ACCESS SWIM EVENT
Come make a splash at our Access Leisure recreation swim event! Enjoy exclusive access to Meadowview Pool for this one-time event. All ages and swim ability levels welcome! Pre-registration is recommended as space is limited!

June 10, 10am-12
Meadowview Pool (2450 Meadowview Rd)
Advance tickets $5 per swimmer, $10 (cash only) at door - no cost for spectators
Register at https://pay.cityofsacramento.org/InternetRegistration/Start/Start.asp using Course Code 174173

Bring your towel and swimsuit
Aqua wheelchairs and accessible pool lifts on site

Questions?
www.cityofsacramento.org/aquatics
808-2306 aquatics@cityofsacramento.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 atadesalernos@cityofsacramento.org or 808-3809.

RIVER CATS INDEPENDENCE FIELD FALL BASEBALL LEAGUE
River Cats Independence Field is a fully-accessible baseball field made of a rubberized surface ideal for players with disabilities that use either manual or power wheelchairs, walkers, crutches, or no assistive devices. Visit www.accessleisuresac.org for schedule, or contact Paula Black atpblack@cityofsacramento.org or Jenny Yarrow atjyarrow@cityofsacramento.org.

SOCIAL RECREATION PROGRAMS FOR TEENS AND ADULTS WITH INTELLECTUAL DISABILITIES
Special events, trips and outings are provided year-round. Programs promote inclusion and social skill development. Programs include baseball games, river boat cruise, and other outings.

Social programs are community-wide activities open to teens and adults. Programs help develop social skills and self-esteem. Activities include dinners, dances, and crafts programs.

Social sports are open to active teens and adults.

Contact Program Coordinator Phil Sinclair at 808-6045. Calendar available by email, contactpsinclair@cityofsacramento.org. Program fees vary.

You can view the monthly Access Leisure calendar at www.accessleisuresac.org.
ACCESS LEISURE CAMPS & OUTDOOR EDUCATION
Call Jenny Yarrow at 808-6017, email jyarrow@cityofsacramento.org or visit www.accessleisuresac.org

SUMMER CAMP - JUNE 20-23
A residential camp for youth and adults with intellectual and developmental disabilities. Campers stay in rustic cabins in the beautiful Sierra Mountains, near Nevada City. Activities include fishing, outdoor education, campfire, arts & crafts, and hiking. A rewarding and fun camping experience in a safe and nurturing environment. