources and social activities.
- ACCESSIBLE SAN DIEGO**858-279-0704
www.asd.travel
2850 6th Ave., #311, San Diego CA 92103
Publishes access guide. Resource Center for seniors, veterans, and individuals with disabilities.
- ADAPTIVE COMPUTER EMPOWERMENT SERVICES**858-244-1226
www.adaptive.org
8525 Gibbs Dr., #100, San Diego CA 92123
Donates computers to low income individuals. Call for an application.
- ARC OF SAN DIEGO**858-715-3780
www.arc-sd.com
9575 Aero Dr., San Diego CA 92123
Provides socialization programs for persons enrolled in Arc programs.
- AREA BOARD 13, OFFICE OF THE SCDD**.....619-645-3000
Self-Advocacy groups held throughout San Diego and Imperial counties.
- BARRIO STATION**619-238-0314
www.barrio-station.org
2175 Newton Ave., San Diego CA 92113
Bilingual services. Counseling and recreational services for Logan Heights youths and their families. Ages 6-24.
- BAYSIDE SETTLEMENT HOUSE**858-278-0771
www.baysidecc.org
Linda Vista Branch. 2202 Comstock St., San Diego CA 92111
Provides social and recreational activities for Linda Vista residents. Serving children through seniors.
- BEST BUDDIES CALIFORNIA**.....619-584-5450
www.bestbuddiescalifornia.org
4007 Camino del Rio So., #211, San Diego CA 92108
Enhancing the lives of people with developmental disabilities by providing opportunities for one-to-one friendships. In San Diego, Best Buddies serves high school students, college students and adults with disabilities 18 and older.

- BLIND REC CENTER**619-298-5021
www.bccsd.gov
 1805 Upas, San Diego CA 92103
 Offers social and resource information for non-sighted individuals.
- CARLSBAD (CITY OF) CARLSBAD REC CTR**.....760-434-2824
 1200 Carlsbad Village Dr, Carlsbad CA 92008
 Provides various social and recreational activities. Call for information.
- CARLSBAD (CITY OF) PARKS & REC**760-602-4685
www.ci.carlsbad.ca.us/recreation/swim
 Community Swim Complex, 3401 Monroe St., Carlsbad CA 92008
 Provides various social and recreational activities. Call for information.
- CASA FAMILIA REC CENTER**619-428-2125
www.infocasafamilia.org
 212 W. Park Ave., San Ysidro CA 92173
 Provides various social and recreational activities. Call for information.
- CHARLES I. CHENEWETH FOUNDATION**619-267-7054
www.cheneweth-foundation.org
 Community Access Program, PO Box 90, 715 V St., National City CA 91951
 Monthly social activities, as well as speech and language scholarships. Various recreational activities, transportation, and supervision provided. Adults.
- CHRISTIAN YOUTH THEATER**.....800-696-1929
www.cyt.org
 1545 Pioneer Way, El Cajon CA 92020
 Provides after-school theatrical experiences for members.
- CHRISTIAN YOUTH THEATER**619-588-0206
 Classes and after-school recreation. Rancho Bernardo, Santa Fe and Carlsbad.
- CHULA VISTA (CITY OF) LOMA VERDE REC CTR**619-691-5081
www.chulavistaca.gov/rec
 1420 Loma Lane, Chula Vista CA 91911
 Aquatic Center. Provides various social and recreational activities. Call for information.
- CHULA VISTA (CITY OF) NORMAN PARK SENIOR CENTER**.....619-691-5086
www.lifeoptionssouthbay.com
 270 F St., Chula Vista CA 91910
 This program offers a variety of activities for individuals from 6 to adult. Fees vary.
 Languages spoken: English/Spanish.
- CHULA VISTA (CITY OF) LEISURE CONNECTION**619-409-5800-OK
www.chulavistaca.gov
 Norman Park Center, 270 F St., Chula Vista, CA 91910
 Conference calling technology to bring fun and informative topics to individuals in the comfort of their own homes.

- CHULA VISTA (CITY OF) REC CENTER PARKWAY POOL.....619-691-5088**
www.chulavistaca.gov/rec
 385 Park Way, Chula Vista CA 91910
 Provides aquatic activities. Call for information.
- CHULA VISTA (CITY OF) REC THERAPEUTICS SECTION619-409-5800**
www.chulavistaca.gov/rec
 270 F St., Chula Vista CA 91910
 Various social activities: arts and crafts, dances, cooking, bowling. Monthly calendar available.
- CORONADO (CITY OF) REC CENTER.....619-522-7342**
www.coronado.ca.us
 1845 Strand Way, Coronado CA 92118
 Provides various social and recreational activities. Call for information.
- CORPORATE HELICOPTERS858-505-5650**
www.corporatehelicopters.com
 3753 John J Montgomery Dr., #2, San Diego CA 92123
 Provides area tours of San Diego. Call for fees.
- DISABLED DRUMMERS ASSOCIATION.....619-596-6770**
www.disableddrummers.org
 Assistance in auditory training through drumming and rhythmic music.
- EDUCATIONAL CULTURAL COMPLEX619-527-5244-OK**
www.sdcity.edu/ecc
 Adaptive arts, ceramics, weight training, aquatics and more.
- EL CAJON (CITY OF) PARKS & REC CENTER.....619-441-1754**
www.ci.el-cajon.ca.us
 200 E. Main, El Cajon CA 92020
 Various recreational activities.
- ENCINITAS (CITY OF) SENIOR CENTER760-943-2260**
www.ci.encinitas.ca.us
 1140 Oak Crest Park Rd., Encinitas, CA 92024
 Community and senior activities.
- ENCINITAS (CITY OF) PARKS & REC760-633-2740**
www.encinitascity.com
 505 S. Vulcan Ave., Encinitas CA 92024
 Plans and administers recreation services for youth, adults and seniors.
- EXCEPTIONAL FAMILY RESOURCE CENTER.....800-281-8252-OK**
www.efrconline.org
 9245 Sky Park Ct., #130, San Diego CA 92123
 Provides a variety of resources for individuals with disabilities including support groups, parent support, sibling support and information on disabilities.

