

COMMUNITY EVENTS & PROGRAMS

The following organizations provide additional recreation and leisure opportunities for all. Don't miss these great events.

San Diego Goalball

Lori Meyers lorimeyers444@gmail.com

San Diego Goalball is a competitive and recreational paralympic sport designed for the visually impaired and blind, although anyone is welcome to play. The San Diego Goalball league meets twice a month usually on Sundays at gyms in San Diego & Carlsbad. For more information, go to <https://sandiegocounty.goalball.playerlineup.com>.

Unified ESL

Services@unifiedesl.com

A gaming and technology education program that provides social and emotional growth for the IDD community. We are an approved San Diego Regional Center vendor. Find more info online at <https://www.unifiedesl.com/>.

Race for Autism

Saturday, April 11 6:30 - 10:30am

Find race info and register online at <https://www.raceforautism.org>. Join our team when registering with team name: TRS Titans. No direct supervision provided by TRS staff. **This is not a TRS event. Scholarships do not apply to registration fees.**

Junior Adaptive Sports Camp

July 20 - 24 | 9:00am - 3:30pm

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by trained athletes. **Please contact Angel City Sports at (319) 331-5448 for camp fees and more information. Registration for this camp is done through Angel City Sports.**

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Civic Dance...You Can Dance!

Since 1942, The San Diego Parks and Recreation Department's Civic Dance Arts program has been offering high quality, affordable dance lessons to individuals of all ages and abilities. For more information, call the Dance office at (619) 235-5255 or visit www.cividdancearts.org.

If you are in need of inclusion support for classes, please see page 13.

Winter/Spring registration opened

Saturday, December 13 at 10:00am.

Classes began the week of January 5, 2026.

Summer registration opens

Saturday, June 20 at 10:00am.

Classes at Park de la Cruz (3901 Landis Street, 92105) are scheduled for Tuesdays from 4:45 - 7:15pm. Classes include: Pre-Ballet, Beg Ballet 1A, Beg/Adv Beg Ballet 1B/2A, Pre Hip Hop and Beg Tap 1A. Winter/Spring dance classes are visible on SDRecConnect.com on November 21.

Stars Acting Workshop

Summer Golden (619) 647-4958

zgolden1@cox.net

STARS is a GB Productions' theater arts program for adults with disabilities. They offer four separate groups, meeting each week to learn and practice acting, directing and other theater skills. Call or e-mail for more information.

www.northparkvaudeville.com

Driving Simulator

Ryan F. (619) 704-2430

Getting a driving license is one of the most significant milestones in a person's life. It means freedom, independence, adventure, and responsibility. The goal of the driving simulator is to make getting a driver's license a fun experience while learning the road rules of defensive driving skills. Call for more information.

Infant/Toddler Brain Dance Class

Tuesdays 10:00 - 11:30am

Class includes music-based movement and dance, rhymes and singing. This course meets at Park de la Cruz and will explore how physical activity supports cognitive learning and social-emotional development in children 0-23 months old. Using multi-sensory props and instruments, students will experience how music and movement promote and sustain early development patterns necessary for building a strong foundation between body and brain. Register at San Diego College of Continuing Education. E-mail mschaude@sdccd.edu for questions.

SoCal Special Olympics

Lynne Allen (619) 704-3343

We enrich the lives of almost 3,000 athletes with and without intellectual disabilities through sports, education and health. Athletes have the opportunity to participate in athletics, basketball, bocce, flag football, and swimming. Visit the website to sign up and learn more.

www.sosc.org/region5

