



# Access Leisure Ink



Spring 2018



## NORTHERN CALIFORNIA REGIONAL SPORT

### 17TH ANNUAL “BASEBALL FOR ALL” SKILLS CLINIC—MAY 12



This FREE skills clinic will be held at the fully accessible River Cats Independence Field, located at the Sam Pannell Community Center at 2450 Meadowview Road. Current River Cats players will be giving back by coaching the junior athletes participating in this event. This unique opportunity is open to youth with disabilities ages 3 through school age. Each ball player will need to bring one parent/guardian over the age of 18 with them to the clinic. Participants will receive a “Baseball for All” tee shirt and the participant and his or her adult companion will be served lunch. In addition to the clinic, each ballplayer will receive 2 free tickets to a River Cats home game at Raley Field for May 22<sup>nd</sup>. Additional tickets will be available through the River Cats Ticket office. Contact Kou Yang at 808-6045 or [KYang2@cityofsacramento.org](mailto:KYang2@cityofsacramento.org).

### SAN FRANCISCO GIANTS WHEELCHAIR TEAM TRY-OUTS—MAY 5-6



The City of Sacramento, Department of Youth, Parks and Community Enrichment, through our Paralympic Sport Sacramento Club, in partnership with the San Francisco Giants and the Capital City Adaptive Athletes Foundation, are seeking male and female athletes, ages 18 and older who use manual wheelchairs that would like to try out to become members of our elite, San Francisco Giants wheelchair softball team. Tryouts are May 5-6, 9am-4pm. Lunch provided. This team will be members of the National Wheelchair Softball Association and travel to regional and national events and tournaments. For a registration form contact Kou Yang at 808-6045 or [KYang2@cityofsacramento.org](mailto:KYang2@cityofsacramento.org). Must pre-register by April 25. Documentation of permanent disability to lower extremity and level of injury is required.



### SOCIAL RECREATION PROGRAMS FOR TEENS AND ADULTS WITH INTELLECTUAL DISABILITIES

- **Special events, trips and excursions** are provided year-round to promote inclusion and social skill development. Programs include sports games and other outings.
- **Social programs** are community-wide activities open to teens and adults to help develop social skills and self-esteem. Activities include dinners, dances, and crafts programs.
- **Social sports** are open to active teens & adults. You can view the monthly Access Leisure calendar at [www.accessleisuresac.org](http://www.accessleisuresac.org).



### INJURED, ILL, AND WOUNDED VETERANS SOUGHT

Paralympic Sport Sacramento is seeking Veterans and Wounded Warriors with physical disabilities or those that are blind or have low vision to participate in both Paralympic sports and recreational sport programs. Activities occur locally and regionally. Join us for our cycling program, wheelchair basketball, wheelchair softball, sled hockey, wheelchair rugby, swimming, goal ball, or one of many other exciting opportunities. Contact Annie Desalernos at [adesaler@cityofsacramento.org](mailto:adesaler@cityofsacramento.org) or 808-3809.

# Sports & Recreation



## “THANK YOU FOR YOUR SERVICE” SPORTS EXPERIENCE DAY—THURSDAY, APRIL 26

The Northern California Regional Paralympic Sport Club program invites injured, ill or wounded veterans or injured active duty members of the Armed Forces, to join us on Thursday, April 26 from 10am-2:30pm at River Cats Independence Field at the Bonnie and Samuel C. Pannell Community Center for a FREE day of sport, camaraderie, laughter and lunch donated by the Hyatt Regency Sacramento. This event is hosted by the City of Sacramento, Paralympic Sport Sacramento club, and is funded from a grant provided by the Department of Veterans Affairs, Adaptive Sports Grant. Paralympic Sport Clubs from Sacramento, Menlo Park, Reno, Silicon Valley, Bay Area, Fresno, Mammoth Lakes, and Ability Frist from Chico, are joining forces to offer a free day of handcycling, tandem cycling for those that are blind or have low vision, recumbent cycling, swimming, wheelchair softball, wheelchair basketball, shot put, discus and javelin, powerlifting, scuba, strength and conditioning training, archery, and rock climbing with Mark Wellman. **Pre-registration is required. REGISTRATIONS ARE DUE BY APRIL 20. BRING A BATHING SUIT, TOWEL AND SUNSCREEN FOR POOL ACTIVITIES. THE POOL WILL BE HEATED.**

9:45 am – Please arrive by this time

10:00 am - Opening Ceremonies

10:15 am – 12:00 pm – Sports activities

12 – 1:00 pm - Lunch

1:15 – 2:30 – Sports activities

Sport wheelchairs will be provided for wheelchair sport games. Handcycles, tan-dem and recumbent cycles will be provided for cycling. Note: All participants will use a manual wheelchair to play wheelchair softball and wheel-chair basketball.

To register contact Michelle Tabarango at [mtabarango@cityofsacramento.org](mailto:mtabarango@cityofsacramento.org).

## LEARN WHEELCHAIR SOFTBALL

Come learn how to play the game of Wheelchair Softball on April 28! This is an introductory day of fun that is free and open to those 18 and older who would like to play at the recreational level, or may want to train to try out for our San Francisco Wheelchair Giants team.

The City of Sacramento, in partnership with the Capital City Adaptive Athletes Foundation, is hosting a National Wheelchair Softball Association event for adults (18+) with physical disabilities to come and learn about wheelchair softball. Wheelchair softball requires all athletes to play using a manual wheelchair. If you need a sports chair, you can request to borrow one.

When: April 28, 9:30am-12pm

Where: Samuel & Bonnie Pannell Community Center & River Cats Independence Field  
2450 Meadowview Road, Sacramento, CA 95832

Pre-registration required

[www.cityofsacramento.org/ParksandRec/Recreation/Access-Leisure/Sports/baseball/wheel-chair-giants](http://www.cityofsacramento.org/ParksandRec/Recreation/Access-Leisure/Sports/baseball/wheel-chair-giants)

For more information, please contact Kou Yang at: [Kyang2@cityofsacramento.org](mailto:Kyang2@cityofsacramento.org) or 808-6045.



