

## AbilityFirst Claremont Center

AbilityFirst Claremont Center offers programs for children and adults with physical disabilities and developmental disabilities, such as autism, cerebral palsy, Down syndrome, and epilepsy. The center serves Eastern Los Angeles County and Western San Bernardino County, including the communities of Claremont, Alta Loma, Chino, Covina, Diamond Bar, Glendora, La Vern, Ontario, Pomona, Rancho Cucamonga, Rialto, San Dimas, Walnut and West Covina. Established in 1965, the center features activity rooms, computer lab, an indoor heated swimming pool, an outdoor play area and a specialized learning lab.



## AbilityFirst After School and Summer Programs

AbilityFirst after school and summer programs provide a nurturing environment for school-age youth who have developmental disabilities. Our well-trained and caring staff provides opportunities for new experiences that encourage socialization, exploration, and choice. Participants enjoy an enriching program that also provides needed personal care (including feeding, changing, transferring, etc.) while supporting personal growth and discovery.

\*Hours of operation are from 2:00 pm to 6:00 pm when school is in session and 8:00 am to 6:00 pm during summer months and school breaks. Participants must be able to safely function in a 1:5 staffing ratio.

## Recreation and Leisure Program

This program is offered two Fridays and two Saturdays each month for adults ages 18 and up. Participants make new friends through fun activities and excursions into the community. Activities may include sports, dances, community events, and recreational outings. Activities are designed to promote peer interactions, community awareness, and socialization skills. Call for a current schedule.

## Aquatics Program

Open to the community, the aquatic program offers warm water exercise classes, designed for promoting joint flexibility, range of motion, muscle tone. Classes are ideal for adults with arthritis/senior citizens or those who are recovering from injury or illness. All aquatic programs are supervised by lifeguards trained in CPR, first aid, lifesaving and water safety; and the Arthritis Foundation warm water exercise methods.

Facility License # 191501798

