

# THERAPEUTIC RECREATION

1600 Marview Drive, Thousand Oaks, CA 91362 • Phone: 805-381-2739 • Fax: 805-381-2874

E-mail: [therapeutics@crpd.org](mailto:therapeutics@crpd.org) • Web site: [www.crpdpd.org/tr](http://www.crpdpd.org/tr)

Summer 2019

Registration: 4/12/19



@CRPDTherapeuticRecreation

**Therapeutic Recreation Supervisor: Cecilia Laufenberg, RTC (Recreation Therapist, Certified)**

**Recreation Coordinator: Devon Herbert, RTC, MA; Therapeutic Recreation/Inclusion**

## THERAPEUTIC RECREATION PROGRAMS ARE DESIGNED FOR INDIVIDUALS WITH SPECIAL NEEDS

NOTE: Unless otherwise specified, all programs are conducted at Old Meadows Center.

## VOLUNTEERS

Volunteers work with Therapeutic Recreation staff to enhance the success and enjoyment of each program participant. Anyone 15 years and older or under 15 with parental supervision is encouraged to participate.

## ANNOUNCEMENTS

Rainbow Connection Family Resource Center (RCFRC) a program of Tri-Counties Regional Center is coming to Thousand Oaks! RCFRC will have a representative at CRPD- Therapeutic Recreation (Old Meadows Center) on the first Monday of the month 9:00am-12noon, to provide family support, information and resources, education and training, and remote access to their lending and resource library! Drop-in is ok; however, RSVP is preferred to [TRUnit@crpd.org](mailto:TRUnit@crpd.org)

## SPECIAL EVENTS

**TRAIN TRIP TO SANTA BARBARA, Age 15+** A train trip to enjoy the zoo, pier, and more. Parents transport to and from the Camarillo Amtrak Terminal, 30 Lewis Rd. Bring sack lunch or \$15 for lunch. Please attend one date only. **Enrollment: Max 15**

4612.3191	Su	10:15am-5:45pm	\$90	6/2	1 day
4612.3192	Su	10:15am-5:45pm	\$90	8/18	1 day

**FAMILY OUTDOOR MOVIE IN THE PARK, Age 13+** See Enjoy Your Community section to register for staff support if you need supervision for this event. PG-13 movie, to be determined. Snack bar on site. Inclement weather, including wind, cancels.

**Enrollment: Max 10**

4538.3192	Sa	7:00-9:00pm	NONE	8/3	1 eve
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**END OF SUMMER PARTY, Age 2-13** Enjoy your last days of summer break with a bang. Water activities, popcorn, and more!

**Enrollment: Max 30**

4591.3191	Th	1:00-3:00pm	NONE	8/15	1 day
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**FAMILY BBQ AND WESTERN DAY AT McCREA RANCH, Age 15+** Enjoy BBQ and games at the rustic McCreas Ranch that was owned by movie stars from Hollywood's Golden Age, Joel McCreas and Frances Dee. Please register each family member attending.

**Enrollment: Max 30**

4592.3191	Su	5:30-8:00pm	\$20	8/25	1 eve
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## CAMPS

**BRICKMASTER CAMP, Age 6-13** Projects range from buildings and structures to machines and vehicles with motors. Fun and integrated with learning to foster appreciation of how the world works around us. Siblings welcome to register. Instructor: Jared Brems of Portal for Enriching and Raising Learners (PEARL).

**Enrollment: Max 8**

4563.3191	M-F	1:00-4:00pm	\$150	6/24-6/28	5 days
4563.3192	M-W	1:00-4:00pm	\$90	7/1-7/3	3 days

**YOUTH SUMMER DAY CAMP, Age 5-13** Camp cost is \$175 per week; additional fees may be required for outings. Deposit of \$25 per \$175 weekly fee required (deposit refundable 1 week prior to program start). A \$5 fee is assessed for each week cancelled or refunded. Remaining balances to be paid through installments with arrangements made by June 13. **Enrollment: Max 12**

4507.2191	M-F	12noon-5:00pm	\$175/\$25 dep	7/8-7/12	1 wk
4507.2192	M-F	12noon-5:00pm	\$175/\$25 dep	7/15-7/19	1 wk
4507.2193	M-F	9:00am-2:00pm	\$175/\$25 dep	7/22-7/26	1 wk
4507.2194	M-F	9:00am-2:00pm	\$175/\$25 dep	7/29-8/2	1 wk
4507.2195	M-F	9:00am-2:00pm	\$175/\$25 dep	8/5-8/9	1 wk
4507.2196	M-F	9:00am-2:00pm	\$175/\$25 dep	8/12-8/16	1 wk

**NEW! MESSY ART, Age 3-6** Paint with your hands, make slime, splatter paint, and more! Create art while making a mess that you don't have to clean up! Bring snack and water.

