

Ventura County

Recreational Activities/Resource Guide



By: Rainbow Family Resource Center

Oxnard Office: (805) 485.9643

Simi Office: (805) 823.2325

Rainbow Connection is a family resource center that serves children and adults with developmental disabilities and other special needs, their families, the professionals who work with them and their communities. Rainbow staff are all parents or family members of children or adults with special needs. The staff knows from their own experiences the issues, concerns joys and challenges of parenting a child with special needs. Rainbow is dedicated to offering understanding, support, information, education and resources to all members of the community with sensitivity, sincerity and confidentiality.

This Recreation Guide was created by parents for parents and is always a "work in progress"...If you have discovered a recreation resource and would like to share it with others, please feel free to contact us anytime!

Call Rainbow for information on monthly workshops and seasonal events!

City Sponsored Recreational Activities

Please call your local Park and Recreation Facility for a list of their current social and recreational activities which include but are not limited to: swim lessons, sports, computer and science programs, arts and crafts, before/after school programs, dance, theatre workshop, martial arts, senior citizens programs, gymnastics, music, bowling, parent/tot playgroup, golf, scrap booking, birthday parties, teen programs, seasonal camps and many more.

City of Agoura www.ci.agourahills.ca.us	818.597.7361
City of Calabasas www.cityofcalabasas.com	818.880.6461
Conejo Valley Park and Recreation* Therapeutics@crpd.org www.crpdpd.org	805.495.6471
Fillmore Park and Recreation www.fillmoreca.com/parks	805.524.3701
Moorpark Park and Recreation www.ci.moorpark.ca.us	805.529.6864
Ojai Park and Recreation OjaiRec@ci.ojai.ca.us	805.646.1872
Oxnard Park and Recreation* www.oxnardrec.org	805.385.7995
Pleasant Valley Park and Recreation* aldamron@pvrpd.org	805.482.1996 Ext.10
Port Hueneme Park and Recreation www.ci.porthueneme.ca.us	805.271.9773
Santa Paula Park and Recreation Byanez@ci.santapaula.ca.us	805.933.4226
Simi Valley Park and Recreation* www.rsrpd.org	805.584.4400
Ventura Park and Recreation	805.658.4726

**Note: Conejo, Oxnard, Pleasant Valley and Simi Recreation and Park District have an Adaptive/Therapeutic division option available!*

Other Programs

ADAPTIVE RECREATION



U.S. Adaptive Recreation Center
at Bear Mountain Resort

(909) 584.0269

www.usarc.org

Brandon's Village @ Gates Canyon Park (Calabasas)
25801 Thousand Oaks Bl. 70% independently playable for children with disabilities

(818) 880.6461

AQUATIC

Easter Seals Therapy Pool - Ventura

(805) 647.1141

Pleasant Valley Swim Team

(805) 987.6886

VIP Swim Lessons

(805) 482.1996

YMCA - Camarillo

(805) 484.0423

YMCA - Conejo Valley

(805) 523.7613

YMCA - Simi Valley

(805) 583.5338

YMCA - Ventura

(805) 642.2131

Park & Recreation - call your local Park and Recreation Center for dates and times. Ask if there is a "reduced fee" option for 1:1 lessons for people with "special needs"



FISHING AND CAMPING

California Dept. of Fish and Game

(916) 653.7664

www.dfg.ca.gov

Fishing License for persons with developmental disabilities or contact your service coordinator

California Dept. of Parks and Recreation

(916) 654.7443

Disabled Discount Pass

www.cal-parks.ca.gov

CLUBS AND AFTER SCHOOL PROGRAMS

Call your local Recreation and Park or YMCA for current programs

Ability First

(626)449.5661 ext. 104

www.abilityfirst.org

Camp Fire (Boys and Girls)

(909) 624.5076

The Arc of Ventura County After-School Program
Ages 12 - 22 (Camarillo, Newbury Park, Simi Valley)

(805) 389.7319 ext.206

CLUBS AND AFTER SCHOOL PROGRAMS - continued

Boys and Girls Clubs

Boys and Girls Club of Camarillo	(805) 482.8113
Boys and Girls Club of Conejo Valley	(805) 493.2917
Boys and Girls Club of Moorpark	(805) 529.1140
Boys and Girls Club of Oak View	(805) 649.9000
Boys and Girls Club of Oxnard	(805) 815.4959
Boys and Girls Club of Oxnard/Port Hueneme	(805) 271.9773
Boys and Girls Club of Santa Paula	(805) 525.7910
Boys and Girls Club Rio Rosales School	(805) 983.4021
Boys and Girls Club of Simi	(805) 527.4437
Boys and Girls Club of Ventura	(805) 659.3340

* Also check with your local Park and Recreation for after-school programs.



