It’s that time of year and we’ve done some research for you to help cut through the camp clutter. We have compiled a list of camps by Parks and Recreation Departments (by city), camp websites throughout the Peninsula and San Mateo County, in addition to camps for special needs children (that includes year round activities). This is by no means exhaustive, so please feel free to let us know if you have something more specific you are looking, we’d be happy to help! You can also reference our website at www.smcfrc.org.

San Mateo County Parks and Recreation Departments (by city):

Belmont

Brisbane
http://www.brisbaneca.org/departments/parks-and-recreation/programs/youth

Burlingame

Daly City
http://www.dalycity.org/page64.aspx

Foster City
http://www.fostercity.org/parksandrecreation/youthandteens/Camps.cfm

Half Moon Bay
www.half-moon-bay.ca.us

Hillsborough
http://www.hillsboroughrecreation.com/

Menlo Park
http://www.menlopark.org/235/activity-guide-recreation-classes
Millbrae
http://www.ci.millbrae.ca.us

Pacifica
http://www.cityofpacifica.org/depts/rec_department/summer_rec_programs.asp

Palo Alto
http://www.cityofpaloalto.org/gov/depts/camps/default.asp

Redwood City
http://www.redwoodcity.org/parks/

San Bruno
http://www.sanbruno.ca.gov/parks_main.asp

San Carlos
http://www.cityofsancarlos.org/depts/pr/default.asp

San Mateo

San Francisco
www.sfrecpark.org

For Children with Special Needs:
Inclusion Services Program/Adaptive Recreation Program
www.sfrecpark.org/recprogram/adaptive-recreation/

South San Francisco
http://www.ssf.net/412/summer-camps
For a listing of camps (including special needs) in San Mateo County and the Peninsula:

Bay Area Kid Fun,  www.bayareakidfun.com/campspeninsula.html
San Francisco Summer Camps,  www.sanfranciscosummercamps.org
Camp Bay Area,  www.campsbayarea.com
Activity Hero,  www.activityhero.com
Best Special Needs Camps,  www.bestspecialneedscamps.com
Special Needs Camps and Year Round Programs:

**Abilities United**
For young people 5-22 who cannot fit into regular special needs recreation programs. Children & teens work on behavioral/social adjustment and gross motor skills in community based settings.
Palo Alto
(650) 494-0550
www.abilitiesunited.org

**Axis Dance Access/KIDS**
A dance company for persons with or without disabilities, youth-adults
Oakland
(510) 625-0110
www.axisdance.org

**AYSO**
Soccer for kids with special needs in San Mateo, Ages 5-18 years, call 650 341-4112

**Bay Area Association of Disabled Sailors**
Provides adaptive boats and sailing training for persons with physical disabilities.
Teens- Adults
San Francisco
(415) 281-0212
www.baads.org

**Bay Area Friendship Circle**
A program that pairs high school students with children that have special needs for a full range of social Judaic educational experiences. All are welcome.
Palo Alto
(650) 858-6990
www.bayareaFC.org

**Bay Area Outreach & Recreation Program (BORP)**
Offers recreation including bike riding, adaptive bikes and more
Bay Area
(510) 849-4663
www.borp.org
BOK Ranch
Therapeutic horseback riding
Woodside
650-366-2265
http://bokranch.com/

Boys & Girls Clubs in San Mateo County of San Mateo
Daly City (650) 991-5760
Menlo Park (650) 646-6140
Pacifica (650) 355-1334
SSF (650) 589-7090

Boy Scouts of America
San Mateo County
650-341-5633 www.scouting.org
www.troop42sm.org

Camp Harmon/Easter Seal Summer Camp
Boulder Creek, CA
(831) 684-2166 ext 113
www.campharmon.org

Camp Krem/Camping Unlimited
Santa Cruz Mountains
(510) 222-6662
www.campingunlimited.org

Dance Attack
Los Gatos & Mountain View
A dance program for teens with special needs
(408) 356-6456
www.danceattackstudios.com

Developmental Pathways Summer Camps
Focus on speech, language and social skills 0-8 yrs
Redwood City (650) 366-0486
**Enchanted Hills Camp**
A free residential summer camp program for children who are legally blind, ambulatory and not in need of one-to-one supervision
San Francisco
(415) 694-7319
[www.lighthouse-sf.org](http://www.lighthouse-sf.org)

**e-soccer**
Free San Francisco Bay Area soccer program for children with special needs 5 -18 years old.
Meets in several different cities
[www.e-soccer.org](http://www.e-soccer.org)