**Enrollment: Max 6**

4594.3191	M-F	10:00am-12noon	\$105	6/24-6/28	1 wk
4594.3192	M-F	2:30-4:30pm	\$105	8/5-8/9	1 wk

**NEW! ALL SORTS OF SPORTS-N-GAMES, Age 5-9** Active class teaches basic soccer, T-ball, basketball, and other sports and games just for fun. Kids need exercise, so make it fun. Bring snack and water. **Enrollment: Max 6**

4595.3191	M-F	9:00am-12noon	\$150	6/17-6/21	1 wk
4595.3192	M-F	9:00am-12noon	\$150	8/12-8/16	1 wk

**THERAPEUTIC SWIM LESSONS, Age 1-99** See page 47 for Therapeutic Swim Lessons

**TWEEN SUMMER CAMP, Age 12-17** Transitional camp bridging between youth summer camp and teen ILS camp. Age-appropriate arts, crafts, cooking, sports, excursions, introduction to life skills, and more. A \$5 fee is assessed for each week cancelled or refunded. Deposits refundable one week prior to program start. **Enrollment: Max 12**

4572.2191	M-F	9:00am-2:00pm	\$175/\$25 dep	6/17-6/21	1 wk
4572.2192	M-F	9:00am-2:00pm	\$175/\$25 dep	6/24-6/28	1 wk
4572.2193	M-W	9:00am-2:00pm	\$105/\$25 dep	7/1-7/3	3 days
4572.2194	M-F	9:00am-2:00pm	\$175/\$25 dep	7/8-7/12	1 wk
4572.2195	M-F	9:00am-2:00pm	\$175/\$25 dep	7/15-7/19	1 wk
4572.2196	M-F	9:00am-2:00pm	\$175/\$25 dep	7/22-7/26	1 wk
4572.2197	M-F	9:00am-2:00pm	\$175/\$25 dep	7/29-8/2	1 wk
4572.2198	M-F	9:00am-2:00pm	\$175/\$25 dep	8/5-8/9	1 wk
4572.2199	M-F	9:00am-2:00pm	\$175/\$25 dep	8/12-8/16	1 wk

**TEEN ILS SUMMER CAMP, Age 16-19** This peer-mentored camp focuses on development of independent living skills and peer-to-peer social skills, while offering fun recreation activities. Program assisted by the Grayson Wolpert Memorial Fund. A \$5 fee is assessed for each week cancelled or refunded. Deposits refundable one week prior to program start. Location: Crowley House. **Enrollment: Max 6**

4543.2191	M-F	9:00am-2:00pm	\$175/\$25 dep	6/17-6/21	1 wk
4543.2192	M-F	9:00am-2:00pm	\$175/\$25 dep	6/24-6/28	1 wk
4543.2193	M-F	9:00am-2:00pm	\$105/\$25 dep	7/1-7/3	3 days
4543.2194	M-F	9:00am-2:00pm	\$175/\$25 dep	7/8-7/12	1 wk
4543.2195	M-F	9:00am-2:00pm	\$175/\$25 dep	7/15-7/19	1 wk
4543.2196	M-F	9:00am-2:00pm	\$175/\$25 dep	7/22-7/26	1 wk

**NEW! INCLUSIVE IMPROV COMEDY FOR YOUTH, Age 8-12**

Explore your creativity, build confidence, and learn to work as a team - all while playing improv games! Come ready to laugh and make new friends! The session will culminate with any improv performance! Instructor: Tiffany Ann Mills, over 12+ years of teaching experience. **Enrollment: Max 12**

4596.3191	M-F	2:00-4:00pm	\$105	7/29-8/2	1 wk
4596.3192	M-F	2:00-4:00pm	\$105	8/5-8/9	1 wk
4596.3193	M-F	1:00-4:00pm	\$160	8/12-8/16	1 wk

**NEW! INCLUSIVE IMPROV COMEDY FOR TEENS, Age 12-18**

Think on your feet, create fun characters, and tap into your imagination through a variety of improv games! You will find your unique voice, as well as become part of an ensemble! Especially great for young actors looking to expand their resume. The session ends with an improv performance! Instructor: Tiffany Ann Mills, 12+ years of teaching experience. Bring a snack. **Enrollment: Max 12**

