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The individual with a spinal cord injury may no longer be able to pursue recreational activities in the same way as before the injury, but there are still many options for recreation and leisure. With a little imagination, creativity and planning, new ways can be found to enjoy favorite leisure activities.

Swimming is one activity that is readily accessible to individuals with SCI in the local community. In this section of the resource guide, accessible pools in the area are listed. Also, if there is a specific sport that interests you, listings for various national and local wheelchair sports and recreational organizations are included. Finally, accessible museums and theaters in the Bay area are described and listed below.

ACCESSIBLE POOLS

COMMUNITY COLLEGE POOLS

Cabrillo College

831/479-6266

6500 Soquel Drive

Aptos, CA 95003

- Outdoor pool
- 82 degrees
- Hoyer lift

De Anza College

408/864-8873

21050 McClellan Rd.

Cupertino, CA 95014

- Outdoor pool
- 82 degrees
- Lift

Gavilan College

408/847-1400 x4741

5055 Santa Teresa

Gilroy, CA 95020

- Outdoor pool
- 83 degrees
- Lift

16. Recreation, Leisure and Entertainment

San Jose City College

408/288-3746

2100 Moorpark Ave.

San Jose, CA 95128

- Outdoor pool
- 83 degrees
- Lift

Santa Rosa Community College

707/527-4470

1501 Mendocino Ave.

Santa Rosa, CA 95401

- Indoor pool
- 83 degrees
- Lift

West Valley College

408/867-2200 x2420

14000 Fruitvale Ave.

Saratoga, CA 95070

- Outdoor pool

COMMUNITY POOLS

Betty Wright Swim Center

650/494-1480

3864 Middlefield Rd.

Palo Alto, CA

- Indoor pool
- 88-90 degrees
- Ramp

Community Association for Rehabilitation

650/494-0550

525 East Charleston Rd.

Palo Alto, CA 94306

16. Recreation, Leisure & Entertainment

Kernes Memorial Pool

831/372-1240

15 Portola Ave.

Monterey, CA 93940

- Indoor pool
- 92 degrees
- Lift
- Special programs

Mills Hospital Pool

650/696-4315

El Camino and Crystal Springs

San Mateo, CA

- Indoor pool
- 90 degrees
- Ramp

RCH, Inc.

415/665-4100

FAX: 415/665-7543

207 Skyline Blvd.

San Francisco, CA

- Indoor pool
- 92 degrees
- Ramp

Salinas Municipal Pool

831/758-7301

920 N. Main St.

Salinas, CA 93906

- Indoor pool
- 85 degrees
- Lift
- Lessons

Timpany Recreation and Aquatics Center

408/267-0200

1730 Empey Way

San Jose, CA 95128

- Indoor pool
- 92 degrees
- Accessible
- Lessons, Exercise, Open Swim

16. Recreation, Leisure and Entertainment

YMCA POOLS

Central YMCA

408/298-1717

1717 The Alameda

San Jose, CA 95126

- Indoor and outdoor pool
- 85 degrees
- Ramp

El Camino YMCA

650/969-9622

2400 Grant Ave.

Mountain View, CA 94040

- Outdoor pool
- Need to individually transfer

Palo Alto Family YMCA

650/856-9622

3412 Ross Rd.

Palo Alto, CA 94303

- 2 indoor pools
- 85 degrees
- No lifts or ramps

Peninsula Family YMCA

650/286-9622

1877 S. Grant St.

San Mateo, CA 94402

- Indoor pool
- 83 degrees
- Lift

Santa Rosa YMCA

707/545-9622

1111 College Ave.

Santa Rosa, CA 95404

- 2 indoor pools
- 85-90 degrees
- Lift

16. Recreation, Leisure & Entertainment

Sequoia YMCA

650/368-4168
1445 Hudson St.
Redwood City, CA

- Indoor pool
- 85 degrees
- No lifts

Southwest YMCA

408/370-1877
13500 Quito Rd.
Saratoga, CA

- Indoor pool
- 82-84 degrees
- Lift

LOCAL SPORTS AND RECREATION RESOURCES

Bay Area Association of Disabled Sailors

415/281-0212
P.O. Box 77212
San Francisco, CA 94107-7212

- Offers people with disabilities and families and friends the opportunity to go sailing, learn to sail or volunteer to help bring sailing to others
- 3 boats
- \$24.00/yr membership includes boat use, club events, including free drop-in classes and a bimonthly newsletter

Bay Area Outreach and Recreation Program (BORP)