- FRIENDSHIP CIRCLE**858-487-4879-OK
 www.friendshipcirclesd.com
 16934 Chabad Way, Poway CA 92064
- GOING PLACES INC.**.....760-489-2390
 PO Box 300331, Escondido CA 92030
 Offers social activities including dances and day trips. Ages 18 and up. Fee varies.
- HORNBLOWER CRUISES**619-686-8715
 www.hornblower.com
 1066 N. Harbor Dr., San Diego CA 92101
 Harbor cruises, wheelchair accessible. Call for fees.
- I CAN DANCE PROGRAM**.....760-747-9012
 www.dancefxstudio.com
 San Marcos CA. Offers positive social environment, allows students to be interactive, strengthens coordination, encourages self expression through dance. For students with special needs.
- IVEY RANCH PARK**760-722-4839
 www.iveyranch.com
 110 Rancho Del Oro Rd., Oceanside CA 92057
 Offering therapeutic horseback riding, community gardens, operation relief, day care/respite, camp, adaptive aquatics, kayaking, bird aviary, and wheelchair accessible playground.
- JEWISH FAMILY SERVICES OF SAN DIEGO**858-637-3000
 www.jfssd.org
 8804 Balboa Ave., San Diego CA 92123
 Social and Jewishly oriented group for adults (older than 16) with developmental and physical disabilities. Meet others and develop supportive relationships.
- KPBS RADIO READING SERVICE**619-594-8170
 www.radioreadingservice.com
 KBPS 89.5FM, SDSU, 5250 Campanile, San Diego CA 92108
 Provides a link between the visually and physically impaired and the printed page. It keeps listeners informed and entertained through timely, practical and enlightening material. A special radio needs to be ordered through KPBS.
- LA MESA (CITY OF) POOL**619-667-1494
 www.cityoflamesa.com
 5100 Memorial, La Mesa CA 91941
 Swimming class and provides class for individuals with disabilities.
- MUSIC FOR KIDS**858-487-7867
 www.musicforkidsonline.com
 16475 Bernardo Center Dr., San Diego CA 92128
 Group music lessons. Ages 8 months - 10 years.

- NATIONAL CITY (CITY OF) PARKS & REC619-336-4290**
www.ci.national-city.ca.us
 Community Services, 140 E. 12th St., #B, National City CA 91950
 Provides various social, recreational and summer camp opportunities. Call for information.
- NEW DIRECTIONS TRAVEL.....888-967-2841**
www.newdirectionstravel.org
 5276 Hollister Ave., #207, Santa Barbara CA 93111
 Quality vacations for people who have developmental disabilities. Local to international tours.
- PALOMAR COLLEGE, DISABILITY RESOURCE CTR760-744-1150 EXT. 2375**
www.palomar.edu - click on "DRC"
 1140 W. Mission Rd., San Marcos CA 92078
 Spring: Beach Camp Out
 Fall: Ski trip activities, fundraising and fun. Ages 128 and up. Must be a Palomar College student.
- PARTNERSHIPS WITH INDUSTRY760-941-7534**
www.pwiworks.org
 4059 Oceanside Blvd., #B, Oceanside CA 92056
 Consumer Advocacy Training Session
 A social group of individuals who meet monthly in the community to discuss issues relating to work, home, or leisure activities. Meet quarterly. \$2 donation.
- PARTNERSHIPS WITH INDUSTRY760-941-7534**
www.pwiworks.org
 4059 Oceanside Blvd., #B, Oceanside CA 92056
 Job Retention Skills
 A social group of individuals who meet monthly to discuss issues pertaining to having or keeping a challenging job.
- PARTNERSHIPS WITH INDUSTRY SOCIAL EVENT.....619-681-1999 OR 760-941-7534**
www.pwiworks.org
 7540 Metropolitan Dr., #105, San Diego CA 92108
 Monthly social and recreational activities. Call for dates, times and fees.
- POWAY (CITY OF) COMMUNITY SERVICES858-679-4343**
www.ci.poway.ca.us
 Young Adult Club, 13325 Civic Ct., Poway CA 92064
 Plans and administers recreation services for ages 16 and older. Call for registration, times, and location. Services offered to persons with special needs include bowling, socialization, and communication.
- POWAY (CITY OF) COMMUNITY SERVICES858-668-4570**
www.ci.poway.ca.us
 PO Box 789, Poway CA 92074-0789
 Provides social and recreational opportunities. Snacks and beverages provided. Offers programs for all ages.

- POWAY (CITY OF) POWAY SENIOR CENTER858-748-6094**
 www.ci.poway.ca.us
 13094 Civic Center Dr., Poway CA 92064
 Elder help provided. Dancing, TiChi, yoga, bingo, art classes.
- RAY & JOAN KROC CORP COMMUNITY CTR/SALVATION ARMY.....619-287-5762**
 www.kroccenter.org
 6845 University Ave., San Diego CA 92115
 Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.
- READ SAN DIEGO ADULT LITERACY619-527-5475**
 www.readsandiego.org
 Malcolm X Library, 5148 Market St., San Diego CA 92114
 Assessment and one-on-one tutors to promote literacy.
- ST. MADELEINE SOPHIE'S CENTER.....619-442-2033**
 2119 Madison Ave., El Cajon CA 92019
 Social and recreational activities and aquatics Feb-Nov. Call for information.
- SAN DIEGO (CITY OF) ADAMS REC CENTER619-235-1149**
 www.sandiego.gov/park-and-recreation/centers
 3491 Adams Ave., San Diego CA 92116
 provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) ALLIED GARDENS REC CTR619-235-1129**
 www.sandiego.gov/park-and-recreation/centers
 5155 Greenbrier Ave., San Diego CA 92120
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) AZALEA REC CTR619-235-1162**
 www.sandiego.gov/park-and-recreation/centers
 2596 Violet, San Diego CA 92105
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) BLACK MTN GYM REC CTR619-538-8128**
 www.sandiego.gov/park-and-recreation/centers
 9353 Oviedo St., San Diego CA 92129
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) CABRILLO REC CTR619-531-1534**
 www.sandiego.gov/park-and-recreation/centers
 3051 Canon St., San Diego CA 92106
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) CADMAN REC CTR858-581-9929**
 www.sandiego.gov/park-and-recreation/centers
 4280 Avati Dr., San Diego CA 92117
 Provides various social and recreational activities. Call for information.