# Sports & Recreation

## ACCESS LEISURE CAMPS & OUTDOOR EDUCATION

Call Jenny Yarrow at 808-6017, email [jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org)

### CAMP NEJ WILDERNESS ADVENTURE CAMP

Camp Nej Wilderness Adventure Camp is a partnership between the Contra Costa Youth Council and the City of Sacramento, Department of Youth, Parks, & Community Enrichment, Access Leisure Division.

Camp "Nej" is provides an enriching summer camp to youth with physical disabilities ages 10-21. Activities include fishing, swimming, boating, arts and crafts, nature hikes and other special educational outdoor hands-on activities. Camp "Nej" is a place to nurture independence, encourage responsibility and test skills in problem solving, and learn to adjust to new environments and explore interests, values, and talents; along with building lifelong friendships. Session 1 (Campers ages 10-15): July 28-August 4  
Session 2 (Campers ages 16-21): August 5-11

### TUOLUMNE TRAILS SUMMER CAMP

Tuolumne Trails is located on 80 beautiful acres of Sierra Nevada wilderness outside the mountain community of Groveland near the grandeur of Yosemite National Park. Camp Access Leisure is proud to provide an enriching summer camp to many young adults and adults with intellectual, developmental, sensory and physical disabilities. Cabins are fully -accessible to non-ambulatory and ambulatory campers. Cost is \$500 (includes camp costs, activities, meals, transportation, and staffing.)

The Camp runs June 18-22. Campers can choose from different structured activities, some camping activities include fishing, arts and crafts, nature walks and other special educational outdoor hands-on activities. These activities will increase knowledge and skills learned through outdoor education and overall physical, leisure, and social capabilities. Each participant with develop basic skills and knowledge, along with attitudes to enjoy an outdoor camping experience, and fostering their emotional and social independence.

### ROCK & ROLL YOSEMITE 2018

This adaptive cycling and rock climbing camp is hosted by the City of Sacramento, Access Leisure/ Paralympic Sport Sacramento Club. It is open to those 18 and older. This cycling and climbing experience will take place May 14-17. The plans are rolling for this spring excursion to experience the sights, sounds, and natural wonders of Yosemite National Park. This four (4) day three (3) night tour will utilize handcycles, foot pedal recumbent cycles, or tandem cycles for those with visual impairments, to tour the valley floor, including educational programs and is specifically designed for athletes with physical disabilities. The cost is \$450 per camper. NOTE! Campers must provide their own round-trip transportation to Yosemite. Our organization does offer a meet up location in Sacramento where campers are welcome to caravan in their own vehicles behind our City of Sacramento vehicles to camp.

### HANDCYCLING AND TANDEM CYCLING RIDES

**Northern California-Nevada Adaptive Cycling Series Opener April 14 - 10am-3pm**, Lower Sunrise County Park in Sacramento. Cost is \$10 (\*No cost to ill, injured, or wounded veterans or active duty military.) Participants will be given the opportunity to check out the various styles of handcycles and tandems available for both beginning and advanced riders. Experienced handcyclists will share tips about cycling and training techniques. Rides of varying lengths along the River Parkway followed by a picnic lunch. Experience climbing on an adaptive rock wall, led by world-renowned climber Mark Wellman. Pre-registration required. Note: \$5 per vehicle park fee. Contact Kou Yang at 808-6045 or [KYang2@cityofsacramento.org](mailto:KYang2@cityofsacramento.org).

**Sacramento Honor Ride - April 28**—Ride begins/ends in Rocklin at Placer County Association of Realtors (270 Technology Way). Check-in begins at 6:45am, rides begin at 8am. Three distances: 20 miles, 47 miles, 60 miles. Registration for all routes is \$75. Online registration closes at 8 PM, Friday, April 27. Day-of registration is \$85 . Wounded veterans ride for FREE - please contact Project Hero before registering to receive your discount code ([honorrideinfo@projecthero.org](mailto:honorrideinfo@projecthero.org)) Register at [http://r2r.convio.net/site/TR?fr\\_id=1452&pg=entry](http://r2r.convio.net/site/TR?fr_id=1452&pg=entry)

# Sports & Recreation

## WHEELCHAIR BASKETBALL

Capital Cagers and Access Leisure Wheelchair Basketball practices; Tuesday and Thursdays Evenings from 6:30-9pm; Practices will run through June 2018. Email [cagers@comcast.net](mailto:cagers@comcast.net) or Kou Yang at [KYang2@cityofsacramento.org](mailto:KYang2@cityofsacramento.org).

## QUAD RUGBY

Wheelchair or Quad Rugby is a fast-paced and competitive sport for individuals with physical disabilities that affect all four extremities. Players use special "Rugby Wheelchairs" to play the sport. These chairs are very maneuverable and can take a hit or two. Rugby players must be able to push their own wheelchairs. Introduction and practices are usually scheduled for Tuesdays 6-8:30pm at Rosa Parks Middle School (2250 68th Ave). The Sierra Storm quad rugby team practice is on scheduled Saturdays. Email Rick Mason [rmason@cityofsacramento.org](mailto:rmason@cityofsacramento.org) or Kou Yang at [KYang2@cityofsacramento.org](mailto:KYang2@cityofsacramento.org).

## GOALBALL

Goalball is a challenging team sport developed for people who are blind or visually impaired. It promotes exercise, team spirit, community involvement and social interaction. Practices on select dates 11am-3pm at CSUS Gym Yosemite 183 . Kou Yang at 808-6045 or [KYang2@cityofsacramento.org](mailto:KYang2@cityofsacramento.org).



