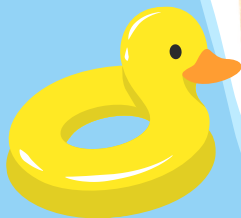




Therapeutic Recreation Services (TRS)

SUMMER 2026

JUNE • JULY • AUGUST



The City of San Diego does not necessarily endorse the services offered by the advertisements and community-sponsored activities listed in this newsletter.

Scan here for
online website



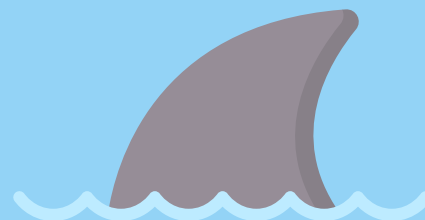
3901 Landis Street

San Diego, CA 92105

Office: (619) 525-8247

Email: trsnewsletter@sandiego.gov

www.sandiego.gov/therapeuticrecreationservices



THERAPEUTIC RECREATION SERVICES (TRS)

The City of San Diego, Parks and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists (CTRS) work with participants on social and recreational skill development, leisure education, appropriate behavior, and recreation participation in inclusive environments.

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- Brianna Boggs, CTRS • Jenny Cyganowski
- Emily Donahue • Janet Estrada • Erlinda Fuentecilla
- Jon Garibay • Rosey Heilmann, CTRS • Sienna Huber
- Nicole Jones • Tino Mayo • Jennifer Moff
- Sofia Monteilh • Michael Naccarato
- Denise Nuno, RTC • Monica Olivan • Victor Ortiz
- Cheryl Pawlak, CTRS/RTC • Jackie Romero
- Alex Sandejas • Sophie Snider • Jennifer Stevenson
- Alexia Torres-Kulek • Elise Whitworth • Alex Valencia

AgeWell Services Staff/Interns

- Patrick Ball • Carmen Coutee • Lauren Davis
- Morgan Furr • Tyler Harris • Mai Kawaguchi
- Irma Lara • Sean Lee • Skyler Lemire • Mark Leo
- Sharon Moninger, CTRS • Rafael Padilla
- Kristen Olson • James Rao • Niko Rodriguez
- Loretta Roiz • Yulonda Seaton
- Jolee Nieberding - Swanberg • Angel Jose Segura

PDLC Gymnasium Staff/Interns

- Gustavo Carranza • Joseph Cuevas • Joe Henry
- Clarence Hill • Dajasia Morales • Sal Partida
- Mauro Ramirez • Lilyana Theus • James Williams

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Steps to register on SD Rec Connect

First Time users: Create an online profile at SDRecConnect.com. Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, a parent or guardian, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, a confirmation email with a first-time activation link will be sent to the email address provided. You will not be able to use your new account until you've used this link. Note: this email may go to your "spam" folder. To avoid duplication, be sure to let others in your household know you've set up the account. ****Important:** If you are registering a child for an activity, do not use the child's information when creating a New Account. You can add them as a family member after the account is created.

Returning Customers: for returning customers, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

Payment Process

Payments can be made online at SDRecConnect.com or at Park de la Cruz Community Center or Cathy Hopper.

A parent or legal guardian must register participants under the age of 18 years. Cash or paper check is NOT accepted when paying in advance. **Acceptable payment methods include: electronic check with proper ID and proof of checking account (blank or voided check), or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only).** A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly. Activities not meeting the minimum enrollment may be cancelled. All registration and reservation fees include a non-refundable 3.56% processing fee.

Refund Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

Refund policy exclusions: 3.56% processing fee will be deducted from all refunds. No refund or transfer for non-attendance at activity. No credits to account. Activity fees less than \$10 will not be refunded. No refunds for requests submitted less than 20 business days prior to the activity. Refunds will take 4-8 weeks, depending on payment method. Payments made by credit card will be refunded to the credit card.

Scholarship Procedure

For information on applying for the City of San Diego low income fee waiver or the Disabled Service Advisory Council (DSAC) scholarship, please call (619) 525-8247 or stop by the Park de la Cruz (PDLC) office or Cathy Hopper (CH). Application can be submitted with a recreation center staff at PDLC or CH.

San Diego Regional Center Patrons

If you wish to have City of San Diego Parks & Recreation programs or camps covered by SD Regional Center, TRS is now a part of the Purchase Reimbursement program. **You must FIRST confirm with your Service Coordinator if you can receive reimbursement for programs before registering**, otherwise you may not be reimbursed. You will need to pay for program costs up front. Please contact your Service Coordinator with any questions.

Staff Updates



≡Welcome≡ Sophie

Hi, my name is Sophie, and I'm currently pursuing my master's degree at Cal State San Marcos, working toward becoming a speech therapist. In my free time, I enjoy going to the beach, shopping, trying new foods, going to concerts, traveling, and reading. I'm really excited to be part of the TRS team and to get to know everyone!

Staff Spotlight

☆☆☆☆☆☆ Bri Boggs ☆☆☆☆☆☆



Why did you want to work at TRS?

During my internship with TRS, I quickly grew to love the staff, participants, and the variety of fun things we get to do. I really enjoy my job and love having the flexibility to spend time at home with my two little ones. I really have the best of both worlds working here!

What has been your favorite moment?

I don't have a specific moment, but I love being out in the community with our participants and seeing the joy it brings them at fun events.

Favorite hobby outside of work?

I love spending my evenings relaxing on my couch with a blanket and a good book!

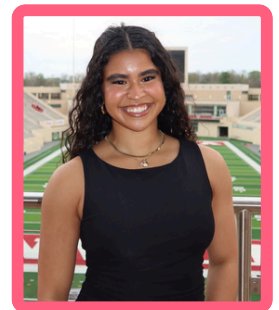
Therapeutic Recreation Summer Interns



Jenny ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

I'm originally from the Bay Area but have now lived in SD for about 6 years. I love being outdoors and enjoy participating in any kind of sport (even the ones I'm not good at)! My favorite sport to play is basketball since I grew up playing. Other hobbies I love include playing the drums, guitar and piano. A random fact about me is I have a twin brother who is my best friend! I cannot wait to start my internship in the summer!

Sofia



I was born in Louisiana. I moved to Indiana when I was young and I now attend Indiana University. In my free time, I enjoy hanging out with my friends, cooking, and spending time outside with my dogs. A random fact about me is that I was a member of the IU cheerleading team, and just recently cheered the College Football Playoff National Championship game.



