

Contact:

Long Beach Center

AbilityFirst Long Beach Center offers programs for children and adults with developmental disabilities, such as autism, cerebral palsy, Down syndrome, and epilepsy. The center serves Long Beach and surrounding communities including Lakewood, Torrance, Seal Beach, Carson, Bellflower, and Los Alamitos. Established in 1966, the center features a large activity room, a dedicated children's program room, computer lab, an outdoor play area, and a heated swimming and warm water exercise pool.

Aquatics

Our beautiful indoor pool program offers classes for adults who have arthritis/arthritis conditions, who are recovering from injury or illness or who just want to enjoy the benefits of warm water. A physician's release and completed application required to participate. Please call the Center for information on pool fees.

Adult Day Program

Our day program is for adults 18 years and older who are looking to develop their social, recreation and independent living skills. This program is both site and community based. Curriculum is based on choice and includes cooking, fitness, arts and crafts, ceramics, music, swimming, ILS activities, field trips, and volunteer opportunities. We are a vendor with the Harbor Regional Center.

Hours of operation: Monday-Friday 8:30-1:30. Participants must be able to safely function within a 1:3 staffing ratio and not require medical staffing. After program care is available on a private pay basis for \$10.00 per hour until 6PM.

Social/Recreational private pay activities are offered during the school year. Fees and staffing ratios vary per event. Call for a current schedule.

Accreditation

Licensed by the State of California Department of Social Services – Community Care Licensing – Center After School and Adult Day Programs and Group Homes, American Camping Association (ACA) – Accredited Resident Summer Camping Program, Commission on Accreditation of Rehabilitation Facilities (CARF) – Business and Employment Services and a Vendor with local Regional Centers

After School and Summer Program

AbilityFirst after school and summer programs provide a nurturing environment for school age youth with developmental disabilities. Our well-trained and caring staff engages participants with age appropriate activities that support social, physical, cognitive, and creative abilities. Through center-based activities and field trips, AbilityFirst helps participants achieve their personal best in the following areas:

- basic life skills
- communication
- social skills
- healthy living, including swim instruction

Hours of operation: 2:00 pm to 6:00 pm when school is in session / 8:30 am to 5:30 pm during summer months and school breaks