510/849-4663
830 Bancroft Way
Berkeley, CA 94710

Website: <www.borp.org>

- Sports and recreation activities for individuals with disabilities of all ages
- Recreation referrals and consultations
- Serves the San Francisco Bay Area

16. Recreation, Leisure and Entertainment

City of San Jose Office of Therapeutic Services

408/267-0200

FAX: 408/267-2834

5730 Chambertin Drive

San Jose, CA 95118

Website: <www.ci.san-jose.ca.us/prns>

- Sponsor a number of programs for individuals with disabilities
- Support groups
- Aquatics
- Summer camps for children with disabilities

Creativity Unlimited Diquisto Center

408/559-1847

FAX: 408/559-1842

2715 Union Ave.

San Jose, CA 95124

- Fine arts program for individuals with disabilities

Disabled Sports USA of Northern California

916/722-6447

6060 Sunrise Vista Drive, Suite 2540

Citrus Heights, CA 95610

- Multiple recreational activities
- Publish a newsletter *Ventures*

Environmental Traveling Companions (ETC)

415/474-7662

Fort Mason Center, Bldg. C

San Francisco, CA 94123

- Offer outdoor programs; whitewater rafting, cross country skiing and sea kayaking
- Also publish newsletter

Guardian Rehabilitation Center

408/356-2191

16412 Los Gatos Blvd.

Los Gatos, CA 95032

- Aquatic therapy

16. Recreation, Leisure & Entertainment

Redwood City Parks, Recreation & Community Services

Accessible Recreation Activities and Programs (ARAP)

650/780-7311

1120 Roosevelt Ave.

Redwood City, CA 94061-1499

- Offer trips, hikes, fitness classes, movies and lunches to their members
- Publish quarterly ARAP update which details their activities

Red Morton Center

Redwood City Parks, Recreation & Community Services

650/780-7311

1120 Roosevelt Ave.

Redwood City, CA 94063

- Offer trips, fitness classes, dance classes, art classes and other activities

Silicon Valley Independent Living Center

408/894-9041

FAX: 408/894-9050

2306 Zanker Rd.

San Jose, CA 95131

Website: <www.svilc.org>

- Group recreational/social activities, events and information regarding accessible community resources

South Bay Wheelchair Athletic Program

City of San Jose, Office of Therapeutic Services

408/267-0200

FAX: 408/267-2834

5730 Chambertin Dr.

San Jose, CA 95118-3302

- Wheels on Fire - Junior Wheelchair Sports Team
- Pacific Spartans - Wheelchair Basketball Team
- San Jose Sting Quad Rugby Team
- Water Wheels Swim Team
- San Jose Steamrollers - Power Soccer Team

16. Recreation, Leisure and Entertainment

NATIONAL SPORTS/RECREATION ASSOCIATIONS

Survivors Art Foundation

P.O. Box 383

Westhampton, NY 11977

E-mail: safe@survivorsartfoundation.org

Website: <www.survivorsartfoundation.org>

- Non-profit organization aiming to provide entertainment, education, exposure to the arts and raising public awareness while mainstreaming survivors with physical and mental disabilities into the arts

AMPUTEE SPORTS

Disabled Sports USA

301/217-0960

451 Hungerford Dr., Suite 100

Rockville, MD 20850

Eastern Amputee Athletic Association

516/826-8340

2080 Ennabrock Rd.

North Bellmore, NY 11710

ARCHERY

Wheelchair Archery, USA

5295 Highway 78, Suite D

P.O. Box 204

Stone Mountain, GA 30087

BASKETBALL

Canadian Wheelchair Basketball Association

613/841-1824

1600 James Naismith Dr.

Gloucester, Ontario K1B5N4

Website: <www.cwba.ca>

National Wheelchair Basketball Association

Website: <www.nwba.org>

16. Recreation, Leisure & Entertainment

BOWLING

American Wheelchair Bowling Association

954/491-2886
6264 N. Andrews
Ft. Lauderdale, FL 33309
E-mail: bowlawba@juno.com

GOLF

Association of Disabled American Golfers

303/922-5228
FAX: 303/922-5257
P.O. Box 280649
Lakewood, CO 80228-0649
E-mail: adagorme@aol.com

National Amputee Golf Association

800/633-NAGA
P.O. Box 5801
Coralville, IA 52241-5801

MULTISPORT

Canadian Wheelchair Sports Association

613/841-1824
1600 James Naismith Dr.
Gloucester, Ontario K1B5N4
Website: <www.cwba.ca>

