

Exercise, Fitness and Recreation Resources in Greater Los Angeles Area

	Name of Organization	Address	City	St	Zip	Phone	Website	Cost/Comments
Aquatic Activities	Aquatic Centers of Los Angeles	3401 Riverside Dr.	Los Angeles	CA	90027	(323) 906-7953	www.LAPARKS.org	under 18 free for pool usage. Call for fees for aquatic program.
	Brown Adaptive Aquatic Center, CSUN	18111 Nordhoff St.	Northridge	CA	91330	(818) 677-2182	www.csun.edu	also has non-aquatic exercise programs
	California Aquatic Therapy and Wellness Center	6801 Long Beach Blvd.	Long Beach	CA	90805-2	(310) 537-2224	www.caaquatictherapy.com	1-on-1: \$2/visit and \$85/yr membership fee \$100-\$180/ month; Private lessons \$30-35/30min
	The Claremont Club- Aquatics and Aqua Fit and Ai Chi Classes	1777 Monte Vista Avenue	Claremont	CA	91711	(909) 625-6791	www.claremontclub.com	Adaptive Swim on Saturdays \$3 non-residents
	Urho Saari Swim Stadium Plunge	219 W. Mariposa Ave.	El Segundo	CA	90245	(310) 524-2738		
Art Programs	Arthur Murray Dance Studio	4633 Van Nuys Blvd.	Sherman Oaks	CA	91403	(818) 783-2623	www.arthurmurraythebest.com	\$59/45 min for individual lesson
	Ballet for All Kids	16224 Ventura Blvd	Encino	CA	91416	805-524-5503	www.balletforkids.org	\$75/month: Ages 2 and above.
	CoachArt	3303 Wilshire Blvd Suite 320	Los Angeles	CA	90010	(213) 736-2850	www.coachart.org	Free coaches in arts and sports for children and siblings
	Eshleman Piano Studio	7105 Costello Avenue	Van Nuys	CA	91405	(818) 988-9313	www.eshlemanpiano.com	\$24/30min; \$32/40min; \$48/1hr
	Martin Dance Company	11401 N. Chandler Blvd.	North Hollywood	CA	91601	(818) 752-2616		\$3.50/30 min. class
	Music for Youth, CSUN	18111 Nordhoff Street	Northridge	CA	91330-8	(818) 677-3074	www.csunyouthorchestras.org	Varies
	Musonia Music	12111 Tiara Street	North Hollywood	CA	91605	(818) 761-0521		6-13yrs old \$18/lesson; 14-17yrs old \$19/lesson ; Adults \$21/lesson; Vocals \$22/lesson
National Arts and Disability Center	Suite 3330	Los Angeles	CA	90095-6	(310) 794-1141	nadc.ucla.edu		
Day Camps - Day Camps -Day Camps	CALI Camp	1717 Old Topanga Canyon Road	Topanga	CA	90290	(310) 455-0404	www.calicamp.com	\$112/day
	Camp Gilmore	26801 Dorothy Drive	Calabasas	CA	91302	(818) 222-6327	www.campmtcrag.com/#	\$135/5 days, sliding scale and scholarships.
	Camp Ramah in California Inc.	17525 Ventura Blvd. #201	Encino	CA	91316	(310) 476-8571	www.ramah.org/pr_tikvah.shtml	Call for fees; for Jewish adolescents with developmental disabilities
	Camp Ronald McDonald for Good Times	1250 Lyman Place	Los Angeles	CA	90029	(800)625-7295	www.campronaldmcdonald.org/	Call for fees.
	Casa Colina, Outdoor Adventures	255 East Bonita PO BOX 6001	Pomona	CA	91769	(909) 596 - 7733 x2200	www.casacolina.org	Call for fees
	Deaf Kids Camp	42263 50th Street West, Suite 610	Quartz Hills	CA	93536	(877) 399-5449	www.deafkidskamp.com/	Child must be deaf
	Handy Heroes Therapy	Children's Hospital Los Angeles	Los Angeles	CA	90027	(323) 361-2118	www.chla.org	for children with hemiparesis; \$895; applications due by 5/31/13; call for eligibility and financial assistance
	Sierra Canyon Day Camp	11052 Independence Avenue	Chatsworth	CA	91311	(818) 882-8121	www.sierracanyondaycamp.com	Visit website for cost.
	Town & Country Day Camp	22040 Placeritos Blvd.	Newhall	CA	91321	(661) 255-2601	www.townandcountryfarmschool.com	5-11 years old: \$30 reg + \$149/wk

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Equestrian	Ahead with Horses	9311 Del Arroyo Drive	Sun Valley	CA	91352	(818) 767-6373	www.youthgive.org/giving/ahead-horses	Based on ability to pay, grants, scholarships.