HORSEBACK RIDING

Above and Beyond - Oak View	(805) 984.4014
Institute of Equestrian Therapy - Simi	(805) 522.6714
	www.equestriantherapy.com
Ride on - Newbury Park	(805) 375.9078
	www.rideon.org
Handicapped Equestrian Learning Program - Moorpark	(805) 529.1888
Heaven's Other Side Therapeutic Riding	(805) 529.3281
Angel Haven Ranch - Santa Paula	(805) 933.9381
	www.angelhavenranch.com

ORGANIZED SPORTS - Seasonal

Soccer - AYSO VIP

Camarillo/Somis	(805) 484.9982	<i>Call your local Rec and Park for Football and Basketball with special needs options.</i>
Simi Valley	(805) 527.5811	
Thousand Oaks	(805) 497.8655	
Ventura	(805) 658.2976	



Baseball - Little League Challenger Division

Conejo Valley	(805) 492.4396
Saticoy	(805) 647.6541
Simi Valley	(805) 520.0555



Special Olympics - Ventura County www.vcso.org (805) 650.7717

Other Recreational Activities

Arts

Actors For Autism - Westlake (805) 320.8287

Gymnastics

My Gym - Thousand Oaks (805) 494.4154

My Gym - Ventura (805) 659.9245

Big Fun - Culver City (Location in Thousand Oaks) (310) 837-7849

Be-Mod Fitness - Newbury Park (805) 490-0426



Bowling

Brunswick Bowl - Simi (805) 584.2695

Harleys Bowl: *Camarillo:* (805) 482-0747 *Simi:* (805)526-4212

Wagon Wheel Bowl - Oxnard (805) 485.4915

Indoor Playgrounds (Opportunities for fun exploration & Birthday Parties)

Bright Child - Oak Park (805) 338.8888

Under the Sea - Northridge (818) 772.7003

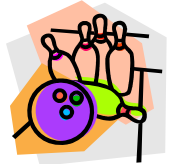
Under the Sea - Woodland Hills (818) 999.1533

Gull Wings Museum - Oxnard (805) 483.3005

California Science Center - Los Angeles (323) sci-ence

www.californiasciencecenter.org

Kidspace Children's Museum - Pasadena (626) 449.9144



Additional Resources

Ventura County Neighborhoods for Learning - First 5

Conejo Valley (805) 496.9035

Moorpark/Simi Valley (805) 552.1917

Oak Park (805) 707.7742

Oceanview (805) 488.5277

Ojai Valley (805) 640.4300

Oxnard (805) 385.8362

Pleasant Valley (805) 482.8031

PortHueneme/ South Oxnard (805) 271.4148

Rio (805) 981.2892

Santa Clara Valley (805) 525.7655

Ventura (805) 641.5000

Ventura County First 5 Web Site www.first5ventura.org

Child Care/Pre-School Resources (Also call Park and Rec for child care options.)

Child Development Resources (805) 485-7878

Arc Ventura County After-School Program (805) 389.7319 ext. 206

Community Resources

Interface Children Family Services - www.icfs.org	(800) 339.9597
Forest Home - Oakview (Outdoor Education) www.foresthome.org	(905) 649.3356
Thousand Oaks Teen Center www.thousandoaksteencenter.com	(805) 494.5156
Chabad of the Conejo/Friendship Circle www.friendshipcircle.com staff@friendshipcircleCA.com	(805) 991.0991
Pause 4kids - Autism Support	(805)497.9596
United Parents	(805) 384.1555
WIC (Pregnant/children under 5)	(805) 652.5932
Child Development Resources	(805) 485.7878
Troubled Teen Advisor (Camps, Schools)	(888) 200-5061

Educational Resources

Ventura County SELPA (Call for Workshops) (Special Education Local Planning Area) www.venturacountyselpa.com	(805) 482.2353
Special Education Resource Library (Camarillo Airport)	(805) 388.4407
Area Board IX	(805) 685.8395

Other Interesting Things To Do/Places to Go *

Museums

Albinger Archaeological Museum - Ventura	(805) 648.5823
CEC/SeaBee Hueneme - Port Hueneme	(805) 982.5165
California Oil Museum - Santa Paula	(805) 933.0076
Carnegie Art Museum - Oxnard	(805) 385.8157
Channel Islands National Park - Ventura	(805) 658.5730
Fillmore Historical Museum and Park - Fillmore	(805) 524.0948
Fillmore Museum of National History - Fillmore	(805) 524.4200
Gallery of Historical Figures - Ojai	(805) 646.6574
Gull Wings Childrens Museum - Oxnard	(805) 483.3005
Maritime Museum - Oxnard	(805) 984.6260
Mission San Buenaventura - Ventura	(805) 643.4318
Oakbrook Regional Pk Chumash Center - Thousand Oaks	(805) 492.8076
Ojai Valley Museum - Ojai	(805) 640.1390
Olivas Adobe Historic Park - Ventura	(805) 658.4726

