

Sports Providers

A Stable Place 858-414-1477 858-414-1477

14781 Pomerado Road, PMB 196, Poway, CA 92064

Contact: Catherine Hand

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.

America's Youth Karate 619-282-3066 619-282-3066

Contact: Matt Armstrong

The Salvation Army, Clairemont

AYSO San Diego County Youth Soccer- Mary Waltari (858) 566-2040 (858) 566-2040. For children with disabilities, ages 5 and up. Teams all over San Diego County.

AYSO San Marcos Youth Soccer 760-233-2976 760-233-2976 ext 1234 or 760-745-2171 760-745-2171

Call for information on leagues in North County area.

Bonita Equestrian Therapy for the Handicapped 619-475-9056 619-475-9056

2974 Equitation Lane, Bonita, CA 91902

Provides therapeutic horseback riding for persons with disabilities.

Challenge Center 619-667-8644 619-667-8644

5540 Lake Park Way, La Mesa, CA 91942-1607

Physical therapy for people who are physically challenged. Sliding fees.

Challenger Division of Little League, Inc.

Ann Dougherty (El Cajon) 619-435-8446 619-435-8446

Rena Bospflug (Sweetwater) 619-426-1388 619-426-1388

Mary Grace (Coronado) 619-435-3674 619-435-3674

Steve Manley (Balboa) 858-693-0716 858-693-0716

Deb Murray (Chollas Lake) 858-748-6716 858-748-6716

Susan Zaer (Lakeside/Santee) 619-697-0594 619-697-0594

Leanna Long (Escondido) 760-233-0202 760-233-0202

This is a division of Little League for children with any physical and/or mental disabilities ages 5-18.

Approximately \$50. Saturday mornings late March - June.

City Beaches Lifeguard Services 619-221-8899 619-221-8899

Beach access for individuals in wheelchairs, Ocean Beach to La Jolla. Reserve a beach wheelchair for free. Big wheels allow access through the sand and the water. Any age.

Susie D'Agostino, Dance Instruction 619-466-4081 619-466-4081

10152 Rancho Carmel Dr., San Diego

Contact: Susie

Dance instruction and socialization. Ages 16+. \$5/person. Sat: 5pm-7pm. Also country line dance lessons every Tues: 4:45pm-6:15pm.

Department of Fish and Game 858-576-2966 858-576-2966

San Diego Regional Center, Community Affairs

4355 Ruffin Road, Suite 325, San Diego, CA 92123

Contact: Phil Patton
Free fishing license.

Dream Rider Equestrian Therapy 619-445-2576 619-445-2576
543 Anderson Road, Alpine, CA 91901
Contact: Catherine Hand
Provides therapeutic horseback riding for persons with disabilities.

[Easter Seals of Southern California](#) 760-737-3990 760-737-3990
North SD County Services, 1035 E. Valley Parkway, Escondido CA 92025
Aquatic training. Camp. 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 619-527-5244
Adaptive arts, ceramics, weight training, aquatics and more.

Escondido Continental Little League
Challenger Baseball, PO Box 2602, Escondido, CA 92033
Contact: Erlene Coffey (760-741-0147 760-741-0147)
Linda Holibonich (760-740-9280 760-740-9280) or Leanna Long 760-233-0202
760-233-0202
Baseball league.

Escondido Kung Fu & Tai Chi 760-745-4060 760-745-4060
2435 E. Valley Parkway, Escondido, CA 92027
Training in Karate and Tai Chi.

Escondido Yoga 760-745-4060 760-745-4060
2435 E. Valley Parkway, Escondido, CA 92027
Training in Yoga.

Family Karate 858-270-8636 858-270-8636
2138 Balfour Court, San Diego, CA 92109
Contact: Steve Truscott
Sites include: 410 W. Felicita Ave., Escondido 92025
12798 Rancho Penasquitos Blvd., San Diego 92129
Martial Arts classes adapted to individual abilities, any age.
Fitness Clinic for Individuals with Disabilities 619-594-1917 619-594-1917

[Heartland Swim Assn](#) 619-593-9252 619-593-9252
152 W. Park Ave., El Cajon 92021
Provides aquatic training and swim lessons in East County.

Helen Woodward Animal Center 858-756-4117 858-756-4117 ext 320
PO Box 64, 6461 El Apaso Road, Rancho Santa Fe, CA
Horseback riding. Ages 4+. Weekly lessons.

Horsemanship for the Handicapped 619-441-7868 619-441-7868
10400 Russell Road, Mt Helix, La Mesa 91941
A rehabilitation and therapy program Saturdays from 8am-11am.

Iceoplex 760-489-5550 760-489-5550 ext 136
555 North Tulip St., Escondido 92025
Once a month on the first Friday from 3:45pm to 5:15pm. Kids skate free.

La Mesa Community Services 619-667-1333 619-667-1333 or 619-667-1495
619-667-1495
4975 Memorial Drive, La Mesa 91941
Contact: Becky Jackman or Michele Greenberg-McClung
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.

Mission Bay Aquatic Center 858-488-1036 858-488-1036
1001 Santa Clara Pt., San Diego 92109
Rentals of boats, surfboards, and various aquatic recreational equipment. Call for fees.

Mission Bay Aquatics adaptive swim program. Lift for wheelchairs available.
Murray Callan Swim Schools 858-273-7946 858-273-7946
1012 Law St., Pacific Beach 92109
Swim lessons. Call for fees and schedules.