**e-karate**
San Francisco Bay Area
[www.karate.e-sports.org/](http://www.karate.e-sports.org/)

**Environmental Traveling Companions (ETC)**
Offers outdoor and environmental education programs for people with special needs, includes sea kayaking, whitewater rafting.
San Francisco
(415) 474-7662
[www.etctrips.org](http://www.etctrips.org)

**Girls Scouts of Northern California**
Summer Camp Adventures for girls and families
Alameda, 510-562-8470
San Jose, 408-287-4170
[www.girlscoutsnorcal.org](http://www.girlscoutsnorcal.org)

**La Petite Baleen**
Swim programs for all ages
Multiple Bay Area locations
866-896-3603
[www.swimlpb.com](http://www.swimlpb.com)
Lazy H
Horseback Riding for children of all abilities
Half Moon Bay
(650) 726-3743
www.lazyhponyranch.com

Menlo Park Gymnastics Program
Gymnastics for all children
Menlo Park
(650) 330-2224
www.menlopark.org/236/gymnastics

Mills/Peninsula Pool
Therapeutic swim program
San Mateo
(650) 696-4927
www.mills-peninsula.org/aquatics

National Center for Equine Facilitated Therapy (NCEFT)
Therapeutic Horseback riding program for children and adults with special needs
Woodside
(650) 851-2271
www.ncft.org

PAL (Police Activities League)
Offers a variety of activities to school aged children
(650) 522-7725

Pomeroy Recreation and Rehabilitation Center
Offers arts & crafts, pool and other programs for children with disabilities
San Francisco
(415) 665-4100
www.prrcsf.org
REACH (Recreational Experience for All Children) – PARCA
Unique, inclusive and integrated childcare program for children program for children with or without developmental disabilities.
John Muir Elementary, San Bruno
(650) 871-8402
www.Parca.org/our-programs/reach

Project Insight (part of SF Parks and Rec)
Everybody Plays! Project Insight and Inclusion Services is our home for American Sign Language (ASL) and adaptive recreation programs, and inclusion services for people with disabilities.
San Francisco
(415) 206-1229 or (415) 206-1063
www.projectinsight.org/

Quest Therapeutic Camps
Therapeutic programs for children with special needs, ages 6-18. After school programs, summer camps, group therapy.
Peninsula/East Bay
1-800-313-9733, 925-743-2900
www.questcamps.com

Rainbow Music Therapy Services
Combines benefits of music education with specific therapeutic techniques of a music therapist.
Provides services to children, teens and young adults with special needs on the Peninsula.
Individual and group sessions available.
Redwood City & Los Altos
www.rainbowmusictherapy.com

Redwood City Parks & Recreation
Special Needs Program (SNAP)
(650) 780-7343
http://www.redwoodcity.org/parks/accessible_rec/index.html

San Bruno Special Needs Program
Teens and Adults
(650) 616-7184
Special Olympics
Northern California
(925) 944-8801
Local San Mateo Contact: Theo Paat, 650-802-5478
www.sonc.org

Square Peg Foundation
Therapeutic Horse Riding
Half Moon Bay
(650) 440-5064
www.squarepegfoundation.org

Special Skaters
Nazareth Ice Oasis
Redwood City
Skating Class for children with developmental delays or disabilities
(650) 364-8090, x116
www.iceoasis.com

South Bay Wheelchair Athletic Program (Far West Wheelchair Athletic Association)
Offers Wheels on Fire, Junior Wheelchair Sports Team, San Jose Steam Rollers, Water Wheels, Swim Team, Wheelchair Basketball and more.
San Jose
(408) 267-0200
http://www.nchpad.org/Directories/Programs/7943/South~Bay~Wheelchair~Athletic~Program

Via Services
Recreation and camps for children and adults with special needs
Santa Clara
(408) 243-7861
www.viaservices.org

Zohar Dance
Dance for Change
Palo Alto
(650) 494-8221
www.zohardancecompany.org
Activities for typical developing children (which may include children with disabilities)

**Jewish Community Center**
Day Camps, Swimming, Gym
San Mateo (650) 212-7522

**Junior Gym**
Preschool Program
Parent/Toddler Class
Parent’s Night Out
(650) 548-9901

**Music & Fine Arts Camp**
San Mateo Recreation Dept. of College of San Mateo County
Comprehensive summer arts experience for young artists (fine arts, theater, music)
(650) 522-7440

**Peninsula Swim School**
Redwood City
Indoor Pool 92 degrees
(650) 366-9211

**YMCA**
Day Camps 5-14 years, Gym, Swimming Pool; sliding fee memberships
Redwood City (650) 368-4168
San Mateo (650) 286-9622