Other Interesting Things To Do/Places To Go * (continued)

Museums

Pleasant Valley Museum & Botanical Gardens-Camarillo	(805) 482.3660
Port Hueneme Historical Museum - Port Hueneme	(805) 488.2023
Rancho Camulos Museum - Piru	(805) 521.1501
Ronald Reagan Presidential Library - Simi Valley	(805) 522.8444
Santa Paula Oil Museum - Santa Paula	(805) 933.0076
Stagecoach Inn Museum - Newbury Park	(805) 498.9441
Strathearn Historical Park & Museum - Simi Valley	(805) 526.6453
Ventura County Museum of History/Art - Ventura	(805) 653.0323

Parks, etc...

Gardens of the World - Thousand Oaks	(805) 557.1135
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Other Places

Boulderdash - Indoor Rock Climbing (Thousand Oaks - Fee Applies)	(805) 557.1300
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Fillmore Fish Hatchery fillmore@dfg.ca.gov
(south side of Hwy 126 - 1 mile east of Fillmore Ventura County)

Lazerstar - <i>Camarillo</i> (Arcade, Food, Parties - Lazer game in arena)	(805) 388.0074
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Big Z Family Fun - *Simi*: Pizza, Arcade Birthday Parties (805) 526-3000

Moorpark Zoo (805) 378.1441
(open every weekend, animal shows, parties, also has summer camp)

Underwood Family Farms - Moorpark	(805) 529.3690
Somis	(805) 386.4660
(Farm center, tours, parties, pick your own)	

Golf "n" Stuff - Ventura

- Please call above for hours of operation and fees if applicable.

Helpful Ideas *

Check your local newspaper or community magazines (usually found in "coffee shops" and/or small restaurants) for information on upcoming local events or activities (or check their website):

Ventura County Star

www.staronline.com

Daily News

www.dailynews.com

VC Happenings Magazine, Ventura County Parent

Type in your city in the "search" box on the computer and you can find general information on "things to do" in your community (along with other helpful information).

Call your local library for date and times of their "reading programs" or "story time". Also, Borders and Barnes and Noble Bookstores' usually offer some type of weekly "story time".

Check with local churches in your area to see if they offer summer programs, day care or seasonal activities.

Disability specific websites will generally direct you to useful information.

Websites for children: Most major companies offer entertaining and educational websites for children such as:

Crayola (coloring/crafts)

www.crayola.com

Jet Propulsion Lab (science/space)

www.jpl.nasa.gov

Nickelodeon (crafts, games, recipes)

www.nickjr.com

PBS

www.pbskids.org

Disney Channel

www.disney.go.com

Discovery Channel (science/animals & more) www.discoverykids.com

Hours of Fun!!!

- *If you need computer assistance or the use of a computer - please call our office for assistance.*



Rainbow



Connection Family



How to Look for “Things to Do”

Keeping your child or your entire family busy over summer vacation (or just a weekend!) can be a grueling experience. Here is a list of suggestions as you search for “*what can we do today?*”

Museums. Lots of them! City of Ventura has several on Main Street. Natural History Museum in Exposition Park, with the California Science Center right next door. It is “hands on” – great for all ages! Santa Barbara Museum, Gull Wings Museum for children in Oxnard, plus many more. Check the internet for your city or nearby!.

Libraries. Most libraries have reading programs, especially in the summer.

Park and Recreation. Most areas have great all year programs with a list of many different activities. Many districts offer “Therapeutic Recreation” programs and teen centers. These programs range from sports to cooking!

Parenting Magazines. Throughout the communities (it could be the local bagel shop) there are local parenting magazines full of ideas and advertisements specific to your area. These are also on the internet and they are usually monthly.

Summer School. If education is a major concern. Additionally, there are many organizations that provide tutorial services for academic advancement.

Computer. Use your computer to locate local activities. Using “search” type in the name of your city. Example: “ Simi Valley Things to Do” This is a great way to find out where and when there are “local fairs and festivals” Also try:
www.venturatoday.net/wkdailyevents

Newspaper. Local activities are generally advertised in the paper. If you don’t have an actual newspaper – you can still read the paper “on line” ...Example: Ventura County Star. Also, the cable channels usually advertise local events.

Churches. Many churches have summer camps or activities for children of all ages. This is a great way to meet people in your community. There is always something to do...whale watching, Santa Barbara Zoo, LA Zoo, Solvang, Fillmore Train, Bowling (it’s air conditioned), arcades....For more suggestions, or to give us your ideas, please contact us at:



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