	Equestrian Therapy Institute	1101 Peppertree Lane	Brandeis	CA	93005	(805) 517-1404	www.equestriantherapy.com	By appointment only
	Equine Therapy- BHR	PO Box 1003	Malibu	CA	90265	(310) 403-4623	www.bigheartranch.org/Equine_Therapy.html	\$250/ hour for private family; \$300/hour for groups up to 10; \$350/hour for groups over 10
	Helping Hooves Equine Therapy Program	6352 East Nohl Ranch Road	Anaheim	CA	92807	(310) 697-6850	www.helpinghooves.org	\$20-\$55 depending on duration and number of participants
	J.F. Shea Therapeutic Riding Center	26284 Oso Road	San Juan Capistrano	CA	92675	(949) 240-8441	www.sheacenter.org	Therapeutic Sport Riding: \$400-450/10 wks; Hippotherapy: \$90/wk
	MACH 1 (Move a Child Higher)	1430 Topeka Street	Pasadena	CA	91104	(626) 798-1222	www.moveachildhigher.org/	Call for fees
	Ride On	10860 Topanga Canyon Blvd	Chatsworth	CA	91311	(818) 700-2971	www.rideon.org	\$250 for 7-wk summer session
	Ride to Fly Therapeutic Riding Program	50 Narcissa Dr.	Rancho Palos Verdes	CA	90275	(310) 541-4201	www.ridetofly.com/	Call for fees
	Ride Your Horse! Therapeutic Riding Program	10730 Artesia Blvd.	Cerritos	CA	90703	(714) 292-3563	www.rideyourhorse.com	Fees Vary; Ages 3 and above
	Saddle Up California	41455 20th St. West	Palmdale	CA	93551	(661) 267-2730	http://fp3.antelecom.net/saddleup/index.htm	
	Shadow Hills Riding Club	10263 La Canada way	Shadow Hills	CA	91040	(818) 352-2166	www.shadowhillsridingclub.org/	Call for fees
Special Equestrian Riding Therapy (SERT)	2182 Tierra Rajada Road, Post Office Box 42	Moorpark	CA	93020	(818) 776-6476	www.sert.org/index.shtml	Free	
e & Fitness	Big Fun Gymnastics	Locations throughout So. California				(310) 837-7849	www.bigfungymnastics.com	Call for fees
	Body Conditioning for Adults, Balboa Sports Center	17015 Burbank Blvd. 11430 Chandler Blvd	Encino North Hollywood	CA	91316 91601	(818) 756-9757	www.LAPARKS.org	Adult: \$25/yr; children: \$15-20/wk; bowling: \$9.50/wk
	Broadway Gymnastics School	5433 Beethoven Street	Los Angeles	CA	90066	(310) 302-0035	www.broadwaygym.com	Call for information
	CORE Centers	9667 Reseda Blvd.	Northridge	CA	91324	(818) 718-2673	www.corecenters.info	\$59.00/month; \$50.00/month private training +\$125/hour
	Elite Fitness	1031 W. Whittier Blvd	La Habra	CA	90631	(310) 871-2325	elitefitnesslh.com/index.html	Personal training and rehabilitation
	Fun and Fit Gymnastics Center	26620 Valley Ctr. Drive Suite 108	Santa Clarita	CA	91351	(661) 255-7244	www.funandfit.com	\$35/annual fee; Fees for programs vary
	Goodwill Fitness Center	1601 E. St. Andrew Place	Santa Ana	CA	92703	(888) 623-4823	www.goodwill-fitnesscenter.org	Fitness and exercise classes for adults with physical disabilities; nominal fee per class
	Gymboree	27025 N. McBean Parkway (locations vary)	Valencia	CA	91355	(661) 287-3890	www.gymboreeclasses.com	Varies; Call for fees.

