

## Saddleback Strikers | League Bowling

Junior High School through Adult

Servicing South Orange County

Winter and Summer

Saddleback Strikers is a eight-week bowling league that meets at the Saddleback Lanes in Mission Viejo on Tuesday and Wednesday at 6pm in the winter and summer. The league provides an opportunity for individuals with disabilities, both physical and developmental, including accommodations for wheelchair accessibility. All games are played with bumpers to prevent gutter balls. Registration fee includes 2 games each week, shoe rental and an end-of-season pizza party.

[mmcd246@gmail.com](mailto:mmcd246@gmail.com)

770-403-4646

## Spirit League | Basketball, Baseball, Soccer, Volleyball

6 - 30 years old (Co-ed)

Servicing Orange County & Surrounding Areas

Year-round

Our mission is to create a community where athletes with developmental disabilities thrive! It is not about the score but about so much more. Through team sports, we work on critical pre-work skills such as working as a team, listening to your boss (coach) and making friends. Our Youth Program (6-22 yrs) includes basketball, baseball and soccer while our Adult Program (18-30 yrs) includes basketball, volleyball and bowling. Seasons are 8 to 10 weeks and are played in Mission Viejo. Established in 2004, we are a 501(c)(3) non-profit organization.

[info@spiritleague.org](mailto:info@spiritleague.org)

[www.spiritleague.org](http://www.spiritleague.org)

714-417-9553

## Mission Viejo Nadadors | Swimming

6 months - 18 years old

Servicing South Orange County

Year-round

[coachsarah@mvnswim.org](mailto:coachsarah@mvnswim.org)

949-380-2552

## Just Like Me Foundation | Social Events

13 - 24 years old

Servicing South Orange County

Year-round

Just Like Me Foundation is a social program for teens and young adults with special needs ages 13-24. JLM serves individuals who have autism, Down syndrome, cerebral palsy, Williams syndrome, and other developmental disabilities. The program includes after school, weekend and summer activities throughout the year. Activities include (but are not limited to) movie nights, bowling, dances, beach bonfire parties, paddle boarding, sporting events and much more.

[www.justlikemefoundation.org](http://www.justlikemefoundation.org)

## Fish for Life | Recreational Fishing

Children & Parents

Servicing South Orange County

Fish for Life is a non-profit organization headquartered in Southern California. Our charter is to enhance the lives of individuals with special needs by providing a complimentary fishing trip on the sea for them to enjoy. This program is designed to provide love and inspiration to a multitude of special needs people while teaching fishing skills and creating memorable experiences. The Fish for Life home port is at the Dana Wharf in Dana Point, and we charter the 95ft vessel "Dana Pride."

[www.fishforlife.org](http://www.fishforlife.org)

949-285-8819



Mission Viejo  
Diversity  
Inclusion +  
Task Force

The Mission Viejo Diversity + Inclusion Task Force consists of local volunteers who want to promote diversity and inclusion within Mission Viejo.

Scan the QR code for more information, or email [diversity@cityofmissionviejo.org](mailto:diversity@cityofmissionviejo.org).



# Special Needs Adaptive Programs

Presented by



Mission Viejo  
Diversity  
Inclusion +  
Task Force

In partnership with:



# Special Needs Adaptive Programs

## Adaptive Freedom | Water Sports

All Ages

Servicing South Orange County

March through October

Adaptive Freedom Foundation is dedicated to offering open water experiences for people with disabilities including those who are excluded from participation. Adaptive Freedom Foundation adapts oceanic activity promoting accessibility and inclusion. If we can float a wheelchair on a paddle board on the water, then our only limitation for inclusion and empowerment within participation for people is our imagination. We provide our services free of charge through our 501(c)3, Adaptive Freedom Foundation.

[www.adaptivefreedomfoundation.org](http://www.adaptivefreedomfoundation.org)

714-465-6001

## ACEing Autism | Tennis

5 - 18 years old

Servicing Orange County

Year-round

ACEing Autism aims to be the preeminent thought leader on how tennis and sport develops children with autism spectrum disorder. Their goal is to reach 50 percent of the over one-million families in the autism community and helping them become aware of ACEing Autism, while impacting an increasing percentage of those reached with ACEing unique programming.

