

# ADAPTIVE SPORTS (ADP)

## Ages 8+

**Michael Rodriguez**

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Programs are designed for individuals with physical disabilities, to promote health & fitness by working on increasing endurance, upper body strength, mobility skills, & leisure independence in a recreation environment. **Register early, space is limited.**

### Dynamic Inclusive Dance

Select Wednesdays 10:00 - 11:00am

**Volunteer Led by Jason Rivers**

Wednesday dance class sessions are open to standing and seated people of all abilities. Come learn the basics of a variety of dance styles including the Cha Cha, Rumba and Foxtrot. When time permits, line dancing is included. We have customized wheelchairs for those using a walker, cane or power wheelchair. Nothing should stop someone from learning the joy of dance. Meet at PDLC Gymnasium (3911 Landis St., 92105).

**REGISTRATION: FREE**

**CODE: 125893**

### Wheelchair Basketball Open Gym

Wednesdays 5:30 - 8:15pm

Saturdays 1:00 - 5:00pm

**Volunteer Led by JT (Roll to Success)**

This program will teach fundamentals, skills, and drills of playing wheelchair basketball to those 8 years and older with physical disabilities. Meet at Park de la Cruz Gymnasium. Please contact Michael two days prior to attending if you will need to borrow a sports wheelchair.

**REGISTRATION: FREE**

**CODE: 125895**

### Adaptive Fitness

Tuesdays & Thursdays 1:00 - 2:30pm

**Volunteer Led by Jaime (Roll to Success)**

This program is **for individuals with a physical impairment with intermediate gym knowledge**. This is a **non-supervised program**. Anyone requiring support must bring an aide. Ages 16 and up at PDLC Gymnasium. (3911 Landis St., 92105).

**REGISTRATION: FREE**

**CODE: 125894**

**See pages 6-11 for more opportunities that include special events, dances, weekly programs, and garden programs.**



### Wheels

Select Saturdays 11:00am - 1:30pm

Sept. 6, 20 | Oct. 25 | Nov. 1, 8, 15

**Led by Michael**

Bring or borrow numerous wheeled devices to enjoy the day with your peers. Whether you want to ride a handcycle or tandem bike, if you have roller skates, a skateboard, or even if you want to roll with your wheelchair, come enjoy the outdoors on a safe and secure bike path. The Wheels program is a fun way to meet people and explore San Diego, while building strength and endurance. Look for the City of San Diego truck with wooden gates on the back for where the group is located. **Locations TBA.**

**REGISTRATION: \$15**

**CODE: 125896**

**All codes are directly linked to [SDRecConnect.com](https://SDRecConnect.com), so click the code to sign up.**