4597.3191	M-F	4:00-6:00pm	\$105	7/29-8/2	1 wk
4597.3192	M-F	4:00-6:00pm	\$105	8/5-8/9	1 wk
4597.3193	M-F	9:00am-12noon	\$160	8/12-8/16	1 wk



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## ENJOY YOUR COMMUNITY

**BBQ AND SOCIAL, Age 15+** Enjoy dinner, friends, and hanging out at Old Meadows Park; fee includes dinner. **Enrollment: Max 20**

4528.3191	F	5:30-8:30pm	\$16	6/21	1 eve
4528.3192	F	5:30-8:30pm	\$16	7/19	1 eve

**DINNER AND MOVIE, Age 15+** Bring money for dinner, and optional additional money for theater snacks. Fee includes ticket price. Movie title, time, and location to be emailed.

**Enrollment: Max 12**

4557.3191	Sa	TBD	\$20	6/29	1 eve
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**Enrollment: Max 20**

4540.3191	Sa	TBD	\$20	7/13	1 eve
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**SUPPER CLUB, Age 15+** For the foodie in you. Delicious meals at local restaurants with friends; what could be better? Bring \$20-\$25 each class meeting. Drop-off and pick-up at restaurant location.

**Dave & Busters (Thousand Oaks) Enrollment: Max 20**

4584.3191	F	6:00-8:00pm	\$12	6/28	1 eve
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**Red Robin Enrollment: Max 12**

4584.3192	Sa	6:00-8:00pm	\$8	7/20	1 eve
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**BOWLING NIGHT, Age 15+** Bowling games, shoes, soda, and pizza are included in the registration fee. Drop-off and pick-up at Camarillo Harley's Bowl, 305 Arneill Rd., Camarillo.

**Bowling Night Only Enrollment: Max 24**

4525.3191	F	6:45-9:00pm	\$27	7/5	1 eve
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**Bowling Night And Transportation Enrollment: Max 12**

4526.3191	F	5:45-9:45pm	\$32	7/5	1 eve
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**STAFF SUPPORT FOR OUTDOOR MOVIE IN THE PARK, Age 15+**

Register for staff support if you need supervision for this event. See Special Events section to RSVP with no support needed.

PG-13 Movie, to be determined. Snack bar on site. Inclement weather, including wind, cancels. **Enrollment: Max 12**

4538.3191	Sa	7:00-9:00pm	\$8	8/3	1 eve
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**ALLWAYZ ON STAGE: THE LION KING JR, Age 15+** Attend this full-scale theatre production presented by the Allwayz on Stage theatre program. Drop off and pick up at Hillcrest Center for the Arts. **Enrollment: Max 24**

4530.3191	Sa	7:15-9:30pm	\$29	8/10	1 eve
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**HAWAIIAN TROPICAL DINNER AND DANCE, Age 15+** Dinner, dancing, and luau-themed activities at Old Meadows Center.

**Enrollment: Max 50**

4553.3191	Sa	6:00-9:00pm	\$16	8/17	1 eve
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## WEEKLY PROGRAMS

**ABA KARATE, Age 5+** Promotes development of social and adaptive skills. Students learn sportsmanship through karate in a fun, respectful manner. Prerequisite: must be able to stay with a group. Siblings welcome to register. Instructor: Fumiko Hamada, black belt and Board-Certified Assistant Behavior Analyst. [www.abakarate.com](http://www.abakarate.com). **Enrollment: Max 10**

**Age 5-17**

4586.3191	M	3:45-4:15pm	\$75	6/3-7/15	7 wks
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**Age 17+**

4586.3192	M	4:20-5:00pm	\$75	6/3-7/15	7 wks
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**ART INSTRUCTION, Age 14+** Use pastels, watercolors, and colored pencils to create guided works of art. Fee includes all supplies. Instructor: Bob Noonan, Studio 316. **Enrollment: Max 12**

4520.3191	M	6:30-8:00pm	\$62	6/3-6/24	4 wks
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**KITCHEN KAPERS, Age 15+** Learn skills such as food handling and hygiene, food preparation, following recipes, and proper clean up. **Enrollment: Max 6**

**Vegetarian**

4521.3191	T	5:30-8:00pm	\$18	5/21	1 eve
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4521.3192	T	5:30-8:00pm	\$18	5/28	1 eve
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**Healthy And Nutritious**

4522.3191	T	5:30-8:00pm	\$18	6/4	1 eve
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4522.3192	T	5:30-8:00pm	\$18	6/11	1 eve
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**Italian**