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Gyms/Gymnastics/Exercise & Fitness	Irvine Valley College	5500 Irvine Center Dr	Irvine	CA	92618	(949) 451-5243		Fitness and exercise classes and programs for adults with physical disabilities
	Junior Gym	14720 Oxnard Street	Van Nuys	CA	91411	(818) 785-2177	www.juniorgym.net	Varies
	Leaps-n-Boundz	5433 Beethoven Street	Los Angeles	CA	90066	(310) 821-0963	www.leapsnboundz.com	
	My Gym - Children's Fitness Center							
	Vista Village Shopping Center	28331 Constellation	Valencia	CA	91355	(661) 222-7432	www.my-gym.com	Fees & scholarships vary
	National Center on Physical Activity and Disability (NCPAD)					(800) 900-8086	ww.ncpad.org	Free online information resource
	Orange Coast College	2701 Fairview Rd	Costa Mesa	CA	92626	(714) 432-5528		Fitness and exercise classes and programs for adults with physical disabilities
	Pediatric Therapy Network	1815 W. 213th Street,	Torrance	CA	90501	(310) 328-0276	www.pediatrictherapy.com	Call for fees
	Saddleback College Adaptive Physical Education	28000 Marguerite Pkwy	Mission Viejo	CA	92692	(949) 582-4679		Fitness and exercise classes and programs for adults with physical disabilities
	Southern California Special Olympics	1600 Forbes Way Suite 200	Long Beach	CA	90810	(562) 354-2600	www.sosc.org	\$0
Gyms/Gymnastics/Exercise & Fitness	United Cerebral Palsy - Sports and Leisure/Exercise and Fitness					(800) 872-5827	www.ucp.org	Online information and resources
	Yoga for the Special Child					(323) 965-9234		one-on-one yoga at the child's home or school
	Agoura Hills Parks and Recreation	30001 Ladyface Court	Agoura Hills	CA	91301	(818) 597-7300	www.ci.agoura-hills.ca.us	Call for fees
	Stiix Billiard	2520 E Main St.	Ventura	CA	93003	(805) 641-2020	http://www.stiixbilliards.com/	\$8/hr before 7pm; \$11/hr after 7pm
	Northridge Hospital Wheelchair Sports Program	18300 Roscoe Blvd.	Northridge	CA	91328	(818) 885-8500 ext. 3610		Call for fees
	E. Valley Family YMCA	5142 Tujunga Avenue	North Hollywood	CA	91601	(818) 763-5126	www.ymcala.org/ev	Overnight: \$380/wk; Day: \$109/3-day, \$145/5-day
	Girl Scouts' Girls on Wheels	4551 Glenco Ave Suite 140	Marina Del Rey	CA	90092	(310) 450-3720 x208		Call for more information
	Big Fun Therapy and Recreation Services for Children with Special Needs	3710 S. Robertson Boulevard Suite #225	Culver City	CA	90232	(310) 837-7849	www.bigfungymnastics.com	Ages 1 to 18. Call for fees.
	KEEN (Kids Enjoy Exercise Now)	601 South Figueroa Street Suite 2500	Los Angeles	CA	90017	(213) 892-2935	www.keenlosangeles.org	free
	Martin Luther King Jr. Recreation Center	3916 South Western Ave.	Los Angeles	CA	90062	(213) 847-0878	www.LACity.org	\$20/month
Dance Outreach - Bethune Theatre	3342 Barham Blvd.	Los Angeles	CA	90068	(323) 874-0481	www.bethunethatredanse.com	\$40/month; Ages 4-19	

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Multiple Activities and Services	N. Valley Family YMCA	11336 Corbin Ave.	Northridge	CA	91326	(818) 368-3231	www.ymcala.org	K-5th: \$98-129/wk; Middle School: \$112-147/wk
	Independent Fitness Consultants/I.F.C. Rehabilitation Medical Group	10542 Pico Blvd/ 14301 Ventura Blvd	West Los Angeles	CA	91423	(310) 838-9991 or (818) 385-0020	www.independentfitnessconsultants.com	Call for fees
	Ability First - 24 Locations	1300 East Green St	Pasadena	CA	91106	(626) 396-1010	www.abilityfirst.org	\$5-10; Some scholarships available upon request
	Therapy West's After School Adventure Program and SummerFun Day Camp	6315-A Arizona Place 8717 Venice	Los Angeles Los Angeles	CA	90045 90034	(310) 337-7115 x172	www.therapywest.org	Call for fees
	Sword Play Studio	416 S. Victory Blvd	Burbank	CA	91502	(818) 566-1777	www.swordplayla.com	Pirate Summer Camp -\$750/wk; Fencing Camp - \$150-255/wk
	Valley Therapeutic Recreation Center	11430 Chandler Blvd.	North Hollywood	CA	91601	(818) 756-9757	www.LACity.org	
	Health Exercise Program - Stead Health and Fitness Center	1798 N. Garey Avenue	Pomona	CA	91767	(909)865- 9810	www.pvhmc.org	Require Physician referral. Call for fees