## CHALLENGER BASEBALL SACRAMENTO

Contact [d7challenger@yahoo.com](mailto:d7challenger@yahoo.com). Tomi at 287-6560 or Tiffany at 792-5682. [www.cad7littleleague.com](http://www.cad7littleleague.com)



## FOLSOM/EL DORADO HILLS (DIST. 54) CHALLENGER BASEBALL

Contact Marnie at 530-672-1498 or [ramblingrose@sbcglobal.net](mailto:ramblingrose@sbcglobal.net) or Bob Fogle at 530-677-2803 or [bfogle@comcast.net](mailto:bfogle@comcast.net). [www.district54challenger.com](http://www.district54challenger.com)

## TRI-CITY CHALLENGER BASEBALL (ROCKLIN)

Visit [www.tricitylittleleague.com](http://www.tricitylittleleague.com).

## 27TH ANNUAL KIDS CATCH A SMILE

The 27th annual Kids Catch A Smile Day will be held May 19 at Aerojet (Rancho Cordova) from 9am-1pm. The event is for children with physical disabilities, ages 5-19, and offers the participants a chance to catch planted trout.



All rods, reels, bait and tackle will be provided. Each participant will receive a bag stuffed full of goodies, and all trout caught will be cleaned and put on ice until the participant leaves. In addition, there are activities for the entire family (only the pre registered child with a physical disability will be allowed to fish), and parents and siblings are encouraged to participate and join in on the fun. There will be face painting, craft projects, clowns, finger and sponge painting, karaoke, bean bag toss with prizes, and much, much more. Lunch will also be served.

The event is FREE but participants must pre-register. The event is limited to the first 60 children with physical disabilities who sign up. May 12 is the deadline to register. First-time participants will have priority in registering. To receive a registration form, email [garyvoet@gmail.com](mailto:garyvoet@gmail.com), or request one by writing to Kids Catch A Smile Day, 3687 Muirwood Lane, Roseville, CA 95747. Please include child's name, your name, address and telephone number and a registration form will be sent to you. You may also visit our website, <http://kidscatchasmileday.com/> and click on how to register to download a registration form. Registrations will open April 1.

# Performing & Visual Arts

## AXIS DANCE MASTERCLASSES/ WORKSHOPS

For more information contact AXIS at [info@axisdance.org](mailto:info@axisdance.org) or 510-625-0110. [www.axisdance.org](http://www.axisdance.org)



### Dance Jam

Monday, April 16, 6-8pm

Malonga Casquelourd Center for the Arts, Studio E (3rd floor)

Jams are open to the public, and create an informal space to which dancers of all types and backgrounds are invited to explore their bodies in a kinesthetic relationship to others.

Cost is \$12. No one turned away due to lack of funds.



## FAIRYTALE TOWN

Visit [www.fairytaletown.org](http://www.fairytaletown.org) or call 808-7462.

- **Adventure Playground Community Days**—Held the 2nd Saturday of each month, 11am-4pm. Visit [sacadventureplay.org/](http://sacadventureplay.org/)
- **Family Campout**—June 15, July 21, August 10. Spend the night under the stars at Fairytale Town! Adults \$30, Children \$25.
- **Summer FunCamps**—There are FunCamps scheduled throughout the summer. View the schedule at <http://www.fairytaletown.org/educational-programs/day-camps/summer-camp/>

## SACRAMENTO ZOO

Visit [www.saczoo.org](http://www.saczoo.org) or call 808-5888.



- **Wells Fargo Wednesdays**—1st Wednesday of each month up to four children aged 2-11 are admitted free with one paid adult admission.
- **Eggstravaganzoo**—**March 31 and April 1** join the Zoo for egg-cellent Easter fun including age-specific egg hunts, colorful crafts, animal enrichments, and goody bags.
- **Earth Fest**—April 21. Earth Day activities and Stuffed Animal Clinic for stuffed animals

# Access Leisure Ink

A quarterly publication of the  
City of Sacramento, Access Leisure

**Editor: Annie Desalernos**

**Layout: Kim Callahan**

If you have a program or activity that you would like included in an upcoming issue of Access Leisure Ink, contact Annie Desalernos at:

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4623 T Street, Suite B  
Sacramento, CA, 95819  
Tele: 916-808-3809  
Fax: 916-840-7657  
[adesaler@cityofsacramento.org](mailto:adesaler@cityofsacramento.org)

## ACCESS LEISURE STAFF

### PROGRAM SUPERVISOR:

**Annie Desalernos 808-3809**

Program inquires for injured, ill and wounded Veterans or active duty members of the Armed Forces, and all donation and sponsorship opportunities  
[adesaler@cityofsacramento.org](mailto:adesaler@cityofsacramento.org)

### PROGRAM COORDINATORS:

**Jenny Yarrow 808-6017**

Camps, social, fitness, sports and travel for young adults and adults with intellectual disabilities  
[jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org)

**Kou Yang 808-6045**

Paralympic Sport Sacramento, Youth Sports, and Sports for Injured, Ill, and Wounded Veterans  
[KYang2@cityofsacramento.org](mailto:KYang2@cityofsacramento.org)

### RESOURCE SPECIALIST—ALL PROGRAMS:

**Michelle Tabarango 808-1205**

[mtabarango@cityofsacramento.org](mailto:mtabarango@cityofsacramento.org)



Unless otherwise noted, all phone numbers are in the 916 area code

[www.accessleasuresac.org](http://www.accessleasuresac.org)



[www.facebook.com/accessleisure](http://www.facebook.com/accessleisure)

# Sports & Recreation



## CHALLENGE SPORTS

To register or be added to the mailing list visit [www.challengesports.org](http://www.challengesports.org) or call 554-0889. Email [sacramentochallengesports@gmail.com](mailto:sacramentochallengesports@gmail.com)

### Basketball Skills Class

Thursday Evenings 6:30–8pm year round. Held at Sports Courts Fitness (3727 Bradview Drive). Experienced players ages 13 and up are invited to our ongoing Basketball Skills League.