4523.3191	T	5:30-8:00pm	\$18	6/18	1 eve
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4523.3192	T	5:30-8:00pm	\$18	6/25	1 eve
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**A CHEF IN THE FAMILY, AGE 11-14** Prepare and take home a different dinner course each week to contribute your family's meal! (Take home item for four; additional cost for larger portions.) **Enrollment: Max 6**

4593.3191	W	3:30-5:00pm	\$60	6/5-7/3	5 wks
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**INCLUSIVE YOGA**, Stress reduction, body strengthening and increased flexibility, specially designed to ensure success by those with and without developmental disabilities. Instructor: Fumiko Hamada, BCaBA, RYT 200, Kids Yoga Certified. Location: Old Meadows Center. No class 7/4. **Enrollment: Max 10**

**Mommy and Me, Age 3-5**

4590.3191	Th	3:15pm-3:45pm	\$58	6/6-7/25	7 wks
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4590.3192	Sa	10:00-10:30am	\$58	6/8-7/20	7 wks
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**Age 5-7**

4590.3193	Th	3:45pm-4:15pm	\$58	6/6-7/25	7 wks
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4590.3194	Sa	8:45-9:15am	\$58	6/8-7/20	7 wks
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**Age 8-12**

4590.3195	Th	4:15-5:00pm	\$76	6/6-7/25	7 wks
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4590.3196	Sa	9:15-10:00am	\$76	6/8-7/20	7 wks
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**Age 13+**

4590.3197	Th	5:00-5:45pm	\$76	6/6-7/25	7 wks
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4590.3198	Sa	8:00-8:45am	\$76	6/8-7/20	7 wks
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**PLAYGROUND PALS, Age 2-10** Weekly play date opportunities for families with weekly bonus activity. Families provide their own supervision. **Enrollment: Max 20**

4811.3191	F	10:00-11:00am	\$15	6/14-7/19	6 wks
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**TOTAL BODY WORKOUT, Age 15+** Bring a towel to work out with friends! Focus on improving your physical fitness level with cardio, flexibility exercises, and strength training. **Enrollment: Max 15**

4514.3191	Sa	9:00-10:30am	\$45	6/22-8/17	9 wks
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**TROPHY BOWLING, Age 11+** Work toward your best game and win the traveling trophy! Additional \$3.50/per game is payable each week at the bowling alley. Bring sack lunch or additional lunch money if registering for transportation. Location: Harley's Camarillo Bowl, 305 Arneill Rd., Camarillo.

**Bowling Only, Age 11+ Enrollment: Max 30**

4516.3191	Sa	12noon-1:45pm	\$45	6/22-8/17	9 wks
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**Bowling Plus Transportation From Old Meadows Center, Age 15+r Enrollment: Max 12**

4517.3191	Sa	10:45am-2:30pm	\$90	6/22-8/17	9 wks
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## AMERICAN DISABILITY ACT (ADA) COMPLIANCE: MISSION STATEMENT

Conejo Recreation and Park District (CRPD) strives to enrich quality of life through the provision of quality recreation programs. We welcome people with disabilities in all recreation opportunities provided by CRPD, both through specialized options (Therapeutic Recreation) and inclusion alternatives.

Please contact Devon Herbert at 805-495-6471 or [Inclusion@crpd.org](mailto:Inclusion@crpd.org) for further information on program choices, for help with making a selection, or to request a program modification. In order to evaluate and seek to reasonably accommodate your individual needs, we ask that you let us know of any requested modifications at the time of your registration.

## ADA GRIEVANCE PROCEDURE

CRPD has developed an internal grievance procedure for prompt and equitable resolution of complaints alleging any action prohibited by the United States Department of Justice regulations implementing Title II of the Americans with Disabilities Act (ADA).

Complaints should be addressed in writing to ADA Compliance Officer, Conejo Recreation and Park District, 403 W. Hillcrest Drive, Thousand Oaks, CA 91360 or by email at [ADACompliance@crpd.org](mailto:ADACompliance@crpd.org)

- A complaint should contain the name and address of the person filing it, and briefly describe the alleged violation of the regulations.
- Complaint should be filed within 30 days of the alleged violation.
- CRPD will conduct an investigation and notify the complainant of its findings within 30 days from receiving the written complaint.

Use of this grievance procedure is not a prerequisite to the pursuit of other remedies. CRPD strives to have all participants enjoy their experience in our programs and works to handle all concerns in a timely and fair manner.