- SAN DIEGO (CITY OF) CANYONSIDE REC CTR619-538-8131**
www.sandiego.gov/park-and-recreation/centers
 12350 Black Mountain, San Diego CA 92129
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) CARMEL MTN/SABRE SPRINGS REC CTR619-538-8100**
www.sandiego.gov/park-and-recreation/centers
 10152 Rancho Carmel Dr., San Diego CA 92128
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) CESAR CHAVEZ REC CTR619-424-0464**
www.sandiego.gov/park-and-recreation/centers
 455 Sycamore Rd., San Diego CA 92173
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) CHOLLAS LAKE REC CTR619-527-7683**
www.sandiego.gov/park-and-recreation/centers
 6350 College Grove Dr., San Diego CA 92115
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) COLINA DEL SOL REC CTR619-235-1144**
www.sandiego.gov/park-and-recreation/centers
 5319 Orange Ave., San Diego CA 92115
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) DELORES MAGDALENA MEMORIAL REC CTR619-235-1125**
www.sandiego.gov/park-and-recreation/centers
 2902 Marcy Ave., San Diego CA 92113
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) DOYLE REC CTR858-581-7170**
www.sandiego.gov/park-and-recreation/centers
 8175 Regents Rd., San Diego CA 92122
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) ENCANTO REC CTR619-527-3411**
www.sandiego.gov/park-and-recreation/centers
 6508 Wunderlin Ave., San Diego CA 92114
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) GOLDEN HILL REC CTR619-235-1138**
www.sandiego.gov/park-and-recreation/centers
 2600 Golf Course, San Diego CA 92102
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) LA JOLLA REC CENTER.....858-552-1658**
www.sandiego.gov/park-and-recreation/centers
 Prospect St., La Jolla CA 92037
 Basketball courts, 3 large children's play areas, picnic facilities, community building and 2 meeting rooms, tennis courts. Serves all ages but focus is from ages 2-10 and seniors.

- SAN DIEGO (CITY OF) LINDA VISTA REC CTR858-573-1392**
www.sandiego.gov/park-and-recreation/centers
 7064 Levant St., San Diego CA 92111
 Offering a variety of sports, arts and crafts, and recreational activities. No fee. Call for a brochure.
- SAN DIEGO (CITY OF) MARTIN LUTHER KING JR REC CTR619-527-3415**
www.sandiego.gov/park-and-recreation/centers
 6401 Skyline Dr., San Diego CA 92114
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) MID-CITY GYM REC CTR619-516-3082**
www.sandiego.gov/park-and-recreation/centers
 4302 Landis St., San Diego CA 92105
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) MIRA MESA REC CTR858-538-8122**
www.sandiego.gov/park-and-recreation/centers
 8575 New Salem St., San Diego CA 92126
 Offering a variety of sports, arts and crafts, and recreational activities. Call for a brochure.
 Languages spoken: English, Spanish, Chinese, Vietnamese.
- SAN DIEGO (CITY OF) MONTGOMERY WALLER REC CTR619-424-0466**
www.sandiego.gov/park-and-recreation/centers
 3020 Coronado Ave., San Diego CA 92154
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) MOUNTAIN VIEW COMMUNITY CTR619-527-3417**
www.sandiego.gov/park-and-recreation/centers
 641 S. Boundary St., San Diego CA 92113
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) NO. CLAIREMONT REC CTR858-581-9926**
www.sandiego.gov/park-and-recreation/centers
 4421 Bannock Ave., San Diego CA 92117
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) NORTH PARK REC CTR619-235-1152**
www.sandiego.gov/park-and-recreation/centers
 4044 Idaho St., San Diego CA 92104
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) OCEAN BEACH REC CTR619-531-1527**
www.sandiego.gov/park-and-recreation/centers
 4726 Santa Monica Ave., San Diego CA 92107
 Provides various social, recreational activities and summer camp opportunities. Call for information.

- SAN DIEGO (CITY OF) PACIFIC BEACH REC CTR858-581-9927**
www.sandiego.gov/park-and-recreation/centers
 1405 Diamond St., San Diego CA 92109
 Multipurpose municipal park and recreation facility for residents of the City of San Diego. Ages 2-90. Fees vary.
- SAN DIEGO (CITY OF) PARADISE HILLS REC CTR619-527-3419**
www.sandiego.gov/park-and-recreation/centers
 6610 Potomac St., San Diego CA 92139
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) PENN ATHLETIC REC CTR.....619-527-3458**
www.sandiego.gov/park-and-recreation/centers
 2555 Duck Dr., San Diego CA 92139
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) PRESIDIO REC CTR.....619-692-4918**
www.sandiego.gov/park-and-recreation/centers
 2811 Jackson St., San Diego CA 92110
 Provides various social and recreational activities. Call for information.
 Located in Old Town.
- SAN DIEGO (CITY OF) RANCHO BERNARDO COMMUNITY CTR.....858-538-8129**
www.sandiego.gov/park-and-recreation/centers
 18448 W. Bernardo Dr., San Diego CA 92127
 A variety of activities including sports, camps, arts and crafts. Cost varies. Ages are 3 to adult. Program hours are from 12pm-9pm.
- SAN DIEGO (CITY OF) ROBB FIELD REC CTR619-531-1563**
www.sandiego.gov/park-and-recreation/centers
 2525 Bacon St., San Diego CA 92107
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) SAN CARLOS REC CTR619-527-3443**
www.sandiego.gov/park-and-recreation/centers
 6445 Lake Badin Ave., San Diego CA 92119
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) SAN YSIDRO REC CTR.....619-424-0472**
www.sandiego.gov/park-and-recreation/centers
 179 Diza Rd., San Diego CA 92173
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) SANTA CLARA POINT REC CTR.....858-581-9928**
www.sandiego.gov/park-and-recreation/centers
 1008 Santa Clara Pl., San Diego CA 92109
 Provides various social and recreational activities. Call for information.

