



Other Community Activities

Therapeutic Recreation

Sunnyvale’s Therapeutic Recreation Program, which provides recreation and social programs for individuals with disabilities, is expanding this spring to offer new programs for children and teenagers. We welcome individuals with various disabilities including, but not limited to, developmental, intellectual, autism, cerebral palsy, visual/hearing impairment and physical disabilities. Programs are supervised and managed by a certified recreation therapist. Program staff are trained to provide the highest quality of service to participants while meeting individual needs. All participants must be independently capable of personal care or provide their own attendant.

Our programs are designed to:

- Provide recreation opportunities in a safe, caring and positive environment
- Create self-confidence through exposure to new recreation opportunities
- Enhance gross and fine motor coordination skills, social interaction and self-expression
- Foster independence



Saturday of Experience Cooking Project

Photo by Valentyna Gorbachenko

All of our therapeutic recreation programs require advance registration. For more information, pricing or to register for any of these programs, call the therapeutic recreation coordinator at (408) 730-7359.

Kids Klub – 5:1 Ratio **NEW** (7 – 12 years)

Participants will enjoy group games, arts and crafts, and physical activities in a fun and safe afterschool club environment Wednesdays, 3:30 – 5 p.m. at the Recreation Center Community Room. Kids Klub helps participants develop and practice appropriate social interaction, following directions, cooperation and decision making.

Teen Hangout – 8:1 Ratio **NEW** (13-19 years)

Teens will hang out with friends Monday afternoons, 3:30 – 5 p.m. at the Recreation Center Community Room, for games, physical activities, arts and crafts, music and socializing. Participants will strengthen skills in social interaction, decision making, independence and self-expression. Participants must be able to attend a large social gathering with minimal supervision.

Bowling – 12:1 Ratio (18+)

Participants bowl weekly at Homestead Lanes, located at 20990 Homestead Road, Cupertino, Thursdays, 3:30 – 5 p.m. Improve bowling skills, while building sportsmanship, teamwork and making new friends. Participants must be able to attend a large social gathering with minimal supervision. Bowling shoes and adaptive equipment will be provided.

Saturday of Experience – 10:1 Ratio (18+)

Participants will enjoy Saturday morning with a variety of fun new experiences, including arts and crafts, cooking, games, sports and outings. Participants strengthen life skills, social etiquette and leisure awareness. All activities are 10 a.m.-12:30 p.m. Participants must be able to attend a large social gathering with minimal supervision.

Cooperative Dances (18+)

Adults gather for social dances four times a year. Dances are jointly sponsored by the cities of Sunnyvale, San Jose and Santa Clara. For more information, call (408) 730-7359.

Community Organizations

Organizations listed here provide recreational opportunities specifically for individuals with disabilities. For more information, contact the organization directly.

AYSO (American Youth Soccer Organization)	(408) 739-AYSO
Little League Challenger Baseball	challenger@cad44.org
Santa Clara County Special Olympics	(408) 392-0170