

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, so click the code to sign up.