- SAN DIEGO (CITY OF) SERRA MESA REC CTR.....858-573-1408**
www.sandiego.gov/park-and-recreation/centers
 9020 Village Glen Dr., San Diego CA 92123
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) SILVERWING REC CENTER.....619-424-0465**
www.sandiego.gov/park-and-recreation/centers
 3737 Arey Dr., San Diego CA 92154
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) SKYLINE REC CENTER.....619-527-3486**
www.sandiego.gov/park-and-recreation/centers
 8285 Skyline Dr., San Diego CA 92114
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) SOUTH BAY REC CTR619-424-0470**
www.sandiego.gov/park-and-recreation/centers
 1885 Coronado Ave., San Diego CA 92154
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) SO. CLAIREMONT REC CTR858-581-9924**
www.sandiego.gov/park-and-recreation/centers
 3605 Clairemont Dr., San Diego CA 92117
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) SOUTHCREST REC CTR619-527-3413**
www.sandiego.gov/park-and-recreation/centers
 4149 Newton Dr., San Diego CA 92113
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) STANDLEY REC CENTER.....858-552-1652**
www.sandiego.gov/park-and-recreation/centers
 3585 Governor Dr., San Diego CA 92122
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) STOCKTON REC CENTER.....619-235-1163**
www.sandiego.gov/park-and-recreation/centers
 330 32nd St., San Diego CA 92102
 Provides various social and recreational activities. Call for information.
- SAN DIEGO (CITY OF) TECOLOTE REC CENTER858-581-9930**
www.sandiego.gov/park-and-recreation/centers
 4675 Tecolote Rd., San Diego CA 92110
 Provides various social and recreational activities. Call for information.

- SAN DIEGO (CITY OF) THERAPEUTIC SERVICES PROGRAM**619-525-8248/TDD: 619-525-8249
 www.sdcity.sannet.gov
 War Memorial Bldg., Balboa Park, 3325 Zoo Dr., San Diego CA 92101
 A city-wide program providing planned recreation experiences for ages 3 and up with any type of disability. Community inclusion opportunities and resource referral.
 Ages 3-12.
- SAN DIEGO (CITY OF) TIERRASANTA REC CTR**858-573-1393
 www.sandiego.gov/park-and-recreation/centers
 11220 Clairemont Mesa Blvd., San Diego CA 92124
 Provides various social and recreational activities. Pool. Call for information.
- SAN DIEGO (CITY OF) WILLIE HENDERSON SPORTS COMPLEX**.....619-527-3407
 www.sandiego.gov/park-and-recreation/centers
 1035 So. 45th St., San Diego CA 92113
 Provides various social and recreational activities. Call for information.
- SAN DIEGO COUNCIL ON LITERACY**619-574-1641
 2515 Camino Del Rio So., #125, San Diego CA 92108
 Assessment and one-on-one tutors to promote literacy.
- SAN DIEGO JUNIOR THEATRE**619-239-1311
 1650 El Prado, #208, San Diego CA 92101
 Performing Arts.
- SAN DIEGO REGIONAL CENTER, COMMUNITY SERVICES**.....858-576-2966
 www.sdrc.org
 4355 Ruffin Rd., #104, San Diego CA 92123
 Provides a variety of resources for individuals with disabilities, including fishing license.
- SAN DIEGO REGIONAL CENTER, P.E.E.R. GROUP**.....619-596-1000
 www.sdrc.org
 Santee Office: 8760 Cuyamaca St., #100, Santee CA 92071
 Self-directed social group for adults with developmental disabilities.
- SAN MARCOS (CITY OF) COMMUNITY SERVICES**760-744-9000-OK
 www.san-marcos.net
 3 Civic Center Dr., San Marcos CA 92078
 Pool, swim lessons, nature center, hikes, senior center, two swimming pools.
- SUNDIAL SPECIAL VACATIONS, INC.**800-547-9198 OR 503-738-3324
 2609 Hwy 101, N., #103, Seaside OR 97138
 Supervised vacations for developmentally disabled adults to various destinations. About two trips per month.

