

# flourishing families

2016

925+

Resources for Families  
with Special Needs

A photograph of two young girls with long brown hair, smiling and hugging each other outdoors. The girl in the foreground is wearing a pink t-shirt with a colorful geometric pattern. The girl behind her is wearing a blue long-sleeved shirt. They are standing in front of a blurred green background, likely a park or field.

## Happy Homes

- Supporting and Caring for Siblings
- DIY Sensory Play Spaces



**think  
play  
create**

the new  
children's  
museum™

**Engaging and sensory  
exploration for all children**

200 West Island Avenue, Downtown San Diego  
[thinkplaycreate.org](http://thinkplaycreate.org)

**North County Gymnastics and the Gymninny Kids**

Classes are designed to help children 15 months and up, including those with high-functioning disabilities, experience gymnastics in a fun and positive environment. Class ratio is no more than five kids per instructor.  
17022 Camino San Bernardo SD, 92127  
858-451-0204  
[www.gymninnykids.com](http://www.gymninnykids.com)

**PACT (Positive Action Community Theatre)**

Theater and dance programs designed to empower kids with special needs through performance.  
**Dance North County**  
535 Encinitas Blvd. #101 Encinitas, CA 92024  
760-815-8512  
[www.pacthouse.org](http://www.pacthouse.org)

**Poway Youth Basketball League, Challenged Division**

Challenged athletes program for youths with intellectual disabilities. All games will be

played in Meadowbrook Middle School's gym.  
12320 Meadowbrook Ln.  
Poway, CA 92064  
PO Box 502183, SD, 92150  
[www.pybl.com](http://www.pybl.com)

**RE Spectrum Community**

Soccer and recreational activities for San Diego area children with Autism Spectrum Disorders. Committed to building community relationships for those with ASD.  
[www.respectrum.org](http://www.respectrum.org)

**Rise and Shine Christian Choral Program**

The San Diego Chorister Guild's free program for children with developmental or cognitive disabilities 8-18 is open to all children regardless of family church affiliation. Sponsored by the Guild and the Clairemont Lutheran Church, the choir requires parents attend while children learn basic musicianship and vocal training. Group meets at 1 p.m. on Sundays.  
**Clairemont Lutheran Church**  
4271 Clairemont Mesa Blvd.

SD, 92117  
760-807-6359  
[klundeen@hotmail.com](mailto:klundeen@hotmail.com)  
[www.choristersguildsandiego.org](http://www.choristersguildsandiego.org)

**San Diego Chill Hockey League**  
Low-priced, amateur ice hockey league for boys and girls 7-12 with disabilities who are physically able to play but unable to participate in a typical organized league. Ice, equipment, coaching and mentoring provided.  
**UTC Ice Sports Center**  
4545 La Jolla Village Dr.  
SD, 92122  
[www.sandiegochill.org](http://www.sandiegochill.org)

**San Diego Civic Youth Ballet**

Everybody has the opportunity to dance at SDCYB, as they embrace and celebrate the diversity of their students. Ballet for Me! is a classical ballet program specifically designed for children ages 6 to 10 with unique physical needs. Join them in the heart of Balboa Park for class and discover the excellence and creativity that ballet can inspire in every student.  
1650 El Prado, #209  
**Casa del Prado Building, Balboa Park, SD, 92101**  
619-233-3060  
[www.sdcyb.org](http://www.sdcyb.org)

**San Diego Down Syndrome**

Partners with local resources to provide unique recreational activities for families of children with Down Syndrome.  
1736 Tavern Rd.  
Alpine, CA 91901  
619-208-7152  
[www.sandiegodownsyndrome.org](http://www.sandiegodownsyndrome.org)

**San Diego Park and Recreation Dept.**

Therapeutic recreation services. Full range of amazing and inclusive camps and recreational programs for children and adults with special needs.  
619-525-8247  
[kfenick@sandiego.gov](mailto:kfenick@sandiego.gov)  
[jmrichards@sandiego.gov](mailto:jmrichards@sandiego.gov)

