

Community Resources to Keep Your Child Moving!

AAF Rose Bowl Aquatics Center

(626) 564-0330
<http://www.rosebowlaquatics.org/>

Ages: 6 months - Adult

Swim lessons & summer camp for children with special needs, recreational/family swim hours, swimming/diving teams, and water aerobics (pre/post natal water fitness class).



Adaptive Recreation

(626) 744-7257
<http://www.ci.pasadena.ca.us/humanservices>
(Click on Recreation Programs)

Activities offered to serve the recreational needs of individuals with disabilities such as the Pasadena Special Olympics.

High Spirits Dance

Pasadena YMCA: (626) 432-5880
<http://www.ymcala.org/Branch/Default.aspx?ENT=64>
(Click on Y-SPIRIT Program)

Ages: Youth and Young Adults

Dance program offered by the YMCA of Pasadena for persons with developmental disabilities.



Gymboree

South Pasadena & Monrovia: (626) 445-1122
Burbank & La Canada: (818) 955-8964
<http://www.gymboreeclases.com/>

Ages: 0-5 years old

Age-appropriate activities for children to help develop cognitive, physical and social skills through play. A free class pass is available online.



My Gym Children's Fitness Center

Pasadena: (626) 441-7800
La Canada: (626) 578-0465
<http://www.my-gym.com/>

Ages: 6 weeks-13 years old

Weekly classes facilitate the development of motor skills, self-esteem, and confidence.



Kids Klub Child Development Center



(626) 795-2501
<http://www.kidsklubcdc.com/>

Ages: 0-12 years old

Karate/Dance/Gymnastics Classes, and Summer Camp. Infant Care, Preschool, After School Care, Evening & Weekend Drop-Off Care also available.



Amy's Playground

(626) 799-0304
<http://www.amysindoorplayground.com/>

Indoor playground in South Pasadena with special activities such as sing-along's, dress-up days, and a boutique. Also, wireless internet is available and adults enter free.



Kidspac

(626) 449-9144
<http://www.kidspacemuseum.org/>

Ages: All

Interactive museum, with many gross motor exhibits allowing access to the arts, humanities and sciences for children in a fun and playful manner. Also hosts many unique monthly events or activities.



The Painted Turtle

(310) 451-1353
<http://www.thepaintedturtle.org/>

Ages: 7-16 years old

A camp for kids with a variety of medical conditions (i.e. skeletal dysplasia, Crohn's, diabetes, asthma & more), hosting summer camps and fall or spring family weekends.



Carousel Ranch

(661) 268-8010
<http://www.carouselranch.org/>

Ages: 3 months & older

Therapeutic horse riding program with developmental therapeutic and recreational programs for disabled and disadvantaged children.