- SUSIE D'AGOSTINO, DANCE INSTRUCTOR**619-466-4081
 San Diego Therapeutic Recreation Services
 10152 Rancho Carmel Dr., San Diego CA
 Dance instruction and team rehearsal. High energy music. Weekly classes. \$5/class, Ages 16+. 5pm-7pm Sat; 4:45pm-6:15pm Tues; 7pm-9pm Fri. Line dancing. Dances are also held in Escondido.
- TRIPS, INC. SPECIAL ADVENTURES**800-686-1013
 www.tripsinc.com
 PO Box 10885, Eugene OR 97440
 Provides all-inclusive vacation packages for people with intellectual and developmental disabilities.
- UNITED CEREBRAL PALSY, AQUATICS PROGRAM**858-571-7803
 8525 Gibbs Dr., 3100, San Diego CA 92123
- UNITED CEREBRAL PALSY, YOUTH GROUP/SIBLINGS**858-571-7803
 8525 Gibbs Dr., #100, San Diego CA 92123
 Youth group meets 6x/year on Friday or Saturday night. Ages 15-25.
- UNITED CEREBRAL PALSY ASSOCIATION**858-278-5420
 San Diego Assistive Technology Center
 6153 Fairmount Ave., 3150, San Diego CA 92120
 Variety of software. Can utilize lab for appropriate applications. Speech and Augmentative assessments available.
- UNITED CEREBRAL PALSY ASSOCIATION**858-571-7803
 Project Success, 8525 Gibbs Dr., #100, San Diego CA 92123
 A community service program that engages middle and high school ages youth in planning and implementing local service projects. Ages 12-22. No fee. The group meets weekly and/or biweekly at various sites throughout San Diego.
- YMCA-BORDER VIEW BRANCH**619-428-1168
 3085 Beyer Blvd., #A-103, San Diego CA 92154
 Provides a variety of services including: community education programs, groups and workshops, arts and crafts classes, youth groups, and special interest groups.
 No age limitations.
- YMCA-EAST COUNTY FAMILY**619-464-1323
 8881 Dallas St., La Mesa CA 91942
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA-JACKIE ROBINSON**619-264-0144
 151 YMCA Way, San Diego CA 92102
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.

- YMCA-LA JOLLA BRANCH.....858-453-3483**
 8355 Cliffridge Ave., La Jolla CA 92037
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA-MID-CITY COPLEY FAMILY619-283-2251**
 3901 Landis, San Diego, CA 92105
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA-MISSION VALLEY619-298-3576**
 7610 Hazard Center, San Diego CA 92108
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA-MISSION VALLEY FAMILY.....619-298-3576**
 5505 Friars, San Diego CA 92110
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA-MOTTINO760-758-0808**
 4701 Mesa Dr., Oceanside CA 92056
 Provides a variety of social programs and supports for individuals and families with special needs. Call for information.
- YMCA-SOUTH BAY FAMILY.....619-421-8805**
 1201 Paseo Magda, Chula Vista CA 91910
 Recreation and childcare activities. Programs in aquatics, gymnastics, childcare, youth sports, fitness and camps. Ages 5-17 and Adult Fitness. Fees vary. Languages spoken: English and Spanish.

SPORTS

- A STABLE PLACE**858-414-1477
www.astableplace.org
14781 Pomerado Road, PMB 196, Poway CA 92064
Riding lessons and experiences for children who wish to learn to ride and wish to establish relationships with horses, ages 3 to 18. Fee-sliding scale. Tuesday through Sunday times vary.
- AN AQUATIC EXPERIENCE**.....760-529-2488
Swimming lessons and water safety.
- AQUA PROS SWIM SCHOOL**619-209-2990
2 months to adults swim lessons.
- AMERICA'S YOUTH KARATE**619-282-3066
www.ayop.org
The Salvation Army, Clairemont
- AYSO SAN DIEGO COUNTY YOUTH SOCCER**858-566-2040
For children with disabilities age 5 and up. Teams all over San Diego County.
- AYSO SAN MARCOS YOUTH SOCCER**760-310-5814
www.sanmarcosaysso.org
Call for information on leagues in North County area.
- BOYS & GIRLS CLUB**619-209-2990
Aquatic programs. Adult lap swim, family swim, water aerobics and swim lessons.
- BULLET-CEREBRAL PALSY SPORTS ASSN**858-571-7803
www.ucpsd.org
6153 Fairmount Ave., Suite 150, San Diego CA 92120
Competitive swim opportunities for people who are physically challenged.
- CHALLENGE CENTER**.....619-667-8644
5540 Lake Park Way, La Mesa CA 91942-1607
Physical therapy for people who are physically challenged. Sliding fees.
- CHALLENGER FOOTBALL & CHEERLEADING/VISTA
POP WARNER & CHEERLEADING**760-586-1140
www.vistapopwarner.com or www.sdpw.net - San Dieguito.
- CHALLENGER DIVISION OF LITTLE LEAGUE INC**
Shawn Homan, Oceanside 760-945-2398
Rena Bospflug, Sweetwater 619-426-1388
Mary Grace, Coronado 619-435-3674
Steve Manley, Balboa 858-693-0716
Deb Murray, Chollas Lake 858-748-6783
John Mojica, Escondido 760-781-1375
This is a division of Little League for children with any physical and/or mental disabilities ages 5-18. Approximately \$40. Saturday mornings late March-June.

- CITY BEACHES LIFEGUARD SERVICES619-221-8899**
 Beach access for individuals in wheelchairs. Ocean Beach to La Jolla. Reserve a beach wheelchair free. Big wheels allow access through the sand and the water. Any age.
- CITY OF LA MESA, COMMUNITY SERVICES619-667-1333/619-667-1495**
 www.cityoflamesa.com
 4975 Memorial Dr., La Mesa CA 91941
 Offering a wide variety of recreational instructional and aquatic classes. Instructional- Dance, Gymnastics, Art, Tennis, Karate and more. Aquatics-Lessons for preschool age through adult. Adult lap swim, water exercise and Adaptive Aquatics. Fee ranges from \$18 to \$100.
- DEPARTMENT OF FISH & GAME858-576-2966**
 San Diego Regional Center, Community Services
 4355 Ruffin Road, Suite 104, San Diego CA 92123
 Free fishing license.
- DREAM RIDER EQUESTRIAN THERAPY619-445-2576**
 5443 Anderson Road, Alpine CA 91901
 Provides therapeutic horseback riding for persons with disabilities.
- EASTER SEALS OF SOUTHERN CALIFORNIA760-737-3990**
 www.essc.org
 North San Diego County Services, 1035 E. Valley Pkwy, Escondido CA 92025
 Aquatic training. Camp.
- EASTER SEALS OF SOUTHERN CALIFORNIA760-737-3990**
 1035 E. Valley Pkwy, Escondido CA 92025
 Adaptive aquatic "Learn to Swim" program; "Parent and Me" Infant/Toddler Water Adjustment Program. Ages 9 months - 15 years.
- EDUCATIONAL CULTURAL COMPLEX.....619-527-5244**
 Adaptive arts, ceramics, weight training, aquatics and more.
- ESCONDIDO CONTINENTAL LITTLE LEAGUE**
 Challenger Baseball League, PO Box 2602, Escondido CA 92033
 Erlene Coffey 760-741-0147
 Linda Holibonich 760-740-9280
- ESCONDIDO KUNG FU & TAI CHI.....760-745-4060**
 2435 E. Valley Parkway, Escondido CA 92027
 Training in Karate and Tai Chi.
- ESCONDIDO YOGA760-745-4060**
 2435 E. Valley Parkway, Escondido CA 92027
 Training in Yoga.
- FAMILY KARATE.....858-270-8636**
 2138 Balfour Ct., San Diego CA 92109
 Sites include: 410 W. Felicia Ave., Escondido CA 92025 and 12798 Rancho Penasquitos Blvd., San Diego CA 92129
 Martial Arts classes adapted to individual abilities, any age.