Elise

I am wrapping up my BS in Recreational Therapy from CSULB. I am from Yorba Linda, and in my free time, I love to swim, paddleboard, dog-sit, and travel. One fun fact about me is that I have dual citizenship in the UK.



Park de la Cruz Community Park

Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

sandiego.gov/park-and-recreation/activities/trs

Monday	8:30am - 8:00pm
Tuesday	8:30am - 8:00pm
Wednesday	8:30am - 8:00pm
Thursday	8:30am - 8:00pm
Friday	8:30am - 5:00pm
Saturday	10:00am - 3:00pm
Sunday	Closed

Gymnasium Hours

3911 Landis Street, 92105

Phone: (619) 516-3141

sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym

Monday	10:00am - 8:30pm
Tuesday	10:00am - 8:30pm
Wednesday	10:00am - 8:30pm
Thursday	10:00am - 8:30pm
Friday	10:00am - 8:30pm
Saturday	10:00am - 5:30pm
Sunday	Closed

Closed June 19, July 3 and July 4 in observance of City Holidays.

Recreation Room

You can check out a variety of recreation equipment including basketballs, ping-pong, board games, and more. Individuals age 13 and older will need a picture ID (school, driver license, etc.). **Children under the age of 13 must have parent or guardian present.** No supervision provided. Recreation room open during community center hours.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment. **Must be 18 years or older. No direct supervision provided.** Fitness center is open during community center hours. Register onsite.

REGISTRATION:

\$15 for TRS & AWS Participants
\$25 per quarter for Community Members

Computer Lab

There are 5 desktop computers at Park de la Cruz available for the public. The computers are available when the community center is open, except during scheduled technology classes and Digital Navigators (see page 20). For more information, call (619) 525-8247.

Sensory Room Reservations

Mondays, Wednesdays,
& Thursdays: 9:00am - 6:00pm
Tuesdays & Fridays: 9:00am - 1:00pm
Saturdays: 10:00am - 2:00pm

Participant must have an assessment on file, an orientation, and a reservation prior to use. Call (619) 525-8247 to make a reservation at least one day in advance. Same-day reservations may not be accepted. Subject to availability.

Serving Seniors

Monday - Friday 12:00 - 1:00pm

Serving Seniors provides hot, nutritious lunch to seniors age 60+ at Park de la Cruz. Meals are provided at no cost to individuals age 60 and over; however, donations are accepted. There is a \$4 fee for those under 60 years of age.

PDLC Gymnasium Open Play Sports Pickleball

Tuesdays 12:30 - 2:30pm

Thursdays 10:00am - 12:00pm

REGISTRATION: FREE Drop-in program

Futsal

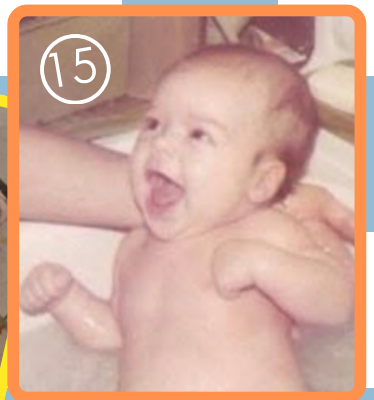
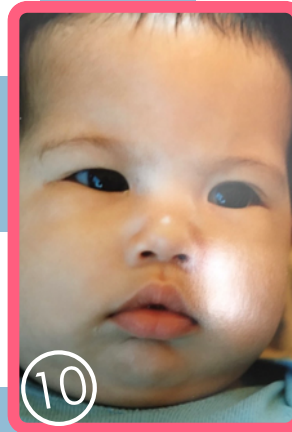
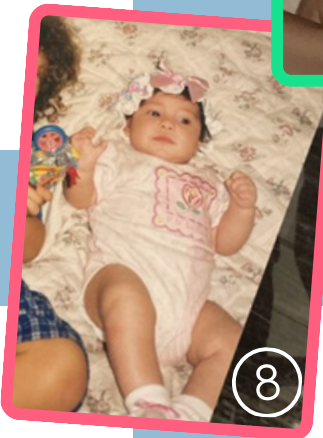
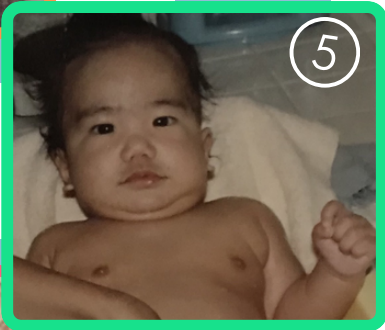
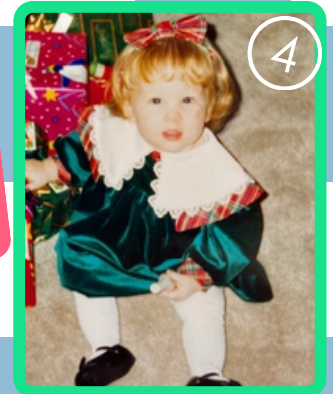
Thursdays 6:00 - 8:30pm

REGISTRATION: FREE Drop-in program

Walk-ins welcome! For more program information, visit the gym website (listed above) or call (619) 516-3141.

TRS & AWS Staff Guess Who?

See page 24 for answers.



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

40th Annual Harvest Ball

A Night at the Masquerade Ball



Save the Date:
Saturday, November 7, 2026
6:00 - 10:00pm

Held at:
Bahia Resort Hotel
998 W Mission Bay Dr., 92109

This evening of dinner and dancing is for participants 18 and older. More information to come.

Registration starts Saturday, May 16, 2026. Cost is \$85 per person. Code: 132382



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Special Events

Movie in the Park:

Honey I Shrunk the Kids

Friday, June 5 7:00 - 9:30pm

Led by Haley

Held at the Cherokee Elementary Field (3735 38 St., 92105). Please bring lawn chairs or blankets to sit on. **This is a family and friends' event. No direct supervision provided.**

REGISTRATION: FREE CODE: 131985

Sports Festival

Saturday, August 15 10:00am - 3:00pm

Led by Michael & Walter (S4EA)

Bring your family and friends to enjoy a fun-filled day of sports! Food will be provided.

