

# CO-SPONSORED PROGRAMS

## Sports for Exceptional Athletes

### Volunteer Led by S4EA Coaches

S4EA is a sports program serving athletes with developmental disabilities. A \$20 donation per season to S4EA is requested. For more information contact Walter Jackson at (858) 565-7432 or sds4ea@gmail.com.

### Park de la Cruz Gym- Floor Hockey/Volleyball

Mondays 5:30 - 8:30pm

Sept. 15 - Dec. 8

Ages 5 - Adults

CODE: 126512

### Morely Field - Flag Football

Wednesdays 5:30 - 8:30pm

Sept. 10 - Oct. 15

Ages 5 - Adults

CODE: 126513

### Kearny Mesa Gym - Floor Hockey

Thursdays 4:00 - 5:30pm

Sept. 18 - Dec. 11

Ages 5 - 18

CODE: 126514

## Strength Training

Mondays 8:30 - 9:30am

Wednesdays 8:30 - 9:30am

### Volunteer Led by RT (Wounded Warriors)

Class offers adaptable and customizable functional movement-based exercises to meet individual needs. Includes dynamic warm-up, body weight, resistance band, kettle bell, and core exercises in combination with cardiovascular activities. Program is for Service Member (active-duty or veterans) and will meet at Park de la Cruz Fitness Center.

**Drop-in program**

## Deaf Seniors Club

Wednesdays 10:00am - 3:00pm

### Volunteer Led by Richard and Cheryl

Seniors who are deaf or hard of hearing or children of deaf adults are invited to join this social group! American Sign Language (ASL) is primarily used. Text (619) 851-0850 or video call (619) 259-5049 for more information.

**Drop-in program**

## Access 4 All - Technology Program

Mondays 9:30am - 12:00pm

### Led by SDFE staff at PDL

Free technology program led by San Diego Futures Foundation (SDFE) staff. SDFE conduct trainings, Q&A, and provide information on how to purchase low-cost devices to individuals who qualify. For independent participants age 18 years or older. Call (619) 525-8247 for information.

**REGISTRATION: FREE Drop-in program**

## Digital Navigators

Tuesdays 9:00am - 12:00pm

Thursdays 9:00am - 12:00pm

### Volunteer Led at PDL

Trained staff provide one on one instruction with basic technical support, assistance using online programs to access education, work, telehealth, government services, and more. They also assist with enrollment into programs that offer free or low cost devices and affordable internet. Call (619) 525-8247 for more information.

**Drop-in program**



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