**San Diego Soccer Club's TOPSoccer Program**

Any player, ages 4 and up, who possesses a physical or mental

disability which limits their ability to perform at the level of play they have chosen to participate in is eligible for this community-based soccer program.  
**Westview High School Stadium**  
13500 Camino Del Sur  
SD, 92129  
[sdscotopsoccer@gmail.com](mailto:sdscotopsoccer@gmail.com)  
[www.sandiegosoccerclub.org](http://www.sandiegosoccerclub.org)

**Sensory Friendly Films**

Bimonthly films with lowered sound and more light for kids with sensory needs.  
**AMC Mission Valley**  
640 Camino Del Rio N.  
SD, 92108  
**AMC Palm Promenade**  
770 Dennery Rd.  
SD, 92154

**Sensory Story Time at the San Diego Central Library**

Children ages 4-11 who have difficulty in large groups, are on the Autism Spectrum, or experience sensory overload are welcome to this interactive program on the third Saturday of the month. Books, songs, movement and therapeutic activities will provide children with new skills and encourage peer interaction. Call to register as space is limited.  
330 Park Blvd.  
SD, 92101  
619-236-5800  
[www.sdpl.bwcs-hosting.com/cal/main/showEventList.rdo?jsessionid=D5D1072E284D07AAEBCD24C430A884DC](http://www.sdpl.bwcs-hosting.com/cal/main/showEventList.rdo?jsessionid=D5D1072E284D07AAEBCD24C430A884DC)

**Sing, Move and Play Music Academy**

Offers 1:1 piano and group keyboard lessons from certified instructors for children 3-adult. Music can help physical, emotional, intellectual and social development. Try Harmony Road group instruction (18 months to 11 years): an exciting, comprehensive early childhood music program, designed to help children discover the world of music through motivating materials and activities which develop the whole child.  
17197 Patina St., SD, 92127  
858-449-3606  
[www.singmoveandplay.com](http://www.singmoveandplay.com)



12160 Community Rd.  
Poway, CA 92064  
858-848-1AIR (1247)  
www.getairpoway.com  
2755 Dos Aarons Way  
Vista, CA 92081  
760-478-5867  
www.getairvistaca.com

**Grossmont College Adapted  
Aerobic Classes**  
School enrollment necessary.  
Adaptive equipment and training  
provided.  
**Disabled Student Services**  
8800 Grossmont College Dr.  
El Cajon, CA 92020  
Jane Nolan; 619-465-1700 x7112

**Grossmont Recreation Therapy**  
Various activities including gentle  
fitness, arthritis aquatic program,  
aquacize, adaptive aquatics  
program, SPLASH and adaptive  
golf clinic. Including programs  
for stroke survivors and family  
members.  
5555 Grossmont Center Dr.  
La Mesa, CA 91941

**Heart of Sailing San Diego**  
Therapeutic sailing adventures  
for children and adults with  
disabilities.  
**Shelter Island Cove Marina**  
2240 Shelter Island Dr.  
SD, 92106  
Janeane Manker  
www.heartofsailing.org

**I Can Play!**  
(See listing under Infant/Toddler  
Specific)

**Ice Plex Special Skaters Program**  
30-minute class is designed for  
individuals of all ages who would  
like to learn how to ice skate. Skate  
rentals included with class. Coaches  
are available for private lessons.  
555 N. Tulip St.  
Escondido, CA 92025  
760-489-5550  
www.iceplexescondido.com/  
skatingschool/special-skater-  
program

**Include Autism Baseball League**  
Baseball inclusion program  
provides a league experience to  
youth who are diagnosed with  
Autism. It raises Autism awareness  
in the communities located

throughout San Diego County by  
pairing up teams from Include  
Autism with local youth baseball  
players. Promotes a fun, athletic  
experience for all involved. Held  
at Twin Trails Park in Rancho  
Peñasquitos.  
PO Box 720072  
SD, 92172  
858-603-9835  
www.includeautism.org