## SPECIAL NEEDS RECREATION RESOURCES DIRECTORY

Community-based recreation-related programs providing services expressly designed for individuals with disabilities may ask to be added to this list by calling 805-381-2739 or email [claufenberg@crpd.org](mailto:claufenberg@crpd.org)

### Organization/Region..... Phone ..... Email/Website

Actors for Autism (Westlake, Camarillo)	.....	<a href="http://www.actorsforautism.org">www.actorsforautism.org</a>
Allwayz on Stage.....	818-612-2001	<a href="http://www.allwayzonstage.com">www.allwayzonstage.com</a>
AYSO VIP Soccer.....	Thousand Oaks	<a href="mailto:vip@ayso9.org">vip@ayso9.org</a>
	Camarillo.....	805-482-4005
	Simi Valley	<a href="mailto:vip@aysosimi.org">vip@aysosimi.org</a>
California Condors Ice Hockey (Simi)	.....	805-520-7465
	.....	<a href="http://www.calspecialhockey.com">www.calspecialhockey.com</a>
Center 4 Special Needs	.....	805-379-1681
	.....	<a href="http://www.center4specialneeds.org">www.center4specialneeds.org</a>
Challenger Little League Baseball	.....	805-405-8510
	.....	<a href="mailto:Tom.Jankowski@StarRouteLLC.com">Tom.Jankowski@StarRouteLLC.com</a>
Best Day Foundation	.....	713-569-3125
	.....	<a href="http://www.bestdayfoundation.org">www.bestdayfoundation.org</a>
Big Fun Gymnastics	.....	310-837-7849
	.....	<a href="mailto:info@bigfungymnastics.com">info@bigfungymnastics.com</a> / <a href="http://www.bigfungymnastics.com">www.bigfungymnastics.com</a>
B-Mod Fitness	.....	805-341-9188
	.....	<a href="mailto:coachjerry@mac.com">coachjerry@mac.com</a> / <a href="http://www.bmodfit.com">www.bmodfit.com</a>
Brandon's Buddies	.....	818-222-8118
	.....	<a href="mailto:brandonsbuddies@pacbell.net">brandonsbuddies@pacbell.net</a>
Buddy Break (Nathaniel's Hope)	.....	<a href="http://www.NathanielsHope.org">www.NathanielsHope.org</a>
The Friendship Circle	.....	818-865-2233
	.....	<a href="http://www.friendshipcircleca.org">www.friendshipcircleca.org</a>
Golden Heart Ranch (Agoura Hills)	.....	310-798-9933
	.....	<a href="mailto:barbara@goldenheartranch.org">barbara@goldenheartranch.org</a> <a href="http://www.goldenheartranch.org">www.goldenheartranch.org</a>
National Arts and Disability Ctr	.....	310-825-5054
	.....	<a href="http://www.semel.ucla.edu/nadc">www.semel.ucla.edu/nadc</a>
New Directions Travel	.....	805-967-2841
	.....	<a href="http://www.newdirectionstravel.org">www.newdirectionstravel.org</a>
Next Chapter Book Club	.....	805-449-2660 ext. 7318
Oak Park Rec & Park-Special Needs Prog.	.....	818-865-9304
	.....	<a href="http://www.rsrpd.org">www.rsrpd.org</a>
Pleasant Valley RPD Adaptive Rec Programs	.....	805-482-1996
	.....	<a href="http://www.pvrpd.org">www.pvrpd.org</a>
Rainbow Connection	.....	805-485-9643
	.....	<a href="mailto:rainbow@tricoties.org">rainbow@tricoties.org</a>
Rancho Simi RPD- Alternative Recreation	.....	805-584-4400
	.....	<a href="http://www.rsrpd.org">www.rsrpd.org</a>
Reid's Gift/Kindling Studios (Newbury Park/Camarillo)	.....	310-853-0794
	.....	<a href="mailto:art@reidsgift.org">art@reidsgift.org</a> / <a href="http://www.kindlingstudios.org">www.kindlingstudios.org</a>
Ride-ON Therapeutic Horsemanship	.....	805-375-9078
	.....	<a href="mailto:Sara@rideon.org">Sara@rideon.org</a> / <a href="http://www.rideon.org">www.rideon.org</a>
Special Olympics Ventura County	.....	805-650-7717
	.....	<a href="http://www.vcso.org">www.vcso.org</a>
Surfer's Healing	.....	877-966-SURF
	.....	<a href="http://www.surfershealing.org">www.surfershealing.org</a>
Train4Autism (Newbury Park)	.....	<a href="mailto:BrianThompson@Train4Autism.org">BrianThompson@Train4Autism.org</a>
U.S. Adaptive Recreation Center	.....	909-584-0269
	.....	<a href="mailto:mail@usarc.org">mail@usarc.org</a> / <a href="http://www.usarc.org">www.usarc.org</a>