- FITNESS CLINIC FOR INDIVIDUALS WITH DISABILITIES**619-594-1917
www.sdsufitnessclinic.org
 SDSU Dept. of Exercise and Nutritional Sciences, San Diego CA 92182
 Fitness program for individuals of all ages to help fitness, motor and activities of daily living skills, ages 11 to 87. Three sessions per year. Seven different times per session.
- GROSSMONT COLLEGE ADAPTED AEROBIC CLASS**619-644-7000
 Disabled Student Services, 8800 Grossmont College Dr., El Cajon CA 92020
 School enrollment necessary. Adaptive equipment and training provided.
 Call for schedule.
- GROSSMONT HOSPITAL**619-740-6000
 Grossmont Recreation Therapy, 5555 Grossmont Center Dr., La Mesa CA 91941
 Various activities including Gentle Fitness, Arthritis Aquatic Program, Support Groups, Aquacise, Adaptive Aquatics Program, SPLASH and Adaptive Golf Clinic. Various age groups. Including program for stroke survivors and family members.
- H&M LANDING**.....619-222-1144
 2803 Emerson St., San Diego CA 92106
 Fishing: ? day fishing; 3/4 day fishing. Call for fees.
- HEARTLAND SWIM ASSN**619-593-9252
www.heartlandswim.org
 152 W. Park Ave., El Cajon CA 92021
 Provides aquatic training and swim lessons in East County.
- HELEN WOODWARD ANIMAL CENTER**858-756-4117
www.animalcenter.org
 PO Box 64, 6461 El Apaso Rd., Rancho Santa Fe CA
 Horseback riding. Ages 4+. Weekly lessons.
- HORSEMANSHIP FOR THE HANDICAPPED**619-441-7868
 10400 Russell Rd., Mt. Helix, La Mesa CA 91941
 A rehabilitation and therapy program Saturdays from 8am-11am.
- ICEOPLEX**.....760-489-5550
www.iceoplex.com
 555 North Tulip St., Escondido CA 92025
 Once a month on the first Friday from 3:45pm to 5:15pm. Kids skate free.
- KILMER'S SWIM TIME**760-745-9600
www.kilmersswimtime.com
 Personalized swim instruction; all ages and swim levels.
- LIGHTNING CHALLENGER SOCCER**760-632-6966
www.lightningsoccerclub.com
 Children with special needs ages 5-18.

- MIRACLE LEAGUE OF SAN DIEGO (THE)**858-354-0204
www.miracleleagueofsandiego.org
 Baseball league for children with mental and/or physical challenges. Games are played at the Miracle Field at San Dieguito Regional Park.
- MISSION BAY AQUATIC CENTER**858-488-1036
www.missionbayaquaticcenter.com
 1001 Santa Clara Pt., San Diego CA 92109
 Rentals of boats, surfboards, and various aquatic recreational equipment. Call for fees.
- MISSION BEACH PLUNGE**.....858-488-3110
www.wavehouse.com
 3115 Ocean Front Walk, San Diego CA 92109
 Mission Bay Aquatics adaptive swim program. Lift for wheelchairs available.
- MURRAY CALLAN SWIM SCHOOLS**.....858-273-7946
 1012 Law St., Pacific Beach CA 92109
 Swim lessons. Call for fees and schedules.
- NATIONAL JR BASKETBALL LEAGUE**760-751-9667
 Boys and Girls; Dec-March. Escondido area.
- POOL PALS**619-298-1981
www.sd-autism.org
 Adaptive swim lessons. Monthly family pool and pizza parties.
- POWAY GYMNASTICS**.....858-748-1716
www.powaygymnastics.com
 12850 Brookprinter Pl., Poway CA 92064
 Gymnastic classes. Call for fees and schedules.
- POWAY YOUTH BASKETBALL LEAGUE**FAX 858-486-1698
 Learn basic basketball skills.
- RAY & JOAN KROC CORP CMTY CTR/SALV ARMY**619-287-5762
 6845 University Ave., San Diego CA 92115
 Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.
- REINS**760-731-9168
www.reinsprogram.org
 PO Box 1283, Bonsall CA 92003
 Therapeutic horseback riding. Ages 2+. \$80/monthly cost. M-Sat. 9am-5pm
- SAN DIEGO ADAPTIVE SPORTS FOUNDATION**.....619-336-4806
www.sdasf.org
 Year round sports teams and tournaments and camps.

