

## Social and Recreational Programs

Frank D. Lanterman Regional Center is committed to helping our clients participate in local social recreational activities in order to develop and enhance social interaction, social skills development, leisure, participation in family and group activities in the home and recreational settings in the community. Such activities may be provided by public/private agencies/organizations (parks, churches, schools), circles of support, vendored agencies, or other resources.

Below is a listing of links to recreation programs within the Lanterman catchment area that provide social/recreational activities:

### CITY PROGRAMS

Burbank Parks and Recreation: <https://www.burbankca.gov/web/parks-recreation>

City of LA Parks: <https://www.laparks.org/>

Glendale Parks and Recreation: <https://www.glendaleca.gov/government/departments/community-services-parks/recreation-programs>

La Cañada Activities: <https://cityoflcf.org/activities/>

LA County Parks and Recreation: <https://parks.lacounty.gov/winter/>

Pasadena Parks and Recreation: <https://www.cityofpasadena.net/parks-and-rec/>

### SPORTS, RECREATION AND FITNESS

American Youth Soccer Organization (AYSO): For children and adults starting at 4 years of age. <https://ayso.org/>

Special Olympics: Sports training and athletic competition for children and adults. <https://www.specialolympics.org/>

Rose Bowl Aquatics: Aquatic and fitness programming. <https://www.rosebowlaquatics.org/>

KEEN Los Angeles: Free one-to-one fitness and sport programs for children and young adults. <https://www.keenlosangeles.org/>

Broadway Gymnastic School: Gymnastics training and athletic activities. <http://www.broadwaygym.com/>

## SOCIAL PROGRAMS AND CAMPS

Boys & Girls Clubs of America: Support all youth and teens in reaching their full potential by promoting inclusive environments for all. <https://bgca.org/>

Girl Scouts of Greater LA: <https://www.girlscoutsla.org/>

YMCA: Provide youth development and healthy living programs. <https://www.ymca.org/>

El ARCA Inc.: Social programs for adults. <http://elarcainc.org/>

Danny's Farm: Group activities, nature walks, animal care, and arts & crafts for children with autism. <https://www.dannysfarm.org/>

Ability First Camp Paivika: Camps for children, teens and adults with disabilities. <https://www.abilityfirst.org/camp-paivika/>

## ART PROGRAMS

The Miracle Project: Expressive Arts classes for individuals with autism and of all abilities. <http://themiracleproject.org/>

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