

Community Events & Programs



PVA 2026 Rugby Camp

October 9-10, 2026

San Diego Municipal Gym



Paralyzed Veterans of America is excited to announce the 2026 Veterans Rugby Camp in San Diego, California. Camp is open to Veterans of all skill levels, from beginner to high performance. This is the perfect place to learn the sport or hone your skills for the upcoming season.

**Contact Katelynn Johnson
for more information:**

E: KatelynnJ@pva.org

P: (202) 416 - 7637

**Scan here to
register:**



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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.civildancearts.org.

If you need inclusion for classes, see page 13.

Fall registration opens

Saturday, September 19, at 10:00am.

Classes begin the week of September 28.

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 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/>

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

Infant/Toddler Brain Dance Class

Tuesdays 10:00 - 11:30am

Class includes music-based movement, 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.

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/>.

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/>

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 info.