### Bowling League

Sundays at 10am June-August. Open to school-aged kids and their siblings.

### Trampoline

Held Tues. and Wed. 7-8pm year round at Sky High Sports in Rancho Cordova.

## COSUMNES CSD

### RECREATION ADVENTURES (RAD)

Social dances, fitness classes, aquatics, and more. Fees vary. For more information contact RAD staff at 405-5600 or [RAD@csdparks.com](mailto:RAD@csdparks.com). Visit [www.yourcsd.com/380/Adapted-Inclusive-Recreation](http://www.yourcsd.com/380/Adapted-Inclusive-Recreation)

### UCP SADDLE PALS AND HEROES ASTRIDE

For ages 4 and up. Heroes Astride is a program for disabled service members.

**Grass Valley:** contact Jane de'Zell [firewalkerranch@sbcglobal.net](mailto:firewalkerranch@sbcglobal.net) or 530-268-8785.

### HOPE 4 HORSES

Riders of varying abilities can increase self-confidence, learn problem-solving skills, and improve focus and the ability to stay on task. Visit [hope4horses.com](http://hope4horses.com) or call Kris Lawson at 591-8706.

### TIES WHEELCHAIR TENNIS

Wheelchair tennis gives people living with physical mobility related disability improved physical, social, and psychological well-being which then translates to a higher quality of life. Tennis also integrates well with people standing UP to play tennis with wheelchair players sitting DOWN providing disability awareness to our community about the value of people living with disability have in society. Visit [www.tiessports.org](http://www.tiessports.org) for details or contact David Van Brunt at 521-5972 or email [tiessports@gmail.com](mailto:tiessports@gmail.com).

### GOLFING FOR ALL

Sacramento boasts four city properties with trained golf professionals to help all ages and abilities. Adaptive carts are available for use (please call three days in advance) at Barley Cavanaugh, Bing Maloney, Haggin Oaks and William Land Golf Course.

- **Bartley Cavanaugh**, 8301 Freeport Blvd. Dylan Flynn at 808-2020 [dflynn@hagginoaks.com](mailto:dflynn@hagginoaks.com)
- **Bing Maloney**, 6801 Freeport Blvd. Courtney Earl at 808-1025 or [cearl@hagginoaks.com](mailto:cearl@hagginoaks.com)
- **Haggin Oaks**, 3645 Fulton Ave. Kelli Corlett at 808-071 or [kcorlett@hagginoaks.com](mailto:kcorlett@hagginoaks.com)
- **William Land**, 1701 Sutterville Rd. Rob Seney at 451-6240 or [rseney@tftgs.org](mailto:rseney@tftgs.org)

## CURLING

**Roseville**—Skatetown Ice Arena (1009 Orlando Ave) Saturdays 6:15pm & 8:15pm, Sundays 7:30am & 9:30am. \$30 per person. Pre-registration is required. WCCC is proud to be one of the few curling clubs that encourages wheelchair curlers. Wear warm clothes (layers) and they'll provide the equipment. Register at [winecountrycurlingclub.com/learn-to-curl/](http://winecountrycurlingclub.com/learn-to-curl/)

### Wine Country Curling of Northern California

For info visit [www.facebook.com/winecountrycurlingclub/](http://www.facebook.com/winecountrycurlingclub/) or email [winecountrycurling@gmail.com](mailto:winecountrycurling@gmail.com).

## GOALS

The Growth Oriented Adapted Learning Skills (GOALS) program is a non-profit organization offering a variety of activities to individuals with developmental disabilities ages 8 and older.

Call 595-2165 or visit [www.goals-us.org](http://www.goals-us.org).

- **Bowling** [tom@goals-us.org](mailto:tom@goals-us.org)
- **Golf** [golf@goals-us.org](mailto:golf@goals-us.org)

# Sports & Recreation

## ACHIEVE TAHOE

Information & Reservations  
Telephone: 530-581-4161 ext. 206  
Online: [www.achievetahoe.org](http://www.achievetahoe.org)



LAKE TAHOE

## WATER SKIING

The latest adaptive equipment and techniques, experienced instructors, and individualized attention whether standing or sitting, from beginner to competitive level. Held at Wake Island Watersports in Sacramento, family/friends can join for an inclusive outing utilizing the cable park adjacent to the lake. \$50/\$75 non-members. Dates: June 22,23,24; July 20, 21, 22; August 10,11,12

## TAHOE PADDLE SPORTS

Canoeing, kayaking, paddleboarding - if it requires a paddle we have it! All instruction provided at beautiful Donner Lake. Come join in "the quiet ride." Reservations by request for June, July and August. \$150 per lesson or tour for 1-2 people. Additional people \$50 each.

## 4WD BACKCOUNTRY ADVENTURES

Experienced drivers help you explore the beautiful Sierra backcountry along rugged 4WD terrain. Picnic lunch provided for day trips. Average trip time is 6 hours. All meals provided for 3 day, 2 night trip on the famous Rubicon 4WD trail.

Day Trip: \$50 per person / \$120 for non-members  
Date: June TBD

Rubicon Overnight Trip Aug 10-12: \$160 per person / \$350 non-members

## SIERRA SUMMER SPORTS

Get your fill of boating, jet skiing, sailing, canoeing, kayaking, and tubing on beautiful Donner Lake. All activities are guided by our experienced Achieve Tahoe staff and volunteers. A quick break for a delicious picnic lunch and you're back on the lake for more fun. Sign up for at least 2 days to get plenty of time with each sport. July 13, 14, 15, 27, 28, 29 and August 17, 18, 19. \$80 per person, per day.