[Richard@aceingautism.org](mailto:Richard@aceingautism.org)

617-901-7153

## Mission Viejo Library | Educational

Ages 3 and up

Servicing Mission Viejo

Year-round

Sensory Storytime is an interactive, inclusive storytime geared towards children with special needs such as autism spectrum disorders, sensory processing challenges, or short attention spans. The program includes limited registrants to minimize crowds and noise, a visual agenda, flannel stories for each participant, and a special playtime with sensory and fidget toys along with other fun activities. Sensory Storytime occurs on the second Saturday of the month.

Backpacks are designed to accommodate different learning styles and address sensory and developmental needs. Each backpack is a different theme such as Daily Living, Social Skills, and Calming Down. Each backpack contains an information packet, 3 books, 2 fidgets, a DVD or CD and an activity.

[libraryprograms@cityofmissionviejo.org](mailto:libraryprograms@cityofmissionviejo.org)

949-830-7100

## Angel City Sports | Wheelchair and Adaptive Sports

All Ages

Servicing Orange County

Year-round

Angel City Sports provides year-round free adaptive sports opportunities for kids, adults and veterans with physical disabilities or visual impairments. The program includes free equipment, coaching and competitive opportunities. Currently, Mission Viejo and Angel City Sports are working in partnership to provide free tennis clinics to all ages with physical handicaps.

[Camille@angelcitysports.org](mailto:Camille@angelcitysports.org)

818-277-2099

## YMCA | Inclusion Program

3 - 17 years old

Servicing Orange County

Year-round

The YMCA Inclusion Program provides 1:1 aides for children with special needs (such as Autism, Down Syndrome, Cerebral Palsy and other neurodevelopmental disorders) in child care, after school care and summer programming so they can be successful in their environment with their regular education peers. The program is designed to meet the needs of kids who have challenges integrating with their peers in an after school program, whether it be summer, school days, or school breaks. The aides receive extensive training before being matched with a child and then have ongoing monthly trainings and a minimum of twice a month supervision by the Case Supervisor. All the staff have background clearances, drug screens, physicals, TB tests, etc. In addition, they are CPR and First Aid trained as well as have seizure training. Each child receives an assessment and individual goals are created to advance the child's life skills particularly in a group setting.

[lombardo@ymcaoc.org](mailto:lombardo@ymcaoc.org) | [inclusion@ymcaoc.org](mailto:inclusion@ymcaoc.org)

714-508-7643



## AYSO | Boys and Girls Youth Soccer

Ages 6 and up

Servicing South Orange County

Fall-annually

The AYSO VIP (Very Important Player) Program was designed to provide a quality soccer experience for kids whose physical/mental challenges prevent them from successfully participating on a "typical" team. AYSO recognizes that EVERYONE needs to feel like they belong and accepted.

[trfindlay3@gmail.com](mailto:trfindlay3@gmail.com)

## Little League Baseball | Boys and Girls Youth Baseball

4 - 25 years old

Servicing South Orange County

Spring-annually

Challenger Division of Little League Baseball is a program for youngsters with mental and/or physical disabilities. The typical disabilities include developmental delays, Down syndrome, autism, cerebral palsy, spina bifida, etc. Non-competitive special needs baseball program includes practices and games. No child is turned away, no matter the disability or the ability to pay.

[rodhurt1@gmail.com](mailto:rodhurt1@gmail.com)

949-246-4878

## United States Tennis Association | Tennis

All Ages

Servicing Orange County

Year-round

The United States Tennis Association is the national governing body for tennis in the United States. A not-for-profit organization with more than 700,000 members, it invests 100% of its proceeds to promote and develop the growth of tennis, from the grass-roots to the professional levels. Mission Viejo and the USTA have been providing free wheelchair and adaptive tennis clinics.

[finkelberg@scta.usta.com](mailto:finkelberg@scta.usta.com)

661-367-0511