- SKY SAILING AT WARNER SPRINGS**760-782-0404
www.skysailing.com
 31930 Hwy 79, Warner Springs CA 92086
 Scenic sailplane rides for one to two persons. Introductory lessons. Fee: \$75-\$129 one person; \$98-1\$178 two persons.
- SOUTHWESTERN COLLEGE**619-421-6700
 900 Otay Lakes Rd., Chula Vista CA 91910
 Volleyball.
- SPECIAL OLYMPICS, SAN DIEGO COUNTY**619-283-6100
www.specialolympicssandiego.com
 10977 San Diego Mission Rd., San Diego CA 92108
 Offers a wide variety of sports. Ages 8 and up. Year round.
- SPECIAL OLYMPICS, NORTH COUNTY**760-941-7272
www.specialolympicssandiego.com
 669 E. Vista Way, Vista CA 92084
 Offering a wide variety of sports year round, ages 8 and up.
- SPORTS BUDDY PROGRAM**
 Northern area 760-763-0868
 Mainside area 760-725-5363
 For children with special needs who would like to participate in Camp Pendleton Youth Sports & Recreation programs. Contact EFMP coordinators.
- SPORTS FOR EXCEPTIONAL ATHLETES**858-565-7432
www.s4ea.org
 A new sports program servicing athletes with developmental disabilities ages 5 to adult in San Diego County. Multiple sports offered throughout the year.
- STAR/PAL**619-531-2718
www.starpal.org
 Sports training, academics and recreation/police athletic league.
- ST MADELEINE SOPHIE'S CTR AQUATIC TRAINING CTR**619-442-1919
 Aquatic classes for children and adults of all ages and abilities. Year round program. Private, group. Waiting list for swimming lessons. M-F public swim 11:30am-12:30pm. Aquatic exercise for arthritis Tues and Thurs 10:30am-11:30am.
- SUSIE D'AGOSTINO DANCE INSTRUCTION**619-466-4081
 10152 Rancho Carmel Dr., San Diego CA
 Dance instruction and socialization. Ages 16+. \$5/person. Sat: 5pm-7pm. Also country line dance lessons every Tues: 4:45pm-6:15pm. Dances are also held in Escondido.
- SWIMMING-ALLIED GARDENS**619-235-1129
 6707 Glenroy, San Diego CA 92120
 Swim lessons. Call for schedules and fees.

- SWIMMING-BALBOA PARK619-692-4920**
 Bud Kearns Memorial, 2229 Morley Field Dr., San Diego CA 92104
 Swim lessons. Call for schedules and fees.
- SWIMMING-CARMEL VALLEY858-552-1623**
 3777 Townsgate Dr., San Diego CA 92130
 Swim lessons. Call for schedules and fees.
- SWIMMING-CITY HEIGHTS619-641-6126**
 4380 Landis, San Diego CA 92105
 Swim lessons. Call for schedules and fees.
- SWIMMING-CLAIREMONT858-581-9923**
 3600 Clairemont Dr., San Diego CA 92117
 Swim lessons. Call for schedules and fees.
- SWIMMING-EL CERRITO/COLINA DEL SOL.....619-235-1147**
 4150 54th Pl., San Diego CA 92115
 Swim lessons. Call for schedules and fees.
- SWIMMING-ENCANTO.....619-262-9388**
 Martin Luther King Jr Memorial Park, 6400 Skyline Dr., San Diego CA 92114
 Swim lessons. Call for schedules and fees.
- SWIMMING-KEARNY MESA.....858-573-1389**
 3170 Armstrong, San Diego CA 92111
 Swim lessons. Call for schedules and fees.
- SWIMMING-SAN YSIDRO-VISTA TERRACE619-424-0469**
 301 Athey Ave., San Ysidro CA 92173-1415
 Swim Lessons. Call for schedules and fees.
- SWIMMING-TIERRASANTA858-636-4837**
 11238 Clairemont Mesa Blvd., San Diego CA 92124
 Swim lessons. Call for schedules and fees.
- SWIMMING-UNIVERSITY CITY858-552-1653**
 Swanson Memorial, 3585 Governor Dr., San Diego CA 92122
 Swim lessons. Call for schedules and fees.
- SWIMMING-PRIVATE LESSONS619-743-2693**
 American Red Cross certified swim instructor provides lessons from her home during the summer Saturdays and Sundays for children ages 3 and up. All abilities.
- SWIMMING-PRIVATE LESSONS619-743-2693**
 12609 Cijon St., San Diego CA 92129
 Private residence, adult American Red Cross certified water safety instructor, 9 years experience, will train special needs children to swim. Call for more information.

- TEACH: THERAPEUTIC EQUESTRIAN ACTIVITY CENTER
FOR THE HANDICAPPED.....619-596-2025**
 PO Box 1428, Lakeside CA 92040
 Therapeutic horseback riding lessons. Weekday afternoons and Saturdays.
- UCSD AQUATICS PROGRAM858-534-6034**
 9500 Gilman Dr., La Jolla CA 92093
 Adaptive aquatic programs for physically challenged. Call for more information.
- UCP ASSN OF SAN DIEGO AQUATICS PROGRAM.....858-571-7803**
 www.ucpsd.org
 8525 Gibbs Dr., #100, San Diego CA 92123
 Intermediate and Elite level training program for adults and children (6+ years) with physical disabilities.
- YMCA--PENINSULA FAMILY BRANCH619-226-8888**
 www.ymca.org
 4390 Valeta St., San Diego CA 92107
 Youth sports program for children ages 3-15. Cost: \$55 to \$78. Language: English/Spanish
- YOGA FOR THE SPECIAL CHILD760-443-8096**
 609 S. Vulcan, Encinitas CA 92024
 Therapeutic recreational approach for infants and children with developmental disabilities.
- WINNER CIRCLE EQUESTRIAN THERAPY619-475-9056**
 www.winnercircleequestriantherapy.com
 2974 Equitation Lane, Bonita CA 91902
 Provides therapeutic horseback riding for persons with disabilities.