All ability levels and ages welcome. No direct supervision provided.

REGISTRATION: FREE CODE: 132151

City Heights Community Clean-Up

Saturday, August 8 10:30am - 12:30pm

Led by Alicia

Volunteer at Park de la Cruz to make our City Heights neighborhood beautiful. Clean up supplies provided. **Program is for all ages. No direct supervision provided.**

REGISTRATION: FREE CODE: 132149

Family & Friends' BBQ

Saturday, August 22 11:30am - 1:30pm

Led by Haley & Taylor

Come on down to Park de la Cruz for an end of summer BBQ! **This is a family and friends' event. No direct supervision provided.**

REGISTRATION: \$10 CODE: 131986

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Summer Camps

Registration must be done at Park de la Cruz Community Center during office hours (see page 5) or online (see "Online Registration" on page 3). **Camp at the Bay and Camp Wet n Wild are full. Please call (619) 525-8247 to join the waitlist.** Participants will be pulled from the waitlist if spots become available. Camp forms and information will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate a need (see "Scholarships" on page 3). 2026 scholarship forms must be on file with TRS. Camper must have a current assessment completed prior to the first day of camp. Camp refund policy: full refund (minus 3.56% processing fee) of the registration fee will be given with at least 10 calendar days prior to the first day of camp. 50% of the registration fee will be given for applications submitted less than 10 calendar days prior to the first day of camp. No refund for less than 48 hours from the start of camp.



Kid Zone Adventure Camp

June 22 - 26 9:00am-3:00pm

Led by Haley

Campers ages 6 to 12 with any disability, siblings, and friends join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, admission to field trips and transportation costs. Camp meets at Park de la Cruz Community Center, unless specified otherwise. **We will have a field trip to Cinepolis in Vista on the Wednesday of camp. If your child is unable to remain inside the theater, we offer a four-day camp option (M, T, Th, F) at a lower cost when registering.**

REGISTRATION: \$275 (5-Day)

\$220 (4-Day)

CODE: 129945



Camp Wet n' Wild

July 27 - 31 9:00am - 3:00pm

Led by Taylor

Campers ages 13 to adult, with any disability, siblings and friends will enjoy surfing, games, crafts, and more. Meet at Mission Point Park (2600 Bayside Lane, 92109).

REGISTRATION: \$210

CODE: FULL - Join waitlist.



Camp at the Bay

July 6 - 10 9:00am-3:00pm

Led by Michael



Campers ages 13 to adult, with any disability, will experience adaptive water activities, crafts and more. Siblings and friends are welcome to attend. Camp meets at Bonita Cove (1100 W Mission Bay Dr, 92109).

REGISTRATION: \$210

CODE: FULL - Join waitlist.



Park de la Cruz Ongoing Programs

3901 Landis Street, 92105. See program description for age restrictions.

IND Club Snack Bar

Tuesdays, Thursdays & Fridays
10:00am - 1:00pm

Snack bar punch cards come with 10 punches, each good for 1 snack item. At Park de la Cruz.

REGISTRATION: \$15 **CODE: [110799](#)**

Self-Expression Through Art

Fridays 2:00 - 4:00pm



Volunteer Led by Michael T. & Joan

Express yourself! **Program for ages 18 and up. No direct supervision provided.**

REGISTRATION: \$10 **CODE: [132133](#)**



Monday Movie Magic

Select Mondays 5:30 - 7:30pm
June 29 | July 13 | August 17



Led by Alicia

Enjoy movie nights with your friends. **Program for ages 13 and up. No direct supervision provided.**

REGISTRATION: FREE **CODE: [131987](#)**

Sports Talk

Select Fridays 3:30 - 5:00pm
June 5, 26 | July 17 | August 7, 14, 28



Led by Michael

If you like sports, this program is for you! **Program for ages 13 and up. No direct supervision provided.** Attend virtually via Microsoft Teams or in-person.

REGISTRATION: FREE **CODE: [132139](#)**

Healing Soul

Select Tuesdays 10:00 - 11:00am
June 2, 16 | July 14, 21 | August 4, 18



Led by Sienna

Learn new ways to destress. **Program for ages 13 and up. No direct supervision provided.**

REGISTRATION: \$10 **CODE: [132119](#)**

Dips and Sips



Select Fridays 4:00 - 5:30pm



Sess. 1: June 12, Sess. 2: July 17, Sess. 3: Aug. 14

Led by Alexia

Create dipping treats and refreshing drinks! **Program for ages 13 and up. No direct supervision provided.**

REGISTRATION: \$10/Session **CODE: [132108](#)**



BBQ Meals



Select Wednesdays 4:00 - 6:30pm
June 10 | July 1 | August 19
& Saturday, August 22 9:00 - 11:00am
Led by Taylor and Haley

Learn to BBQ! **Program for ages 13 and up. No direct supervision provided.**

REGISTRATION: \$30 **CODE: [131988](#)**

Community Service & Lunch

Select Saturdays 10:30am - 1:00pm
July 18 | August 8
Led by Alicia



Help with a community clean-up! **Bring money for lunch. Program for ages 13 and up. No direct supervision provided.**

REGISTRATION: FREE **CODE: [132135](#)**



Fun with Friends



Select Fridays 10:30 - 11:30am
June 5, 12 | July 17, 24 | August 14, 28
Led by CCP

Engage with friends old and new. **Program for ages 16 and up. No direct supervision provided.**

REGISTRATION: FREE **CODE: [131989](#)**

Famous Artist Factory



Select Saturdays 1:30 - 2:30pm
July 18 | August 8
Led by Alicia

Learn about and imitate a famous artist. **Program for ages 13 and up. No direct supervision provided.**

REGISTRATION: \$10 **CODE: [132136](#)**

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

Summer Ongoing Programs

See blurbs for specific meeting/drop-off locations.

Mornings at Mission Bay

Select Mondays 9:30 - 11:00am

June 15 | July 13 | August 10

Led by Haley



Jump-start your week with a scenic walk. Meeting locations TBA. **Program for ages 13 and up. No direct supervision provided.**

REGISTRATION: FREE CODE: 132058

Fresh Air Fitness

Select Thursdays 10:00 - 11:00am

June 4, 18 | July 23 | August 13, 27

Led by Michael



Run through adaptive exercises focused on strength, balance, and functional fitness while enjoying fresh air. Locations TBA.

Program for individuals ages 13 and up. No direct supervision provided.

REGISTRATION: FREE CODE: 132129



Sweet Treats and Sunsets

Select Wednesdays 6:30 - 8:00pm

Led by Taylor



Meeting Locations

June 24: Baked & Blended

3146 Mission Blvd, 92109

July 22: Baked Bear

4516 Mission Blvd, 92109

August 26: Scoops

2179 Avenida De La Playa, La Jolla, CA 92037



Enjoy dessert and the sunset at the beach.

Program for individuals ages 13 and up. No direct supervision provided.

REGISTRATION: FREE* CODE: 132150

*Bring money to purchase your dessert.

Peers to Piers

Select Sundays 9:00am - 1:00pm

Led by Angela



June 14: Coronado Pier

1201 1st St, Coronado, CA 92118

June 28: Shelter Island Pier

1776 Shelter Island Dr, 92106

July 19: Embarcadero Pier

200 Marina Park Way, 92101

August 2 Pacific Beach Pier

4500 Ocean Blvd, 92109

August 16: Imperial Beach Pier

910 Seacoast Dr, Imperial Beach, CA 91932



Start the morning with fishing and end with lunch at a nearby location. Fishing gear provided. Bring money for lunch. **Program for ages 18 and up. No direct supervision provided.** Fishing license not needed on piers.

REGISTRATION: \$10 for the quarter

CODE: 131748



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

Summer Nights (KBC/SMC ONLY)

Angela Lightner

(619) 525-8247 • ALightner@sandiego.gov

(IND Club see pg. 17)

Must have an assessment on file to attend. Join the waitlist if the program is full. When spots become available, participants will be pulled from the waitlist. Please register no later than one week prior to the event.

Bonfire

Thursday, June 4 5:30- 8:30pm

Kick off the summer with a bonfire on the beach. Dinner will be provided. Drop-off and pick-up at Bonita Cove Picnic Shelter (1100 W Mission Bay Dr, 92109).

REGISTRATION: \$15

CODE: [131677](#)



Summer Nights programs are for KBC & SMC participants only. These are not family events. Please contact Angela if an aide needs to attend.



Dinner and Movie

Thursday, July 23 5:00 - 9:00pm

Enjoy a pizza buffet at BJs followed by a private viewing of the "Moana" live-action movie. Drop-off at BJs (1370 Frazee Rd, 92108) and pick-up at Ultra Star Theaters (7510 Hazard Center Dr. #100, 92108).

REGISTRATION: \$40

CODE : [131680](#)

Karaoke

Thursday, June 18 4:30 - 8:00pm

Sing your heart out! Drop-off and pick-up at The Hive (4428 Convoy St, 92111). **Bring money to purchase dinner at The Hive.**

REGISTRATION: \$25

CODE: [131679](#)

Bowling

Wednesday, July 15 5:30 - 8:30pm

Let's keep the summer rolling with a fun-filled night of bowling. Dinner provided. Drop-off and pick-up at Lucky Strike (845 Lazo Ct., Chula Vista, CA 91910).

REGISTRATION: \$45

CODE: [131678](#)

Plunge Pool

Thursday, August 6 6:00 - 9:00pm

Join us for a private pool party in Mission Beach. Wear your swimsuit and bring a towel and change of clothes. Dinner will be provided. Drop-off at the round-a-bout next to Hamels (700 Ventura Pl., 92109), Pick-up at The Plunge (3115 Ocean Front Walk, 92109).

REGISTRATION: \$30

CODE: [131676](#)

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

Summer Nights (KBC/SMC ONLY)

Angela Lightner

(619) 525-8247 • ALightner@sandiego.gov

(IND Club see pg. 17)

Must have an assessment on file to attend. Join the waitlist if the program is full. When spots become available, participants will be pulled from the waitlist. Please register no later than one week prior to the event.

Summer Nights programs are for KBC & SMC participants only. These are not family events. Please contact Angela if an aide needs to attend.

Padres vs. Brewers

Tuesday, August 11 5:30 - 9:30pm

TRS is back at Petco Park for a baseball match-up you won't want to miss. Pick-up and drop-off at (401 K St., San Diego, 92101). Bring money for dinner. **Tickets only available for TRS participants with an active assessment on file.**

REGISTRATION: \$45

CODE: 131681

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They allow us to
print this publication.
Thank you!



Park de la Cruz Garden Programs

3901 Landis Street, 92105. See program description for age.

Introduction to Vegetable Gardening

Select Tuesdays 9:00 - 11:00am

June 9, 16, 23, 30

Led by Master Gardeners

Learn about creating, maintaining, and harvesting a vegetable garden. Talk presentation followed by hands-on activities. **Program for ages 18 and up. No direct supervision provided.**

REGISTRATION: \$15

CODE: [132067](#)

Tabletop Herb Gardens

Saturday, August 1 9:30 - 11:00am

Led by Haley

No more buying herbs from the store! Learn to create and take care of an herb garden that you will get to take home. **Program is for all ages. No direct supervision provided.**

REGISTRATION: \$18

CODE: [132068](#)



Interested in donating to support our garden?

Scan this QR code or visit <https://dsacsd.org/get-involved/>.



Green Thumb Club

Select Thursdays 9:00 - 10:00am

June 11 | July 2 | August 20

Led by Haley

Get involved with our program garden! This program will start earlier during the summer to avoid being in the hot sun. **Program is for all ages. No direct supervision provided.**

REGISTRATION: FREE

CODE: [132060](#)



Seed Swap

Thursday, July 23 10:00 - 11:30am

Led by Haley

Swing by our seed swap in the Park de la Cruz Garden! We will supply various types of seeds and take-home bags. Light refreshments will be provided. **Program is for all ages. No direct supervision provided. You must bring seeds/seed packets to swap to be able to take seeds home.**

REGISTRATION: 1+ packet of seeds on day of

CODE: [132063](#)

City Farmers Nursery Tour

Friday, August 21 9:30 - 11:30am

Led by Haley

Check out a local nursery this summer! After the tour, we will eat lunch at Nate's Garden Grill. Meet at 3110 Euclid Ave, 92105. **Program is for all ages. No direct supervision provided.**

REGISTRATION: FREE*

CODE: [132066](#)

*Bring money for lunch

Have too many seeds at home? We'll take them!