Poway Gymnastics 858-748-1716 858-748-1716
12850 Brookprinter Pl., Poway 92064
Gymnastic classes. Call for fees and schedules.

Poway Youth Basketball League Fax 858-486-1698
Contact: Linda Bradbury
Learn basic basketball skills.

Ray and Joan Kroc Corp Cmty Center/Salvation Army 619-287-5762 619-287-5762
6845 University Ave., San Diego 92115
Offers after-school programs, day camp, ice skating, a full gym, fitness classes, swimming, and scholarships for membership.

REINS 760-731-9168 760-731-9168
PO Box 1283, Bonsall, CA 92003
Contact: Debbie Shinner
Therapeutic horseback riding. Ages 2+. \$80/monthly cost. M-Sat.
9am-5pm

Sky Sailing at Warner Springs 760-782-0404 760-782-0404
31930 Hwy 79, Warner Springs 92086
Scenic sailplane rides for one to two persons. Introductory lessons. Fee \$75-\$129 one person; \$98-\$178 two persons.

Special Olympics, San Diego County 619-283-6100 619-283-6100
10977 San Diego Mission Road, San Diego, CA 92108
Offers a wide variety of sports. Ages 8 and up. Year around.

Special Olympics, North County 760-941-7272 760-941-7272
669 E. Vista Way, Vista 92084
Offering a wide variety of sports year around, ages 8 and up.

Sports 4 Exceptional Athletes (www.S4EA.com) **Phone:** 858-565-S4EA (7432) **FAX:** 858-565-7431
SPORTS for Exceptional Athletes
8291 Aero Place, Suite #150
San Diego, CA 92123
Email: sds4ea@gmail.com

STAR/PAL 619-531-2718 619-531-2718
Sports training, academics and recreation/police athletic league.

St. Madeleine Sophie's Center Aquatic Training Center 619-442-1919 619-442-1919
Contact: Kim Holt Ext 114
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 exercises for arthritis
Tues and Thurs 10:30am-11:30am.

Swimming–

Allied Gardens 619-235-1129 619-235-1129
6707 Glenroy, San Diego 92120
Swim lessons. Call for schedules and fees.

Swimming–Balboa Park 619-692-4920 619-692-4920
Bud Kearns Memorial, 2229 Morley Field Dr., San Diego 92104
Swim lessons. Call for schedules and fees.

Swimming–Carmel Valley 858-552-1623 858-552-1623
3777 Townsgate Drive, San Diego 92130
Swim lessons. Call for schedules and fees.

Swimming–City Heights 619-641-6126 619-641-6126
4380 Landis, San Diego 92105
Swim lessons. Call for schedules and fees.

Swimming–Clairemont 858-581-9923 858-581-9923
3600 Clairemont Dr., San Diego 92117
Swim lessons. Call for schedules and fees.

Swimming–El Cerrito–Colina Del Sol 619-235-1147 619-235-1147
4150 54th Place, San Diego 92115
Swim lessons. Call for schedules and fees.

Swimming–Encanto 619-262-9388 619-262-9388
Martin Luther King Jr Memorial Park, 6400 Skyline Dr., San Diego 92114
Swim lessons. Call for schedules and fees.

Swimming–Kearny Mesa 858-573-1389 858-573-1389
3170 Armstrong, San Diego 92111
Swim lessons. Call for schedules and fees.

Swimming–San Ysidro–Vista Terrace 619-424-0469 619-424-0469
301 Athey Ave., San Ysidro 92173-1415
Swim lessons. Call for schedules and fees.

Swimming–Tierrasanta 858-636-4837 858-636-4837
11238 Clairemont Mesa Blvd., San Diego 92124
Swim lessons. Call for schedules and fees.

Swimming–University City 858-552-1653 858-552-1653
Swanson Memorial, 3585 Governor Dr., San Diego 92122
Swim lessons. Call for schedules and fees.

Swimming–Private Lessons

Contact: Christy Shannon 619-743-2693 619-743-2693
2609 Cijon St., San Diego

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. 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 619-596-2025
PO Box 1428, Lakeside 92040
Therapeutic horseback riding lessons. Weekday afternoons and Saturdays.

YMCA of San Diego County, Peninsula Family Branch 619-226-8888 619-226-8888
4390 Valeta St., San Diego 92107
Contact: Greg Erickson - Sports
Kyle Remp - Aquatics kremp@ymca.org
Youth sports programs for children ages 3-15. Cost: \$55 to \$78. Language: English/Spanish.

Club Excite

An innovative after school and summer mentorship club dedicated to assisting children, teens and adults with developmental disabilities. Programs include recreational mentoring, social & behavioral mentoring, and vocational development.

858.779.9674

858.779.9674

contact@exciteway.com

Friendship Circle

A pilot program for Friendship Circle was founded in San Diego, California in September 2005 by Rabbi Yisroel Goldstein and Mrs. Elisheva Green. Since then, the Friendship Circle has been providing assistance and support to the families of children with special needs. Programs include friendship mentoring in the home, Sunday circle, Jewish holiday programs, and more.

Elisheva Green

858.487.4879

858.487.4879

Elisheva@FriendshipCircleSD.com

Chabad Of Poway
16934 Chabad Way
Poway, CA 92064