## DISABLED SPORTS—EASTERN SIERRA

Contact Maggie Palchak at 760-934-0791 or [mpalchak@disabledsportseasternsierra.org](mailto:mpalchak@disabledsportseasternsierra.org)  
Visit [disabledsportseasternsierra.org](http://disabledsportseasternsierra.org)



## SPRINGTACULAR

April 24-28. Mammoth Mountain.  
Event designed for participants of all ages with cognitive disabilities. It includes four days of skiing or snowboard instruction, lift tickets, equipment rentals, lunches, banquet, t-shirt, and FUN! Cost is \$345.



MAMMOTH LAKES

## OPERATION HIGH ALTITUDE: A CAMP FOR WOUNDED WARRIORS

June 11-15  
DSES invites Wounded Warriors to the beautiful Eastern Sierra for camping, cycling, rock climbing, fishing and more. Families welcome. Space is limited.

## SKATECLINICS BY SKATEMD

28th & B Street Skate Park  
SkateMD serves special populations of children who may not otherwise be able to pursue skateboarding, may not have easy access to skateboard equipment or facilities, and/or who just need some extra kindness in their lives. One-on-one clinics provide a safe and accepting environment for youth with special needs, ages 5-17. Participants have the opportunity to experiment with skateboarding, fine-tune existing skills, or just have fun. Visit [www.skatemdhh.com](http://www.skatemdhh.com) or email [skatemd.healinghearts@gmail.com](mailto:skatemd.healinghearts@gmail.com).

## ATHLETES HELPING ATHLETES

"Motivation, Inspiration, Passion...No Excuses!"  
A non-profit foundation, Athletes Helping Athletes raises money to purchase handcycles for children with disabilities. If you or your child is under 18, has a permanent physical disability and would like more info about obtaining a free handcycle, email [aha@roadrunnersports.com](mailto:aha@roadrunnersports.com) or visit [www.roadrunnersports.com](http://www.roadrunnersports.com).

# Sports & Recreation

## B.O.R.P.

Bay Area Outreach Program (BORP) offers wheelchair basketball, power soccer, goalball, youth sports, outings, adaptive cycling, and fitness.

Visit [borp.org](http://borp.org) or call 510-849-4663.

- **Adult Wheelchair Basketball** - Thurs 6:30pm
- **Adventures & Outings**—Dates/times vary
- **All Bodies Yoga**—Fri 7:30am
- **Chair Yoga**—Thurs 11am
- **Cycling Center** open Tues, Thurs, Sat
- **Fast Group & Youth Cycling Rides**—Sat 10am
- **Goalball**—Wed 6:30pm
- **Power Soccer**—Sat. 2:30pm, 4:30pm
- **Youth Sled Hockey**—Fri., 6pm
- **Youth Wheelchair Basketball**—Sat., 9am, 11:30am



## PARALYMPIC SPORT CLUB MENLO PARK

[www.riekes.org](http://www.riekes.org) 650-364-2509

- **Shooting & Biathlon, Powerlifting, Personal Training, Swimming, Track & Field**—By appointment
- **Archery and Biathlon** Tues/Thurs 2:30pm.
- **Qi Gong** Thurs 9:30am. Free for veterans and active duty.
- **Sitting Volleyball** Wed 7pm, Sat 9am
- **Strength & Conditioning** Tues/Thurs 1:30pm
- **Wheelchair Rugby** Tues/Thurs 5pm



## SHARED ADVENTURES— PSC SANTA CRUZ

For info on all trips, visit

[www.sharedadventures.org](http://www.sharedadventures.org) or call

831-459-7210. [staff@sharedadventures.org](mailto:staff@sharedadventures.org)

- **Archery Lessons**— 3rd Saturday, 10am
- **Bowling**— every other Thurs
- **Day on the Beach**—July 18, 10am-4pm. Cowell's Beach. Registration required.
- **Family Summer Camp**—Aug 14-17. \$50/person.



## TREASURE ISLAND SAILING CENTER

The TISC Adaptive Sailing Program ranges from introductory sailing for children and adults to competitive training for the US Paralympic Sailing Team. TISC's trained instructors support the needs of each participant and promote safety both on and off the water. Call 415-421-2225 or email [programs@tisailing.org](mailto:programs@tisailing.org). [www.tisailing.org](http://www.tisailing.org)

## BAY AREA ASSOCIATION OF DISABLED SAILORS (BAADS)

[www.baads.org](http://www.baads.org) 415-281-0212 [info@baads.org](mailto:info@baads.org)

- Small Boat - Every Saturday
- Keelboat Sailing - Every Sunday
- Liberty Racing - 2nd Saturday
- Veterans Go Sailing—Every Saturday

## SILICON VALLEY ALL-ACCESS SPORTS

Sports offered: Basketball, golf, bowling, & power soccer as well as fitness and dance classes. [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns) 408-369-6438

- **Adapted Bowling**—Tu 4pm (Ages 11+)
- **Adapted Fitness**—MWF 10:30am (Ages 18+)
- **Adapted Yoga**—Th 10:30am
- **Advanced Wheelchair Basketball**—Tu 7:30pm (Ages 13+)
- **Martial Arts** —Sun 11am (Ages 14+)
- **Power Soccer**—Sat 10am (Ages 5+)
- **Wheelchair Basketball**—Tu 5:30pm (Age 13+)
- **Wheels on Fire**—Sun 1pm (Ages 5-22)



## ENVIRONMENTAL TRAVELING COMPANIONS (ETC)

Visit [www.etctrips.org](http://www.etctrips.org) or call 415-474-7662.

Offers cross-country skiing, white-water rafting and sea kayaking adventures. Call for trip dates.