Donate any seeds you don't want to our program garden. Drop the seed packets off with our front desk staff at Park de la Cruz. Call (619) 525-8247 for more information.

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

Kid Zone (KZ)

Ages 3-12

Haley Marshall

(619) 525-8248 • HEMarshall@sandiego.gov

This group is designed to foster social skills, increase cognitive, physical, emotional, communicative, and creative abilities through play and recreation. **First time participants must be accompanied by a parent/guardian and have an assessment on file prior to attending.**

Register early, space is limited.

See pages 8, 10 - 11 & 14 for more opportunities, and page 3 for scholarship and registration information.

Aztec Lanes Bowling

Saturday, June 13 10:00am - 2:00pm

Lace-up your bowling shoes for some fun with your friends! Cost includes bowling, shoes, trolley ticket, and a pizza lunch. Drop-off and pick-up in front of Breakfast Republic (1570 Camino de la Reina, 92108). We will be taking the trolley.

REGISTRATION: \$20 **CODE: [132088](#)**

Waterfront Park

Sunday, July 12 10:30am - 1:00pm

Spend the day in downtown San Diego! Please bring a sack lunch, water, and a swimsuit (we're playing in the fountains). Drop-off and pick-up at Waterfront Park Playground (NW corner of W Ash St. & Pacific Hwy).

REGISTRATION: \$10 **CODE: [132089](#)**



Swim Sessions

11:30am - 2:00pm

Session 1: Sunday, August 23

CODE: [132090](#)

Session 2: Saturday, August 29

CODE: [132091](#)

Make a splash this summer with your friends at some of our city pools! Please bring a sack lunch, water, and a swimsuit. These activities include swim lessons. **Specific pool locations TBA.**

REGISTRATION: \$10/SESSION

See page 9 for information on the KZ Adventure Camp from June 22-26.

Inclusion Support

The City of San Diego, Parks and Recreation Department is committed to offering activities that include ALL individuals. Call your local recreation center to see what activities are offered. If your child has special needs and you would like to request inclusion assistance, contact Julie at **(619) 525-8247** or JGregg@sandiego.gov (**minimum of three weeks' notice**). Requests are processed in the order that they are received and according to staff availability. **An assessment will be required.**

**No inclusion requests accepted the weeks of TRS camps:
June 22-26, July 6-10, July 27-31.**

sandiego.gov/park-and-recreation/activities

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

Leisure Seekers

Ages 18+

Taylor Askil • (619) 827-7010 • TAskil@sandiego.gov

This group is for independent adults recovering from a mental or behavioral health diagnosis. It is designed to increase socialization, self-esteem, and leisure skills through recreation opportunities and education. **Direct supervision is not provided. Register early, space is limited. Must have an assessment on file prior to attending.**

See pages 8, 10 -11 & 14 for more opportunities, and page 3 for scholarship and registration information.

Social Connection

Socials are held at Park de la Cruz (3901 Landis St., 92015). Activities and refreshments are provided.

Must RSVP by the Tuesday before program date by calling (619) 525-8247 or emailing TAskil@sandiego.gov.

Select Thursdays 2:00 - 4:30pm

June 4: Fromage & Friends

July 2: All-American Cookout

Aug. 6: Tropic Like It's Hot

REGISTRATION: \$5 per social - CASH ONLY

Bonfire

Thursday, June 4 6:00 - 9:00pm

Kick off the summer with a bonfire on the beach. Dinner will be provided. Drop-off and pick-up at Bonita Cove Picnic Shelter (1100 W Mission Bay Dr, 92109).

REGISTRATION: \$15

CODE: [132130](#)

SD County Fair

Wednesday, June 17 1:00 - 6:00pm

To attend, you will need to purchase your own fair tickets online for admission and rides. We will meet at the Canyon Crest Academy (5951 Village Center Loop Rd., 92130) at 1:00pm to take the free shuttle. Staff support provided until 6:00pm. You may stay longer on your own or take the shuttle back without staff.

REGISTRATION: FREE*

RSVP CODE: [132146](#)

***Fair tickets: \$17**

***Unlimited rides: \$50**

Hawaiian Luau

Thursday, July 16 10:00am - 1:00pm

Aloha! There will be fun games, entertainment and authentic Hawaiian food. **Call, text or email Taylor to RSVP by July 8th to be guaranteed lunch. Pay at event, \$5.00 cash only.** Meet at Bonita Cove (1100 W Mission Bay Dr., 92109).

RSVP CODE: [132142](#)

Padres vs. Brewers

Tuesday, August 11 5:30 - 9:30pm

TRS is back at Petco Park for a baseball match-up you won't want to miss. Pick up and drop off at (401 K St., San Diego, 92101). Bring money for dinner. **Tickets only available for TRS participants with an active assessment on file.**

REGISTRATION: \$45

CODE: [132137](#)



Artful Mind

Thursdays 6:00 - 7:00pm

Volunteer Led by Jessica



Artful Mind wants to help people realize their potential through art. Join our class to see what it is all about and have fun!

REGISTRATION: FREE

CODE: [132107](#)

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

Independent Club (IND)

Taylor Askil • (619) 827-7010 • TAskil@sandiego.gov

This club is for independent adults with cognitive impairments. It is designed to promote independence as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" on outings. **Minimal staffing is provided. Register early, space is limited. Must have an assessment on file.**

Ages 21+

See pages 8, 10 -11 & 14 for more opportunities, and page 3 for scholarship and registration information.

Bonfire

Thursday, June 4 5:30 - 8:30pm

Kick off the summer with a bonfire on the beach. Dinner will be provided. Drop-off and pick-up at Bonita Cove Picnic Shelter (1100 W Mission Bay Dr, 92109).

REGISTRATION: \$15 **CODE: [132130](#)**

SD County Fair

Wednesday, June 17 1:00 - 6:00pm

To attend, you will need to purchase your own fair tickets online for admission and rides. We will meet at the Canyon Crest Academy (5951 Village Center Loop Rd., 92130) at 1:00pm to take the free shuttle. Staff support provided until 6:00pm. You may stay longer on your own or take the shuttle back without staff.

