

# Community Events & Programs



## PVA 2025 Rugby Camp

September 25-27, 2025  
San Diego Municipal Gym



Paralyzed Veterans of America is excited to announce the 2025 Veterans Rugby Camp in San Diego, California. Camp is open to Veterans of all skill levels, from beginner to high performance. This is the perfect place to learn the sport or hone your skills for the upcoming season.

**Contact Katelynn Johnson  
for more information:**  
E: [KatelynnJ@pva.org](mailto:KatelynnJ@pva.org)  
P: (202) 416 - 7637

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# Community Events & Programs

The following organizations provide additional recreation and leisure opportunities for all. Don't miss these great events.

## Civic Dance...You Can Dance!

Since 1942, The San Diego Parks and Recreation Department's Civic Dance Arts program has been offering high quality, affordable dance lessons to individuals of all ages and abilities. For more information, call the Dance office at (619) 235-5255 or visit [www.cividdancearts.org](http://www.cividdancearts.org).

**If you are in need of inclusion support for classes, please see page 13.**

**Registration opens**

**Saturday, September 13 at 10:00am.**

**Classes begin the week of September 22.**

Classes at Park de la Cruz (3901 Landis Street, 92105) are scheduled for Tuesdays from 4:45 - 7:15pm. Classes include: Pre-Ballet, Beg Ballet 1A, Beg/Adv Beg Ballet 1B/2A, Pre Hip Hop and Beg Tap 1A. Fall dance classes are visible on SDRcConnect.com on August 18.

## Stars Acting Workshop

Summer Golden (619) 647-4958

[zgolder1@cox.net](mailto:zgolder1@cox.net)

STARS is a GB Productions' theater arts program for adults with disabilities. They offer four separate groups, meeting each week to learn and practice acting, directing and other theater skills. Call or e-mail for more information.

[www.northparkvaudeville.com](http://www.northparkvaudeville.com)

## Driving Simulator

Ryan F. (619) 704-2430

Getting a driving license is one of the most significant milestones in a person's life. It means freedom, independence, adventure, and responsibility. The goal of the driving simulator is to make getting a driver's license a fun experience while learning the road rules of defensive driving skills. Call for more information.

## Infant/Toddler Brain Dance Class

**Tuesdays 10:00 - 11:30am**

Class includes music-based movement and dance, rhymes and singing. This course meets at Park de la Cruz and will explore how physical activity supports cognitive learning and social-emotional development in children 0-23 months old. Using multi-sensory props and instruments, students will experience how music and movement promote and sustain early development patterns necessary for building a strong foundation between body and brain. Register at [San Diego College of Continuing Education](http://San Diego College of Continuing Education). E-mail [mschaude@sdccd.edu](mailto:mschaude@sdccd.edu) for questions.

## SoCal Special Olympics

Lynne Allen (619) 704-3343

We enrich the lives of almost 3,000 athletes with and without intellectual disabilities through sports, education and health. Athletes have the opportunity to participate in athletics, basketball, bocce, flag football, and swimming. Visit the website to sign up and learn more.

[www.sosc.org/sandiego](http://www.sosc.org/sandiego)

## iCan Bike San Diego

Kim Sullivan [bikecampsd@gmail.com](mailto:bikecampsd@gmail.com)

iCan Bike uses adapted bicycles, a specialized instructional program, and trained staff to enable individuals with disabilities to learn to ride a conventional two-wheel bicycle. This achievement, in turn, creates a gateway of opportunity, helping riders gain assurance and self-reliance in many other aspects of their lives. Please visit the website for more information on programs and to enroll or volunteer.

[www.icanbikesd.org](http://www.icanbikesd.org)