	California Adaptive Rowing Program (CARP)	5750 Boathouse Lane	Long Beach	CA	90803	562-505-4157		Call for fees
	Young Adult and Teen Social Club	929 Academy Road	Los Angeles	CA	90012	(323) 226-1402	www.LACity.org	6-22 years old: \$10 reg + \$60-75/wk
	Kids Yoga - The Children's Therapy Center	12881 Knott Street Suite 103	Garden Cove	CA	92841	(714) 892-6828	www.thechildrenstherapycenter.com/	
Community Therapies & Baby Steps	540 W Lancaster Blvd	Lancaster	CA	93534	(661) 945-7878	www.communitytherapies.com	Most insurances accepted; Regional Center clients are free	
Parks	Sepulveda Garden Center	16633 Magnolia Blvd	Encino	CA	91406	(818) 784-5180	www.LAPARKS.org	
	Shane's inspiration, wheelchair-friendly playground	15213 Burbank Blvd	Sherman Oaks	CA	90027	(818) 988-5676	www.shanesinspiration.org	Many locations - Handicap-accessible playgrounds
	Grace Community Church (non-denominational)	13248 Roscoe Blvd.	Sun Valley	CA	91352	(818) 909-5519	www.gracechurch.org	Donations; (Families of campers encouraged to be part of congregation)
	U.S. Adaptive Recreation Center	P.O. Box 2897	Big Bear Lake	CA	92315	(909) 584-0269	www.USARC.org	varies
	After School Social Recreation Club (Elysian Park Rec Center)	929 Academy Road	Los Angeles	CA	90012	(323) 226-1402	www.LACity.org	\$50/week
Education	City of Santa Clarita Parks, Recreation, Therapy Department	23920 Valencia Blvd., #120	Santa Clarita	CA	91355	(661) 259-2484	www.santa-clarita.com	Call for fees or Visit website
	Citrus College Adaped PE	1000 W Foothill Blvd	Glendora	CA	91741	(626) 963-0323	www.citruscollege.edu	Classes for adults
	Los Angeles City College	855 N. Vermont Avenue,	Los Angeles	CA	90029	(323) 953-4000	http://www.lacitycollege.edu/	Classes for adults with fee; call for information

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	Pierce Community College - Special Services	6201 Winnetka Avenue	Woodland Hills	CA	91371	(818) 719-6430	www.piercecollege.edu/stuinfo/Special	Free services for students
	Mid-Valley Baseball Association	17301 Oxnard Street	Encino	CA	91416	(818) 708-8988	www.midvalleybaseball.com	Visit website for fees
Team Sports and Games	American Youth Soccer Organization Very Important Players(VIP) Program	19750 S Vermont Ave	Torrance	CA	90502	(800) 872-2976	http://www.ayso.org/home.aspx	
	Moonlight Rollerway Skating Rink	5110 San Fernando Road	Glendale	CA	91204	(818) 241-3630	www.moonlightrollerway.com	\$8/session or call for cost of private lesson
	AMF Midtown Lanes (Bowling Center)	4645 Venice Blvd	Los Angeles	CA	90019	(323) 933-7171	http://www.amf.com/midtownlanes	Call for fees
	Santa Monica Adaptive Recreation and Sports (SMARS)	1685 Main St	Santa Monica	CA	90401	(310) 458-8411	http://www01.smgov.net/comm_progs/SMARS/SMARS_home_page.htm	year round social and recreational activities
	UCLA Recreation: Adaptive Programs		Los Angeles	CA		(310) 825-1059	http://www.recreation.ucla.edu	Call for fees and additional information
	Challenger Baseball	Check your local Little League to find a team in your community	Manhattan Beach	CA		(310) 546-1449	www.mbl.org	Call for fees
	KHS Ice Arena	1000 E. Cerritos Avenue	Anaheim	CA	92805	(714) 442-1236	www.khsice.com	\$88
	American Youth Soccer Organization, Region 46 serving Saugus and Valencia	P.O. Box 800368	Santa Clarita	CA	91380	(661) 296-AYSO	www.ayso46.org	\$65/player, scholarships
	Baseball Clinic, Encino Community Center	4935 Balboa Blvd.	Encino	CA	91316	(818) 995-1690	www.LAPARKS.org	\$50-60/6 wk rec classes; \$130-150/5-day camp
	Tennis for Youth Who are Deaf	1000 N Alameda Suite 240	Los Angeles	CA	90012	(562) 212-8747	www.dhheaf.org	Call for fees; must be deaf.
	Canoga Park Bowl	20122 Vanowen Blvd.	Winnetka	CA	91306	(818) 340-5190	www.canogaparkbowl.com	Cost for shoes/games vary by day
	Wheelchair Sports, Chatsworth Recreation Center	22360 Devonshire St.	Chatsworth	CA	91311	(818) 341-6595	www.LACity.org	