# Sports & Recreation

## BREAK THE BARRIERS (FRESNO)

Sports offered: Archery, dance, gymnastics, health & fitness, martial arts, swimming lessons, and a Veterans sports program. Phone: 559-432-6292

[www.breakthebarriers.org](http://www.breakthebarriers.org)

- **Aerial Dance Fitness**—Mon-Fri
- **Aquatics**—Mon-Sat
- **Archery**—Tues, Wed, Thurs
- **Dance**—Classes available M-Sat
- **Group Fitness**—classes vary
- **Gymnastics**—Classes available M-Sat
- **Hope Program**—Physical recovery program with Certified Trainers
- **Martial Arts**—Classes available M-Sat
- **Tumbling**—Beg., Intermediate, Advanced classes
- **Veterans Program**



## ADAPTIVE SPORTS AND REC ASSOCIATION (SAN DIEGO)

Year Round sports include basketball, soccer, rugby, and cycling. Injured service members program. Sports mentors.

619-336-2764 [www.adaptivesportsandrec.org](http://www.adaptivesportsandrec.org)

- **Beach Days**—call for information
- **Kayaking**—April 14, 9:30-11:30am at Lake Murray Boat Ramp and May 12, 9:30-11:30am at Tidelands Park Coronado.
- **San Diego Ducks Sled Hockey**—Sun 7:45am
- **Sitting Volleyball**—Wed 7pm.
- **Sled Hockey**—Sat 7am
- **Track & Field**—Sun 1pm
- **Wheelchair Basketball**—Open gym Tues 6-8pm and Sat 12-2pm; adult and youth teams practices vary
- **Wheelchair Lacrosse**—April 22, 11:30am-1pm



## JUNIOR ADAPTIVE SPORTS CAMP

July 16-18, San Diego

5 days, 15 sports. Day camp designed for children (ages 4 to 18) with a permanent physical disability. No limits, only possibilities! Contact Lindsay Holzhammer at [lholtzhammer@asrasd.org](mailto:lholtzhammer@asrasd.org).

Visit [www.asrasportscamp.org](http://www.asrasportscamp.org)

## CITY OF RENO PARKS & RECREATION

[www.reno.gov/residents/parks-and-recreation](http://www.reno.gov/residents/parks-and-recreation)

Contact April Wolfe at 775-333-7765 or [wolfe@reno.gov](mailto:wolfe@reno.gov).



- **Bike for 22 - May 5, 8am.** Distances of 22 miles or 22km. \$22/adults. Ages 16 and under are free. Meet at Walmart (155 Damonte Ranch Pkwy.) Register at [VictoryForVeterans.org/BIKE22](http://VictoryForVeterans.org/BIKE22) and use Team Code HERO. There will be fun, food, excitement and raffles.
- **Northern California-Nevada Adaptive Cycling Series.** June 9, 9am-1pm at Damonte Ranch High School. Cost is \$10\* (\*No cost to ill, injured or wounded veterans or active duty military.) Riders new to adaptive cycling will have an opportunity to sample a range of adaptive cycles on the Damonte Ranch Wetlands Loop. Intermediate and advanced riders will start their ride from the same location, but can travel up to 20 miles on the Damonte Ranch bike lanes. Registration is required. Friends and family members are welcome to ride but are also required to register.
- **Mark Wellman Adventure Day.** June 10, 10am-2pm at Sparks Marina. Free! People with disabilities and their friends and family members are invited to explore a variety of sports at Mark Wellman's Adventure Day event at the Sparks Marina. Offering handcycling, kayaking, and rock climbing in a fun, safe park setting.
- **Fit but Not Forgotten** - Fit but Not Forgotten (FBNF) program engages disabled veterans by providing fitness training to promote a healthy lifestyle. W 5:30pm, R 10:30am.
- **Project Hero|Ride2Recovery** - Cycling program for veterans.
- **Wheelchair Basketball**—Contact Scott Youngs at 775-682-9056.
- **Wheelchair Rugby**—Contact Todd Wolfe at 530-386-3340.
- **Team River Runner** Through whitewater kayaking, TRR promotes health, healing, and new challenges for healing Veterans and their families. Visit [www.teamriverrunner.org](http://www.teamriverrunner.org) or contact Tina Lemus at 775-303-2328.

# Sports & Recreation

## **ADAPTIVE KAYAKING**

Learn beginning paddling skills and have fun with your family or friends. Adaptive equipment and instruction are provided to create an inclusive environment for all. This program is designed to support a safe and fun adventure for individuals with physical, development, or mental health diagnosis. Come out and get on the water and enjoy Lake Natoma with the Sacramento State Well All In Recreation (AIR Program.) A swim test is required. Please contact Paul Polis at [paul.polis@csus.edu](mailto:paul.polis@csus.edu) for additional information. For class schedule and to register, visit <http://sacstateaquaticcenter.com/paddling/adaptive-kayaking.html>

## **ABILITY FIRST SPORTS (CHICO)**

530-520-7235

[www.abilityfirstsports.org](http://www.abilityfirstsports.org)

Offers swimming, basketball, cycling, rock climbing, tennis, quad rugby, track & field, and more.

## **Wheelchair Sports Camp**

June 17-23

Designed to provide instructional and recreational sports opportunities to youth ages 8-17 with physical disabilities. Athletes must be minimum assist to independent and be able to actively engage in sports. Sports range from the beginner through both the junior and national levels of athletic competition. Evening recreation programs are designed to provide opportunities for leisure and social activities. Cost is \$1,000.