TRANSPORTATION

- 5-1-1**511
www.511sd.com
511 is a free phone and Web service that consolidates the San Diego region's transportation information into a one-stop resource. 511 provides up-to-the-minute information on traffic conditions, incidents and driving times, schedule, route and fare information for San Diego public transportation services, carpool and vanpool referrals, bicycling information and more.
- AIM**760-337-8002
ADA Paratransit services in Imperial County.
- AIR CARE ALLIANCE**800-296-1217
Provides information and resources for free tickets or reduced rate tickets for persons with disabilities on all airlines.
- ANGEL FLIGHT**310-390-2958
3237 Donald Douglas Loop South, Santa Monica, CA 90405-3213
Free air transportation on a private aircraft for needy people with health care problems.
- BAYSIDE SETTLEMENT**858-278-0771
www.baysideecc.org
Transportation for seniors.
- BLUE SHIELD TRANSPORTATION**888-800-2742
For persons 65+ insured by Blue Cross.
- CALIFORNIA PARATRANSIT SERVICES, INC**619-231-9657
Transportation services for the ambulatory, handicapped and senior citizens.
- CARE-A-VAN**800-326-2450/760-729-5199
Serving all of North County, accepts Medi-Cal for medical appointments.
- CARING NEIGHBORS-LUTHERAN SOCIAL SERVICES**619-476-7055
Provides free transportation twice a month to seniors or disabled, who meet income requirement and live in South Bay. The trips are for medical purposes and necessary errands.
- CHULA VISTA TRANSIT (CVT)**619-233-3004
Call for information.
- CLOUD 9 SHUTTLE**800-974-8885
Service to and from the airport.
- COASTER**800-262-7837
Coaster Express Rail line. Services Oceanside, Carlsbad, Encinitas, Solana Beach, Sorrento Valley, Old Town and San Diego.

COLLEGE AVENUE SENIOR CENTER	619-583-3300
Fridays 10am-3pm. Uses: medical, banking, shopping (3 hour minimum: \$3 donation requested for a roundtrip). Downtown, Hillcrest, Mid-City, Casa de Oro, Grossmont, some La Mesa, Parkway Plaza, edge of Mission Valley.	
COUNTY TRANSIT SYSTEM (CTS)	619-233-3004
East San Diego County.	
CULTURE CARAVAN	760-724-3154
Recreational trip. Cost varies depending on excursion.	
DISCOUNTED CABS FOR SENIORS	
Yellow Cab 619-234-6161	
JOAN'S JOURNEY	619-889-0103
Transportation provided for shopping, doctor's visits, errands, etc. Central San Diego, North County, Beaches.	
LIDLAW TRANSPORTATION	619-440-1215
LEMON GROVE SHUTTLE	619-233-3004
LIFELINE/LIFT	760-726-1111
Paratransit provider for the North County area.	
MTS	888-517-9627
ADA transportation for Central San Diego Zone (City of San Diego)	
NATIONAL PATIENT AIR TRANSPORT	800-296-1217
4620 Haygood Rd., #1, Virginia Beach VA 23455 Provides medical transport for medically fragile.	
NO VACANCY	760-471-5346
NORTHEAST RURAL	800-858-0291
NORTH COUNTY TRANSIT DISTRICT (NCTD)	800-266-6883
Carpool, public bus and trolley information.	
PENINSULA SHEPARD	619-223-1640
Provides transportation to individuals who reside in the zip codes 92106, 92107 and part of 92110. \$4.50 donation.	
POWAY TRANSIT	858-748-8152
REGIONAL TRANSIT INFORMATION	800-COMMUTE
www.sdcommute.com	
SOUTHEAST RURAL	800-858-0291

- WHEELCHAIR GETAWAYS, INC800-474-4883/619-474-4883
Rental vans for wheelchair users.
- WHEELERS WEST.....800-456-1371
State-of-the-art mini-van rentals.

BOOKS ABOUT ACTIVITIES IN SAN DIEGO

ISBN#

ACCESS SAN DIEGO, 4TH EDITION.....	006077259X
Richard Saul Wurman, Collins, 2006	
ACCESS IN SAN DIEGO GUIDE.....	WWW.ASD.TRAVEL
XVI Edition, Accessible San Diego, 2007	
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CAMPER'S GUIDE TO SAN DIEGO COUNTY CAMPGROUNDS.....	0962040266
Leander and Rosalie Peik, Peik's Enterprises, 1992	
DAY OUTINGS FROM SAN DIEGO ON A TANK OF GAS	0964018500
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Leander and Rosalie Peik, Peik's Enterprises, 1992	
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Marael Johnson, Fielding Worldwide, Inc., 1995	
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HAPPENINGS IN SAN DIEGO COUNTY	0910390347
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Ellen Clark and Ray Riegert, Ulysses Press, 2005

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**LOBSTER KIDS' GUIDE TO EXPLORING SAN DIEGO
(KIDS CITY EXPLORER SERIES)**1894222520
Dina Jo Madruga and Christine Battuz, Lobster Press, 2002

MORE ADVENTURES WITH KIDS IN SAN DIEGO0932653456
Judy Botello, Sunbelt Publications, 2001

OUTDOORS SAN DIEGO: HIKING, BIKING AND CAMPING1928905048
Tom Leech and Jack Farnan, Premier Publishing, 2004

SAN DIEGO FAMILY MAGAZINE.....WWW.SANDIEGOFAMILY.COM

SAN DIEGO PARENTWWW.PARENTHOOD.COM

SECRET SITES OF HISTORIC TRIVIA IN SAN DIEGO0910390444
William Carroll, Coda Publications, 1995

WALKER'S GUIDEBOOK TO ALL SAN DIEGO (A)0910390479
William Carroll, Coda Publications, 1997

**WALKING IN SAN DIEGO: WHERE TO GO
TO GET AWAY FROM IT ALL**0898866928
L. Hewitt and B. Moore, The Mountaineers Book, 2000



**SAN DIEGO
REGIONAL CENTER**

Serving Individuals with Developmental Disabilities
in San Diego and Imperial Counties

4355 Ruffin Road, Suite 200, San Diego, CA 92123-1648
Voice – 858/576-2996 • FAX – 858/576-2873
www.sdrcc.org