REGISTRATION: FREE*

RSVP CODE: [132146](#)

***Fair tickets: \$17**

***Unlimited rides: \$50**

Karaoke

Thursday, June 18 4:30 - 8:00pm

Sing your heart out! Drop-off and pick-up at The Hive (4428 Convoy St, 92111). **Bring money to purchase dinner at The Hive.**

REGISTRATION: \$25 **CODE: [132124](#)**

See page 9 for information on summer camps.

Bowling

Wednesday, July 15 5:30 - 8:30pm

Let's keep the summer rolling with a fun-filled night of bowling. Dinner provided. Drop-off and pick-up at Lucky Strike (845 Lazo Ct., Chula Vista, CA 91910).

REGISTRATION: \$45 **CODE: [132125](#)**

Dinner and Movie

Thursday, July 23 5:00 - 9:00pm

Enjoy a pizza buffet at BJs followed by a private viewing of the "Moana" live-action movie. Drop-off at BJs (1370 Frazee Rd, 92108) and pick-up at Ultra Star Theaters (7510 Hazard Center Dr. #100, 92108).

REGISTRATION: \$40 **CODE : [132134](#)**

Plunge Pool

Thursday, August 6 6:00 - 9:00pm

Join us for a private pool party in Mission Beach. Wear your swimsuit and bring a towel and change of clothes. Dinner will be provided. Drop-off at the round-a-bout next to Hamels (700 Ventura Pl., 92109). Pick-up at The Plunge (3115 Ocean Front Walk, 92109).

REGISTRATION: \$30 **CODE: [132122](#)**

Padres vs. Brewers

Tuesday, August 11 5:30 - 9:30pm

Pick-up and drop-off at (401 K St., San Diego, 92101). Bring money for dinner. **Tickets only available for TRS participants with an active assessment on file.**

REGISTRATION: \$45 **CODE: [132137](#)**

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

CVA/TBI Group

Ages 18+

Alicia Bianchi • (619) 525-8247 • ABianchi@san Diego.gov OR MichaelR@san Diego.gov
Programs are designed for individuals recovering from brain attacks (stroke, brain injury or illness). Programs are provided by TRS in conjunction with UCSD Health Comebackers Neuro Club, and Sharp YESS group. **Please contact our Michael before attending your first program.**

See pages 8, 10 -11 & 14 for more opportunities, and page 3 for scholarship and registration information.

Summer Picnic at Lake Murray

Friday, July 24 11:00am - 1:30pm

Bring a sack lunch and enjoy the sights and sounds of Lake Murray with friends. Meet at the picnic tables just north of the rental stand (at the end of Kiowa Drive, La Mesa, 91942).

REGISTRATION: FREE

CODE: 132143

Picnic and Twilight Concert

Wednesday, August 12 5:00 - 7:30pm

After dinner and lawn games, we will walk over to the Organ Pavilion to enjoy a concert by Back Pocket Whiskey Fellas. Bring your own picnic dinner. Meet at the grass area near the Recital Hall (2130 Pan American Rd W, 92101).

REGISTRATION: FREE

CODE: 132141

See page 9 for summer camps.



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Adaptive Sports (ADP)

Ages 8+

Michael Rodriguez

(619) 236-7755 • MichaelR@sandiego.gov

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

See pages 8, 10 -11 & 14 for more opportunities, and page 3 for scholarship and registration information.

Dynamic Inclusive Dance

Select Wednesdays 10:00 - 11:00am

June 3, 24 | July 1, 8, 15, 22, 29 | Aug 5, 12, 26

Volunteer Led by Jason Rivers

DID's Inclusive Ballroom is for everyBODY. A dance class designed to make ballroom dancing accessible to individuals of all abilities. Students learn waltz, tango, cha-cha, and more to build confidence, coordination, and balance with modifications to suit unique needs. This class combines technical drills, choreography, and light-hearted dance activities to keep things fresh and fun. No prior dance experience necessary! Meet at PDLC Gymnasium (3911 Landis St., 92105).

REGISTRATION: FREE  **CODE: 132144**





Wheelchair Basketball Training Camp

Dates, Cost and Times TBA

Come ball out and learn the fundamental skill sets of Wheelchair Basketball. The training camp is open to youth, adults, and veterans of all skill levels, from beginners to advanced players.

Contact RolltoSuccess@yahoo.com for more info or Michael at MichaelR@sandiego.gov.

REGISTRATION: FREE Drop-in program

 **Wheelchair Basketball/Soccer** 
Wednesdays 5:30 - 8:15pm
Saturdays (Soccer/BBall) 10:00am - 2:00pm
Volunteer Led by JT (Roll to Success)

Learn fundamentals, skills, and drills of playing wheelchair basketball and soccer (Saturdays) to those with physical disabilities. Meet at Park de la Cruz Gymnasium. Please contact Michael (MichaelR@sandiego.gov) two days prior to attending if you will need to borrow a sports wheelchair.

REGISTRATION: FREE **CODE: 132145**

Junior Adaptive Sports Camp

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

This camp is for ages 4-18 who have physical impairments. Learn various wheelchair sports taught by trained athletes. **Call (319) 331-5448 for camp fees and more information. Registration for this camp is done through Angel City Sports.**

TRS Adaptive Golf Clinic

Dates and Times TBA

We are excited to introduce an adaptive golf clinic offering an inclusive opportunity to learn and enjoy the game of golf. Participants will receive instruction tailored to their abilities, with support from trained golf instructors. The program will take place once a month at Mission Bay Golf Course, with a projected start in summer 2026! **More program and registration info to come. Contact Michael at MichaelR@sandiego.gov for more info.**

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

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 is requested. For more info, contact Walter Jackson at (858) 565-7432 or sds4ea@gmail.com.

Learn a variety of skills in the following sports:

Park de la Cruz Soccer Field - Soccer

Mondays 5:45 - 8:30pm

June 8 - Aug 3

Ages 5 - Adult

CODE: [132126](#)

Morely Field Bocce Courts - Bocce

Tuesdays 4:45 - 7:30pm

July 7 - Sept 15

Ages 5 - 18 years old

CODE: [132127](#)

Morely Field/Park de la Cruz Softball Fields - Softball

Wednesdays 5:45 - 8:30pm

June 10 - Sept 9

Ages 5 - Adult

CODE: [132128](#)



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 - Tech on the Go

Mondays 10:00am - 12:00pm

Led by SDFE staff at Cathy Hopper

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) 235-1113 for information.