Disabled Sports USA

301/217-0960
451 Hungerford Dr., Suite 100
Rockville, MD 20850

U.S. Cerebral Palsy Athletic Association

401/874-7465
251 W. Independence Way
Kingston, RI 02881
Website: <www.uscpaa.org>

16. Recreation, Leisure and Entertainment

Wheelchair Sports, USA

719/574-1150

3595 E. Fountain Blvd., Suite L-1

Colorado Springs, CO 80910

Website: <www.wsusa.org>

QUAD SPORTS

Power Soccer

Bay Area Outreach Recreation Program

510/849-4663

830 Bancroft Way

Berkeley, CA 94710

Website: <www.pinter.com/BORP>

RACQUET SPORTS

National Foundation of Wheelchair Tennis

949/361-3663

940 Calle Amanecer, Suite B

San Clemente, CA 92672

RECREATION

American Handcycle Association

619/596-1986

1744 Pepper Villa Dr.

El Cajon, CA 92021-1214

E-mail: gardner@funtv.com

North American Riding for the Handicapped Association

800/369-RIDE

P.O. Box 33150

Denver, CO 80233

Website: <www.narha.org>

Paraplegics On Independent Nature Trips (POINT)

214/827-7404

4144 N. Central Expy., Suite 515

Dallas, TX 75204

16. Recreation, Leisure & Entertainment

ROAD RACING

International Wheelchair Road Racers Club, Inc.

203/967-2231
30 Myano Ln.
Stamford, CT 06902

SKIING

Disabled Sports USA

301/217-0960
451 Hungerford Dr., Suite 100
Rockville, MD 20850

U.S. Disabled Ski Team

435/649-9090
P.O. Box 100
Park City, UT 84060
Website: <www.uskiteam.com>

SOFTBALL

National Wheelchair Softball Association

651/437-1792
1616 Todd Ct.
Hastings, MN 55033

TRACK AND FIELD

Wheelchair Athletics of the USA

203/967-2231
30 Myano Ln.
Stamford, CT 06902

16. Recreation, Leisure and Entertainment

WATER SPORTS/RECREATION

American Canoe Association

703/451-0141
7432 Alban Station Blvd., Suite B-232
Springfield, VA 22150
Website: <www.paddler.org>

Aqua Sports Association for the Physically Challenged

619/953-8777
830 Broadway, Suite 10
El Cajon, CA 92021

Handicapped Scuba Association

714/498-6128
1104 El Prado
San Clemente, CA 92672
E-mail: *hsatravel@aol.com*

National Ocean Access Project

Disabled Sports USA

301/217-9843
P.O. Box 10726
Rockville, MD 20849-0726

U.S. Rowing Association

800/315-4769
201 South Capitol Ave., Suite 400
Indianapolis, IN 46225

U.S. Wheelchair Swimming

508/946-1964
229 Miller St.
Middleboro, MA 02346

WEIGHTLIFTING

U.S. Wheelchair Weightlifting Federation

215/945-1964
39 Michael Place
Levittown, PA 19057

16. Recreation, Leisure & Entertainment

ACCESSIBLE MUSEUMS

Behring Auto Museum

925/736-2277

3700 Blackhawk Plaza Circle

Danville, CA 94506

- Hours: Wed - Sun 10am-5pm
- Admission: \$7 adults, \$4 students and seniors
- Accessibility: Ramped in front; elevators inside for two floors of exhibits

California Academy of Sciences

415/750-7145

Golden Gate Park

San Francisco, CA

- Hours: Daily 10am-5pm (Summer hours are 9am-6pm)
- Admission: \$8.50 adults; \$5.50 youth (12-17), students, and seniors; \$2.00 children (4-11)
- Accessibility: All exhibits are accessible except the swamp area in the Steinhart Aquarium
- Elevators

California Antique Aircraft Museum

408/683-2290

12777 Murphy Ave.

San Martin, CA 95046

- Hours: T-Th and Sat & Sun 11am-4pm
- Admission: Free, donation requested
- Accessibility: Several buildings

Children's Discovery Museum

408/298-5437

180 Woz Way

San Jose, CA 95110

Website: <www.cdm.org>

- Hours: T-Sat 10am-5pm, Sat & Sun 11am-4pm; Closed Mondays
- Admission: \$6.00 adults, \$4.00 children
- Accessibility: Elevators, all exhibits accessible

Cupertino Historical Society Museum

408/973-1495

10185 N. Stelling Rd.

Cupertino, CA 95014

- Hours: Wed-Sat 10am-4pm
- Admission: Free
- Accessibility: Automatic door in front; ground floor exhibits accessible

