

Adaptive Sports (ADP)

Ages 8+

Michael Rodriguez

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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.