**InnerDancer Performing Arts**  
Peer and friendship centered  
social interaction and dance  
development program for all  
abilities engaging the individual  
with all abilities first, rather than  
attempting to fit students into a  
one-size-fits-all repertoire. Weekly  
classes and inclusive performance  
opportunities.  
PO Box 373  
Del Mar, CA 92014  
602-502-2743  
www.innerdancers.org

**Jet Blue: Blue Horizons for  
Autism**  
Partnering with Autism Space,  
local organizations, Jet Blue has  
produced a video, "I Can Fly" Social  
Story-book, and yearly family  
events to help those with Autism/  
ASD confront the fears and anxiety  
that can be associated with flying.  
Dedicated line and web link for  
travelers with disabilities.  
800-538-2583  
www.jetblue.com/travel/special-  
needs

**Juan Carlos Organization Zumba  
For All**  
Lisbeth Garces and her team  
provide inclusive Zumba in various  
locations around San Diego.  
Calendar of weekly events.  
619-971-3904  
www.jcorg.org

**Kids Included Together (KIT)**  
(See listing under Inclusion)

**KidVentures**  
Provides a safe, fun and nurturing  
environment for San Diego  
families. Facilities offer the ideal  
setting for children with special  
needs. Staff works with educators,  
occupational therapists and  
child psychologists to provide a  
welcoming place to learn and play.

**4S Ranch**  
10760 Thornmint Rd., SD, 92127  
858-207-6088  
**Eastlake**  
851 Showroom Pl.  
Chula Vista, CA 91914  
619-651-8622  
Liberty Station; 2865 Sims Rd.  
SD, 92106  
www.indoorplaysandiego.com

**Little League: Challenger Division**  
Division of Little League for  
children with any physical or  
mental disability aged 4-18. Use  
the league finder tool to find the  
Challenger division nearest you.  
www.littleleague.org/learn/about/  
divisions/challenger.htm

**Little Miss Wheelchair California**  
Scholarship competition based  
on advocacy, achievement,  
communication and presentation.  
Its purpose is to select the most  
accomplished and articulate young  
lady to represent people living  
with disabilities in the general  
public, business community and  
government.  
www.mswheelchaircalifornia  
foundation.com/Junior-Miss  
mswheelchair2010@yahoo.com

**Miracle Movers Special Needs  
Dance Program, Performing Arts  
Workshop**  
Classes for children with special  
needs 2-8 focusing on creative  
movement therapy, mind body  
connection, spatial awareness  
exercises and dance vocabulary.  
1465 Encinitas Blvd. #A102  
Encinitas, CA 92024  
760-753-2671

**Mountain High Adaptive Ski  
Program**  
Adaptive lessons are 1:1 under  
the supervision of the Mountain  
High Winter Sports School. The  
instructors are PSIA trained  
in adaptive ski techniques to  
serve students with a variety of  
disabilities including the blind,  
deaf, amputees, post-polio, Spina  
Bifida, birth defects, paralysis,  
Cerebral Palsy and cognitive  
disability. Students must be over  
the age of 4, able to "hold head  
upright" through jerking motions  
and must maintain breathing on

their own. Lessons are taught in  
January and February (tentatively  
in March), by reservation only  
and include private instruction,  
lift ticket, adaptive equipment  
and standard ski equipment  
rental. Lesson must be requested  
at least 72 hours in advance to  
ensure equipment and instructor  
availability. Includes fitting of  
equipment.  
760-316-7860  
www.mthigh.com/lessons-rentals/  
lessons/adaptive-lessons

**Murray Callan Swim School**  
Inclusive swim classes based on the  
individual needs of each child.  
1012 Law St.  
SD, 92109  
858-273-7946  
www.murraycallanswimschools  
.com

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**The New Children's Museum**  
Offering a safe, interactive and  
engaging environment in which  
children of all ages and abilities can  
participate in hands-on art-making  
experiences and other sensory  
activities.  
200 West Island Ave.  
SD, 92101  
619-233-8792  
thinkplaycreate.org

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