## **THE CENTER FOR INDEPENDENT LIVING**

The CIL hosts several sports clinics throughout the Bay Area. Events are open to all ages and abilities. Phone: 510-841-4776 [www.thecil.org](http://www.thecil.org)

**Quad Rugby & Wheelchair Lacrosse**—1st & 3rd Sun, 11am. Alameda.

## **CAMP LOTSAFUN**

This year camp is 6 days and 5 nights with so much more fun! The week will be packed with activities that will entertain everyone. Scholarships available. Cost is \$850. July 16-21 (All Ages) - Eagle Lake in Susanville. Visit [amplifylife.org](http://amplifylife.org) or contact [info@amplifylife.org](mailto:info@amplifylife.org) or 775-827-3866.

## **ICAN SHINE BIKE PROGRAM**

June 25-29, Sacramento

iCan Shine uses a fleet of adapted bicycles, a specialized instructional program and trained staff to teach individuals 8 years and older with disabilities to learn to ride a two-wheel bike independently. Participants attend one 75-minute session each day for five consecutive days where they learn to ride while accompanied and encouraged by a volunteer. Gradually the riders discover the skill and joy of riding a bike. There is a mandatory parent information meeting on Sunday, June 24, 9am.

Session Fees:

\$275 / non-members

\$200 / members

For information or to register for this iCan Bike camp please e-mail Heather Green directly at [heather@downsyndromeinfo.org](mailto:heather@downsyndromeinfo.org) or call 658-1686. <http://downsyndromeinfo.org/licanshine/>

## **2018 ANGEL CITY GAMES**

Southern California's premiere adaptive sports event featuring a 4-day festival of clinics, competition, activities and celebration of Paralympic sport. The 2018 edition features five adaptive sports - Swimming, Archery, Track and Field, Wheelchair Basketball and Wheelchair Tennis - and will be held June 21-24 on the UCLA campus. Competition is sanctioned by Adaptive Sports USA and results can qualify youth athletes for the National Junior Disability Championships.

Angel City Games is open to athletes of all ages and ability levels and the clinic & competition format allows athletes to get instruction and skills development, and then participate in a competitive environment to push them against the clock, other athletes and most of all themselves. Anyone with a physical disability, mobility challenge or visual impairment can participate.

Visit [www.angelcitygames.org](http://www.angelcitygames.org) or email [info@angelcitygames.org](mailto:info@angelcitygames.org)

# Sports & Recreation



LOMA LINDA UNIVERSITY  
HEALTH

PossAbilities



LOMA LINDA

## POSSABILITIES

Variety of sports offered—baseball, basketball, cycling, football, kayaking, running, skiing, swimming. Phone: 909-558-6384. [www.teampossabilities.org](http://www.teampossabilities.org)

- **Adaptive Triathlon**—April 29
- **Group Bike Rides**—4<sup>th</sup> Sun, 9am
- **Limb Loss Running Clinic**—3rd Sun, 8am
- **Para-cycling**— 2nd & last Sun, 7am
- **Stretching & Exercise** - Mon, 10am
- **Veteran Adaptive Sports Program**
- **Wheelchair basketball**—Thursdays, 6:30pm
- **Yoga**

## NORTHERN CALIFORNIA JUNIOR SPORTS CAMP

The Far West Wheelchair Athletic Association camp is July 8-14 in San Jose. JSC is for youth ages 5-21 who have a physical disability. Campers enjoy a wide-range of sports and activities. Overnight and day camp options are available. Visit [www.fwwaa.org](http://www.fwwaa.org)



## FREE ADMISSION TO NATIONAL PARKS

America the Beautiful – National Parks and Federal Recreational Lands Pass – Access Pass is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults at per person fee areas. The Access Pass provides a 50% discount on some Expanded Amenity Fees charged for facilities and services. For more info go to [www.nps.gov/planyourvisit/passes.htm](http://www.nps.gov/planyourvisit/passes.htm)

# Sports & Recreation

## CATCH A LIFT

Catch a Lift ("CAL") is a non-profit organization that assists wounded service members from the Iraq and Afghanistan wars with starting their healing process and maintaining their mental and physical health through physical fitness. CAL provides gifted gym memberships or in-home gym equipment to wounded post 9-11 veterans anywhere in the United States.

Visit [www.catchaliftfund.com](http://www.catchaliftfund.com)



## WILDERNESS INQUIRY

WI is a non-profit organization that focuses on getting people from all walks of life to personally experience the natural world. Integrated trips are led by experienced wilderness guides. For more info visit [www.wildernessinquiry.com](http://www.wildernessinquiry.com).

# Resources



## BEARY SPECIAL PLAYDATES

Monthly on 2nd Wednesdays, 5-7pm  
Sacramento Children's Museum  
2701 Prospect Park, Rancho Cordova

Families with special needs, including siblings and friends, are invited to visit the Children's Museum on the second Wednesday of each month, 5-7 pm. There is no charge for admission, but reservations are required. For more information call 638-7225.

## SENSORY STORYTIME

Sacramento City Libraries  
Dates, times and locations vary  
Half-hour programs for kids with autism and/or sensory disorders featuring stories, music, activities, and more. Noise and behaviors are no problem. Children and their families are welcome, and parents will have the opportunity to network with other parents. Registration is not required. For dates and information, contact Janet Winger at 264-2920 or [jwinger@saclibrary.org](mailto:jwinger@saclibrary.org)

# Resources



## SPECIAL DAY FOR SPECIAL KIDS

May 18, 10am-3pm  
Ride to Walk Ranch (1630 Hwy. 193, Lincoln, CA)  
FREE event for children with emotional, developmental, and physical disabilities and their parents, siblings, and caretakers. Games, crafts, entertainment, motorcycle rides, companion dogs, demonstrations, and food. Make new friends and create wonderful memories!  
Visit [www.lionsspecialkidsday.com](http://www.lionsspecialkidsday.com) to register.

## SACRAMENTO SPINAL FOUNDATION QUALITY OF LIFE SCHOLARSHIP

The Quality of Life Scholarship program will accept applications through May 15. Awards issued by June 30. Scholarship awards will not exceed \$1000.

