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.gymboreeclasses.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, selfesteem, 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.



Kidspace

(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.

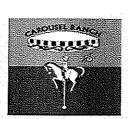


The Painted Turtle

(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.