16. Recreation, Leisure and Entertainment

Cupertino Nature Museum

408/777-3149

22221 McClellan Rd.

Cupertino, CA 95014

- Hours: Sat 10am-2pm
- Admission: Free
- Accessibility: Ramped in front, exhibits on one level

Monterey Bay Aquarium

831/648-4888

831/648-4800

886 Cannery Row

Monterey, CA

Website: <www.montereybayaquarium.org>

- Hours: Daily 10am-6pm
- Admission: \$15.95 adults, \$13.95 seniors/students, \$7.95 children 3-12 and disabled
- Accessibility: Completely accessible except for the mezzanine level of the sea otter exhibit. Video monitors display shows/events on this level
- Free wheelchair rental
- Limited disabled parking

Museum of Modern Art

415/357-4000

151 3rd St.

San Francisco, CA 94103

- Hours: T,W,F, Sat, Sun 11am-6pm, Th 11am-9pm
- Admission: \$8.00 adults, \$5.00 seniors/students
- Accessibility: Ground level entrance, elevators to 4 floors

San Francisco Wax Museum

415/885-4975

Jefferson St.

San Francisco, CA

Website: <www.waxmuseum.com>

- Hours: M-Sun 9am-12 midnight
- Admission: Free for disabled
- Accessible: Recently remodeled to be made accessible

16. Recreation, Leisure & Entertainment

History Museums of San Jose

408/287-2290

1650 Senter Rd. (Kelly Park)

San Jose, CA 95112

Website: <www.serve.com/sjhistory>

- Hours: T-F 12pm-5pm, Sat & Sun 12pm-5pm
- Admission: \$6.00 adults, \$5.00 seniors; \$4.00 children
- Accessibility: Some buildings accessible

San Jose Museum of Art

408/294-2787

110 S. Market St.

San Jose, CA 95113

- Hours: T-Sun 10am-5pm, Th 10am-8pm
- Admission: \$7.00 adults, \$4.00 seniors and children
- Accessibility: Ramped on right of building, elevators

The Tech Museum of Innovation

408/294-8324

201 S. Market St.

San Jose, CA

- Hours: Daily 10am-5pm
- Admission: \$9.00 adults, \$7.00 children
- Accessibility: All exhibits are wheelchair accessible, including the IMAX theatre
- Elevator

Triton Museum of Art

408/247-9340

1505 Warburton Ave.

Santa Clara, CA 95050

- Hours: T 10am-9pm, W-Sun 10am-5pm
- Admission: Free
- Accessibility: Accessible- one floor of exhibits is carpeted

ACCESSIBLE THEATRES

American Conservatory Theatre (ACT)

415/834-3200

30 Grant Ave.

San Francisco, CA 94108

- Accessibility: Recently remodeled to be completely accessible

16. Recreation, Leisure and Entertainment

Berkeley Greek Theatre

510/642-9988

UC Berkeley Campus

Gailey Ave. and Hearst St.

Berkeley, CA

- Tickets: Bass customer service or at box office in person
- Accessibility: Ramped in front, Reserve (back of section) or general seating

Civic Auditorium

415/974-4060

99 Grove St.

San Francisco, CA 94102

- Tickets: Bass customer service
- Accessibility: 24 locations, 6-10 seats each, elevator

Club Figazi

415/421-4222

2678 Green St.

San Francisco, CA

Beach Blanket Babylon

- Accessibility: main floor ramp

Concord Pavilion

925/671-3285

2000 Kirker Pass Rd.

Concord, CA 94521

- Tickets: Bass customer service or Concord Ticket Center

Cow Palace

415/469-6065

2600 Geneva Ave.

Daly City, CA

Website: <www.cowpalace.com>

- Accessibility: Box seats available for wheelchair users
- Tickets: Bass customer service, through the box office, or Tickets.com
- Box office hours: M-F 10am-5pm, Sat 10am-4:30pm

16. Recreation, Leisure & Entertainment

Curran Theatre

415/551-2000

445 Geary St.

San Francisco, CA 94108

Website: <www.bestofbroadway-sf.com>

- Accessibility: Main floor only, no accessible restrooms
- Tickets: Bass customer service

Davies Symphony Hall

415/864-6000

201 Van Ness Ave.

San Francisco, CA 94102

- Accessibility: main floor and all levels; one attendant seat also
- Tickets: Bass customer service

The Filmore

415/346-3000

1805 Geary St.

San Francisco, CA

- Accessibility: Have several places for wheelchairs
- Tickets: Bass customer service
- Need to call theater at least two days in advance to let them know you are coming

Flint Center

408/864-8816

De Anza College

21250 Stevens Creek

Cupertino, CA 95014

Golden Gate Theatre

415/551-2000

6th and Market St.