### Scholarship Eligibility Requirements:

-Scholarships are awarded to individuals with a spinal cord injury - paraplegia and quadriplegia.

-Applicants must demonstrate financial need and may be required to provide documentation.

-Applicants must reside in Sacramento County or Yolo County.

-Applicants must request a specific modification, piece of equipment, or service.

Examples of eligible items include wheelchair parts, vehicle modifications, small home modifications, ramps, and other adaptive equipment.

Examples of eligible services include home maintenance or physical rehabilitation gym costs.

For complete information and to download an application visit

<http://sacspinalfoundation.org/funding>

## UC DAVIS MIND INSTITUTE

### UC DAVIS M.I.N.D. INSTITUTE

Visit [www.ucdmc.ucdavis.edu/mindinstitute](http://www.ucdmc.ucdavis.edu/mindinstitute)  
or call 703-0280. Located at 2825 50th Street.

### African American Developmental Disabilities Parent Advisory Group (AADDPA)

This group is open to all and is specifically designed to support families with culturally tailored information to empower them to choose options that are appropriate for their family. The meetings are usually the fourth Wednesday of each month from 6-8pm at the UC Davis MIND Institute. Dinner and childcare will be provided. Please RSVP to 703-0403, or [cjgrevious@ucdavis.edu](mailto:cjgrevious@ucdavis.edu).

### Vamos a platicar

6-week series conducted entirely in Spanish. It is for parents of children with disabilities to share their experiences and to learn about their child's diagnosis and needs and how to help them achieve their full potential. For registration, please call 704-0439.

### Apoyo de Padres para Padres

Ongoing parent support group that is conducted entirely in Spanish. It is an opportunity for parents of children with disabilities to share their thoughts and feelings in a supportive and confidential environment. Meetings are the first Tuesday of each month from 6-8pm at the UC Davis MIND Institute. To register, please call 922-1490.

**April 11**—The human amygdala and social behavior

**April 25**—Successful transitions for young adults with neurodevelopmental disorders

**May 16**—Autism at 75: How it has changed and what we have learned

**June 13**—Why study the mind if genes cause autism?

# Resources



**A Touch of Understanding**—Provides disability awareness programs to students in the Sacramento area through activities and social interaction. Call 791-4146 or visit [www.touchofunderstanding.org](http://www.touchofunderstanding.org)

**ALS Association, Greater Sac. Chapter**—Contact 979-9265 or visit [www.alsac.org](http://www.alsac.org)

**Autism LifeSpan**—Contact 530-897-0900 or [info@autismlifefspan.org](mailto:info@autismlifefspan.org). Visit [www.autismlifefspan.org](http://www.autismlifefspan.org)

**Autistic Self Advocacy Network**— Call or text 538-9154 or visit [www.autisticadvocacy.org](http://www.autisticadvocacy.org).

**Capitol People First** —A self-advocacy group organized by people who have and are affected by disabilities. Meets 1<sup>st</sup> Saturday, 1-3pm at State Capitol Room 125. Email [capitolpeoplefirst@gmail.com](mailto:capitolpeoplefirst@gmail.com)

**City of Roseville Adaptive Recreation**—Contact 774-5505 or visit [www.rosevilleparks.com](http://www.rosevilleparks.com)

**Cosumnes CSD, Leisure Enrichment and Therapeutic Recreation**—Recreation programs in the Elk Grove community. [www.yourcsd.com](http://www.yourcsd.com) or 405-5300

**Down Syndrome Information Alliance**—Contact 658-1686 or [info@downsyndromeinfo.org](mailto:info@downsyndromeinfo.org). Visit [www.downsyndromeinfo.org](http://www.downsyndromeinfo.org).

**Epilepsy Foundation of No. Ca.**—Contact 800-632-3532 or [efnca@epilepsynorcal.org](mailto:efnca@epilepsynorcal.org). Visit [www.epilepsynorcal.org](http://www.epilepsynorcal.org).

**FEAT (Families for Early Autism Treatment)**  
- Lending library, newsletter, conferences, support, parent mentoring, social events, field trips and fundraising events. 303-7405 or [FEAT@feat.org](mailto:FEAT@feat.org).

**Society for the Blind** — Serving those who are blind or visually impaired. Call 452-8271 or visit [www.societyfortheblind.org](http://www.societyfortheblind.org).

**Therapeutic Recreation Services**—Contact TRS at 381-0225, TTY/TDD 800-735-2929 or visit [www.regionalparks.saccounty.net/TRS/](http://www.regionalparks.saccounty.net/TRS/)

The WarmLine Family Resource Center is for families that have a child birth to age 26 with special health care or developmental needs to connect with other families, receive resources about services and learn how to effectively advocate for their children. Visit [www.warmlinefrc.org](http://www.warmlinefrc.org) for upcoming family activities, play groups and trainings about how to support your child's development, special education and sign up for the email list.

Location:  
2424 Castro Way, Sacramento, CA 95818,  
455-9500/Toll free: 844-455-9517

IEP Training:  
Small groups by appointment in Sacramento and Rocklin. Larger group trainings are listed on the calendar at [www.warmlinefrc.org](http://www.warmlinefrc.org)

Warmline provides trainings and playgroups for families of children with special needs. The schedule can be found on the events calendar on the website or email [Cid@warmlinefrc.org](mailto:Cid@warmlinefrc.org) to be added to the mailing list.



hands on  
sacramento

## **VOLUNTEER WITH HANDS ON SACRAMENTO**

Hands On Sacramento connects 2,500 volunteers a year with opportunities to match their schedules and interests. **Call 447-7063, ext. 304, email [info@handsonsacramento.org](mailto:info@handsonsacramento.org) or visit [www.handsonsacramento.org](http://www.handsonsacramento.org)**