Drop-in program

Digital Navigators

Tuesdays & Thursdays 9:00 - 11:45am

Volunteer Led at PDLC

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

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.

Drop-in program

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

Beach Wheelchair Program

Freedom Trax, beach wheelchairs, Rollator, and Access Trax are available at no charge to individuals with mobility impairments or those otherwise unable to walk unaided on the beach. Freedom Trax allows users to use their own personal wheelchair on the beach. Access Trax are durable, lightweight, and portable mats that allow easier access throughout the beach.

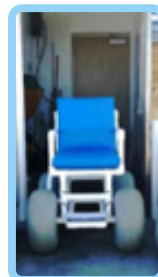
Closed July 4 in observance of the City Holiday.

Hours of Operation

June - August

- Mon-Sun: 9:30am - 2:30pm
- Closed Tuesdays

***Hours subject to change due to weather and staff availability.**



The beach wheelchair program is located in Mission Beach (3071 Ocean Front Walk, San Diego, CA 92109). Look for the conex box by the public restrooms and parking lot. Please call (619) 980 -1876 during beach hours or (619) 525-8247 during non-beach to make reservations and ensure availability.



Go to: www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheelchair Program" to find other beach accessible locations in San Diego.

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Call 800.950.9952

Volunteer Corner

TRS is proud to offer a wide variety of volunteer opportunities for anyone **13 years and older** to get involved. We rely heavily on volunteers to help provide quality programming to enrich the lives of individuals with disabilities.

Requirements

- At least 13 years old
- Attend a volunteer orientation
- Clear a background check
- Commit to two or more activities each month

Qualifications

- Patient
- Enjoy working with people
- Dependable
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!

Dixie Estrada



Volunteer Spotlight:

How did you first get involved with TRS?

I initially joined TRS to earn hours for an honors class in college last year, but I ended up loving it and chose to keep volunteering.

What has been your favorite memory so far?

The Voice @ TRS night. I was really shy about being a judge at first, but the energy in the room was electric. There was so much joy, and the song choices were amazing. It ended up being such a memorable experience.

Fun fact about you:

I'm a Girl Scout troop leader who loves camping and volunteering. I'm basically always planning the next adventure.

If you are interested in becoming a volunteer, please contact Michael Rodriguez at (619) 236-7755 or MichaelR@sandiego.gov

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Disabled Services Advisory Council (DSAC) Therapeutic Recreation & AgeWell Services' Group (TR & AWS)



DSAC meets on the 2nd Wednesday of each month (excluding July and August) at 6:00 pm at Park de la Cruz (3901 Landis St., 92105).

Scan QR Code
to donate to DSAC:



DSAC is a non-profit advisory organization to Therapeutic Recreation and AgeWell Services. Their purpose is to offer support and promotion of quality activities, provide public relations and

fundraising/scholarship support. The board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. The 2026 DSAC election results are as follows: Eleanor Tamayo (Chairperson), Betty Templeton (Vice Chairperson), Jeanette Alden (Treasurer), Megan Nunez (Secretary), Luby Rosochacova (Board Member), Casey Simon (Board Member), Dallin Young (Board Member), and Diana Testa (General Member). www.dsacsd.org

The TR & AWS group meets quarterly on the 2nd Wednesdays immediately following (approximately 6:45pm) the September, December, March, and June DSAC meetings. The role of the TR & AWS group is to make recommendations to City Council and the Parks and Recreation Department, about recreation programs and services for individuals with disabilities and older adults, in addition to providing recommendations on expenditures of TR & AWS Recreation Center Funds.

Contact Julie Gregg at jgregg@sandiego.gov or (619) 525-8247 for more information.

DONATIONS

Therapeutic Recreation Services, in conjunction with Disabled Services Advisory Council, sends their biggest thanks to all the individual and agency donors. Thanks to this financial assistance, we are able to provide quality programming to enrich the lives of those with disabilities. The following agencies contributed to the success of Spring 2026 events.



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Please contact Julie Gregg at JGregg@sandiego.gov or (619) 525-8247 for sponsorship and/or donation inquiries.

“Guess Who?” Answers

1. Jennifer M. (TRS)
2. Nick (TRS)
3. Taylor (TRS)
4. Bri (TRS)
5. Gerald (TRS)
6. Haley (TRS)
7. Addison (TRS)
8. Denise (TRS)
9. Kristi (TRS/AWS)
10. Sharon (AWS)
11. Alicia (TRS)
12. Angela (TRS)
13. Michael R. (TRS)
14. Alexia (TRS)
15. Julie (TRS)



The advertisement is split into two main sections. On the left, a woman with her hair in a bun, wearing a yellow jacket, sits at a desk with a laptop. To her right, a yellow box contains the text 'WE'RE HIRING Ad Sales Executives' followed by a bulleted list of benefits: Paid Training, Some Travel, Work-life Balance, Full-time with Benefits, and Serve Your Community. Below this is a dark blue button with the LPi logo and the text 'Visit www.4lpi.com/careers'. On the right, a red and dark blue background features a large white arrow pointing right. The text 'Advertise in Our Newsletter!' is written in white. Below this, contact information for Dave Hyde is provided: 'Contact Dave Hyde', 'dhyde@4lpi.com', and '(800) 950-9952 x5820'. A yellow arrow points up and left towards the contact information.

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dhyde@4lpi.com
(800) 950-9952 x5820

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Community Events & Programs

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

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.civicedancearts.org.

If you need inclusion for classes, see page 15.
Registration opens Saturday, June 21 at 10am.
Classes begin the week of June 23.

Classes at Park de la Cruz (3901 Landis Street, San Diego, 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. Summer dance classes are visible on SDRecConnect.com.

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. This league meets twice a month usually on Sundays at gyms in San Diego & Carlsbad. For more information, go to <https://sandiegocountygoalball.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/>.

San Diego People First Conference

October 16-17, 2026

Marriott Mission Valley Hotel

8757 Rio San Diego Drive
 San Diego, CA 92108

Save the date! This conference is created by self-advocates, for self-advocates, and celebrates leadership, voice, and community. Contact your Regional Center Service Coordinator to get this conference in your IPP. More details coming soon!
<https://scdd.ca.gov/>

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. <https://sosc.org/region5/>

Infant/Toddler Brain Dance Class

We're taking a break in summer. See you in Fall!
 E-mail mschaude@sdccd.edu for questions.