San Francisco, CA

Website: <www.bestofbroadway-sf.com>

- Accessibility: Main floor only accessible
- Tickets: Call Bass customer service

Marines Memorial Club

415/673-6672

Box Office: 415/771-6900

609 Sutter St.

San Francisco, CA 94102

- Accessibility: yes

16. Recreation, Leisure and Entertainment

Montgomery Theatre

408/277-3900

W. San Carlos and S. Market

San Jose, CA

- Accessibility: 6 seats in back, main floor
- Tickets: Bass customer service

Mountain Winery

408/787-1429

17831 Pierce Rd.

Saratoga, CA 95070

- Accessibility: Hilly. Reserve seating. Accessible by removing folding chair

Orpheum Theatre

415/551-2000

Hyde and Market St.

San Francisco, CA

Website: <www.bestofbroadway-sf.com>

- Accessibility: No elevator - only main floor is accessible
- Tickets: Bass Customer Service

Paramount Theatre

510/465-6400

2025 Broadway

Oakland, CA

- Accessibility: yes
- Tickets: Bass Customer Service

Redwood Amphitheatre at Paramount's Great America, Santa Clara

Santa Clara, CA 95054

408/988-1776 x8153

- Accessibility: seating in center rear (Sec. W)
- Tickets: Bass Customer Service

San Jose Center for Performing Arts

408/277-3900

255 Almaden Blvd.

San Jose, CA 95113

- Accessibility: 8 seats per performance in row 27 (4 seats and 4 companion seats)
- Tickets: Bass Customer Service

16. Recreation, Leisure & Entertainment

San Jose Civic Auditorium

408/277-3900

145 W. San Carlos St.

San Jose, CA 95113

- Accessibility: Main Floor seating (changes with each event)
- Tickets: Bass Customer Service

Santa Cruz Civic Auditorium

831/420-5260

307 Church St.

Santa Cruz, CA 95060

- Accessibility: Seating on main floor
- Tickets: Bass Customer Service

Shoreline Amphitheatre

650/967-3000

Box Office: 650/967-4040

Mountain View, CA 94043

- Accessibility: Top and bottom of reserve section
- Tickets: Bass Customer Service

Theatre on the Square

Box Office: 415/433-9500

450 Post St.

San Francisco, CA 94102

- Accessibility: three seats per show
- Tickets: Through box office

Warfield, The

415/567-2060

982 Market St.

San Francisco, CA 94102

- Accessibility: Main floor and balcony for wheelchair user and one guest
- Tickets: Bass customer service and at door before the show
- Call theater and let them know you are coming

16. Recreation, Leisure and Entertainment

SPORTING EVENTS

3-Com Park (San Francisco 49ers)

415/467-1994

415/656-4900

Jamestown and Harney Way

San Francisco, CA

Website: <www.sf49ers.com>

- Accessibility: Wheelchair accessible seating available throughout the park on most levels
- Accessible elevator
- Tickets: 49er ticket office (415/656-4900) M-F 9am-5pm, Ticketmaster

Oakland Coliseum (Oakland A's & Oakland Raiders)

510/569-2121

700 Coliseum Way

Oakland, CA

Website: <www.stadianet.com>

- Accessibility: Wheelchair accessible seating in several areas of the stadium
- Tickets: Coliseum box office M-F 10am-6pm, Sat 10am-4pm, Tickets.com

Pac Bell Park (San Francisco Giants)

415/972-2222

Willie Mays Plaza

San Francisco, CA

Website: <www.sfgiants.com>

- Accessibility: Wheelchair accessible seating available on all levels of the ball park
- Park provides escorts to wheelchair users free of charge to assist with seating and transportation within the ball park. Must call 415/947-3395 to arrange for this service prior to arriving at the game
- Tickets: Giants box office (415/972-2000) open on game days only, 2 hours prior to game; Giants Dugout stores

San Jose Arena (San Jose Sharks)

408/287-9200

Santa Clara St. and Autumn St.

San Jose, CA

Website: <www.sjarena.com> or <www.sjsharks.com>

- Accessibility: Wheelchair accessible seating available on all levels for wheelchair user and one guest. Specify need for wheelchair accessible seating when ordering tickets
- Tickets: San Jose Arena ticket office M-F 9:30am-5:30pm, Sat 9:30am-1pm, Ticketmaster