

ADAPTIVE SPORTS (ADP)

Ages 8+

Michael Rodriguez

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

Dynamic Inclusive Dance

Wednesdays 10:00 - 11:00am

Volunteer Led by Jason Rivers

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: 127520

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 prior to attending if you want to borrow a sports wheelchair.

REGISTRATION: FREE

CODE: 127521

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



Wheels

Select Saturdays 11:00am - 1:30pm

Jan. 3, 17, 31 | Feb. 14

Led by Michael



Bring or borrow numerous wheeled devices to enjoy the day with your peers. Whether you want to ride a handcycle, 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 for the quarter

CODE: 127522

Big Bear Village & Ski Trip

Thursday, February 26 5:00am - 8:00pm

Limited spots will be available for adaptive skiers. Others can enjoy the sights of Big Bear Village.

Registration only covers the bus. If you're skiing, you must pay to ski day-of. For more information, please email Michael Rodriguez at MichaelR@sandiego.gov. Meet at Park de la Cruz.

REGISTRATION: \$60

CODE: 128387



All codes are directly linked to SDRecConnect.com, so click the code to sign up.