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.

JUNE						
SUN	MON	TUES	WED	THURS	FRI	SAT
	1 SM Strength Training Access 4 All - CH	2 Digital Navigators Healing Soul	3 DI Dance Deaf Seniors SM Strength Training WC BBall	4 Digital Navigators Fresh Air Fitness LS Social Artful Mind SN - Bonfire	5 Fun with Friends Self-Expression Art Sports Talk Movie in the Park	6 WC BBall/Soccer
7	8 SM Strength Training Access 4 All - CH \$4EA	9 Digital Navigators Veg. Gardening	10 Deaf Seniors SM Strength Training BBQ Meals WC BBall \$4EA	11 Green thumb Club Digital Navigators Artful Mind	12 Fun with Friends Self-Expression Art Dips & Sips	13 Strikeforce KZ Bowling WC BBall/Soccer
14 Peers to Piers	15 Mornings at MB SM Strength Training Access 4 All - CH \$4EA	16 Digital Navigators Veg. Gardening Healing Soul	17 Deaf Seniors SM Strength Training LS/IND Fair WC BBall \$4EA	18 Digital Navigators Fresh Air Fitness Artful Mind SN - Karaoke	19 Holiday Observed - Office Closed	20 WC BBall/Soccer
21	22 SM Strength Training Access 4 All - CH KZ Adv. Camp \$4EA	23 Digital Navigators Veg. Gardening KZ Adv. Camp	24 DI Dance Deaf Seniors SM Strength Training KZ Adv. Camp WC BBall Sunset & Sweet Treats \$4EA	25 Artful Mind Digital Navigators KZ Adv. Camp	26 KZ Adv. Camp Self-Expression Art Sports Talk	27 Strikeforce Banquet WC BBall/Soccer
28 Peers to Piers	29 SM Strength Training Access 4 All - CH Movie Magic \$4EA	30 Digital Navigators Veg. Gardening				

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JULY - Happy Disability Pride Month!

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 DI Dance Deaf Seniors SM Strength Training BBQ Meals WC BBall S4EA	2 Digital Navigators Green Thumb Club LS Social Artful Mind	3 Holiday Observed - Office Closed	4 Holiday Observed - Office Closed
5	6 SM Strength Training Access 4 All - CH Camp at the Bay S4EA	7 Digital Navigators Camp at the Bay S4EA	8 DI Dance Deaf Seniors SM Strength Training Camp at the Bay WC BBall S4EA	9 Digital Navigators Camp at the Bay Artful Mind	10 Camp at the Bay Self-Expression Art	11 WC BBall/Soccer
12 KZ Waterfront Park	13 SM Strength Training Access 4 All - CH Mornings at MB Movie Magic S4EA	14 Digital Navigators Healing Soul S4EA	15 DI Dance Deaf Seniors SM Strength Training SN - Bowling WC BBall S4EA	16 Digital Navigators LS Luau Artful Mind	17 Fun with Friends Self-Expression Art Sports Talk Dips & Sips	18 Community Service Famous Artist Factory WC BBall/Soccer
19 Peers to Piers	20 SM Strength Training Access 4 All - CH Adp. Sports Camp S4EA	21 Digital Navigators Healing Soul Adp. Sports Camp S4EA	22 DI Dance Deaf Seniors SM Strength Training Adp. Sports Camp WC BBall Sunset & Sweet Treats S4EA	23 Digital Navigators Fresh Air Fitness Seed Swap Adp. Sports Camp Artful Mind SN - Movie	24 Fun with Friends CVA/TBI- Lake Murray Adp. Sports Camp Self-Expression Art	25 WC BBall/Soccer
26	27 SM Strength Training Access 4 All - CH Camp Wet n Wild S4EA	28 Digital Navigators Camp Wet n Wild S4EA	29 DI Dance SM Strength Training Camp Wet n Wild WC BBall S4EA	30 Digital Navigators Camp Wet n Wild Artful Mind	31 Camp Wet n Wild Self-Expression Art	

AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Table. Herb Gardens WC BBall/Soccer
2 Peers to Piers	3 SM Strength Training Access 4 All - CH S4EA	4 Digital Navigators Healing Soul S4EA	5 DI Dance Deaf Seniors SM Strength Training WC BBall S4EA	6 Digital Navigators LS Social Artful Mind SN - Plunge	7 Self-Expression Art Sports Talk	8 City Heights Clean-Up Community Service Famous Artist Factory WC BBall/Soccer
9	10 Mornings at MB SM Strength Training Access 4 All - CH	11 Digital Navigators SN - Padres S4EA	12 DI Dance Deaf Seniors SM Strength Training CVA/TBI- Twilight Concert WC BBall S4EA	13 Digital Navigators Fresh Air Fitness Artful Mind	14 Fun with Friends Self-Expression Art Dips & Sips Sports Talk	15 Sports Festival WC BBall/Soccer
16 Peers to Piers	17 SM Strength Training Access 4 All - CH Movie Magic	18 Digital Navigators Healing Soul S4EA	19 Deaf Seniors SM Strength Training BBQ Meals WC BBall S4EA	20 Digital Navigators Green Thumb Club Artful Mind	21 City Farmers Tour Self-Expression Art	22 Friends & Family BBQ WC BBall/Soccer
23 KZ Swim Session	24 SM Strength Training Access 4 All - CH	25 Digital Navigators S4EA	26 DI Dance Deaf Seniors SM Strength Training WC BBall Sunset & Sweet Treats S4EA	27 Digital Navigators Fresh Air Fitness Artful Mind	28 Fun with Friends Self-Expression Art Sports Talk	29 KZ Swim Session WC BBall/Soccer
30	31 SM Strength Training Access 4 All - CH					

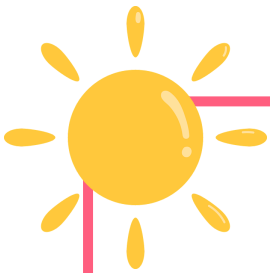


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 Therapeutic Recreation Services
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Phone: (619) 525 - 8247

Summer registration starts May 16 at 10:00am.

Fall registration starts August 15 at 10:00am.

“Enriching lives through quality parks and programs.”

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City’s policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619) 525-8247, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.