

# 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 -

#### Basketball & Winter Sports

Mondays 5:30 - 8:30pm

Jan. 5 - April 6

Ages 5 - Adults

**CODE: 127432**

### Kearny Mesa Gym - Junior Basketball

Thursdays 4:00 - 5:30pm

Jan. 8 - April 9

Ages 5 - 18 years old

**CODE: 127433**

## 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 Members (active-duty or veterans) and will meet at Park de la Cruz Fitness Center.

**REGISTRATION: FREE**

**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.

**REGISTRATION: FREE**

**Drop-in program**

## Access 4 All - Tech on the Go

Mondays 9:30 - 11:30am

**Led by SDFF staff at PDLC**

Free technology program led by San Diego Futures Foundation (SDFF) staff. SDFF 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 9:00 - 11:45am\*

Thursdays 9:00 - 11:45am\*

**Volunteer Led at PDLC**

**\*Dates and times subject to change in January.**

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.

**REGISTRATION: FREE**

**Drop-in program**



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