

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.**

Dynamic Inclusive Dance

Select Wednesdays 10:00 – 11:00am

Volunteer Led by Jason Rivers

Wednesday dance class sessions are open to standing and seated people of all abilities. Come learn the basics of a variety of dance styles including the Cha Cha, Rumba and Foxtrot. When time permits, line dancing is included. We have customized wheelchairs for those using a walker, cane or power wheelchair. Nothing should stop someone from learning the joy of dance. Meet at PDLC Gymnasium (3911 Landis St., 92105).

COST: FREE

CODE: 136165

Wheelchair Basketball Open Gym

Wednesdays 5:30 – 8:15pm

Select Saturdays 1:00 – 5:00pm

Volunteer Led by JT (Roll to Success)

This program will teach fundamentals, skills, and drills of playing wheelchair basketball to those 8 years and older with physical disabilities. Meet at Park de la Cruz Gymnasium. Please contact Michael two days prior to attending if you will need to borrow a sports wheelchair.

COST: FREE

CODE: 136166



See pages 6-11 for more opportunities that include special events, dances, ongoing programs, and garden programs.



Archery

Select Thursdays 11:00am – 1:00pm

Sept. 10, 24 | Oct. 8, 22 | Nov. 5, 19

Led by Michael

Join us at Morley Field Archery Range (2221 Morley Field Dr., 92104). All equipment is provided. Bring water and snacks. Space is limited. You must register and pay for this program before attending. For more information, call (619) 525-8247. **Minors and participants requiring extra assistance must be accompanied by a parent/guardian. Direct supervision is not provided.**

COST: \$15 for the quarter

CODE: 136167

Wheels

Select Saturdays 11:00am – 1:30pm

Sept. 5 | Oct. 3, 31 | Nov. 14, 21

Led by Michael

Bring or borrow numerous wheeled devices to enjoy the day with your peers. Whether you want to ride a handcycle or tandem bike, if you have roller skates, a skateboard, or even if you want to roll with your wheelchair, come enjoy the outdoors on a safe and secure bike path. The Wheels program is a fun way to meet people and explore San Diego, while building strength and endurance. Look for the City of San Diego truck with gates on the back for where the group is located. **Locations TBA.**

COST: \$15 for the quarter

CODE: 136168

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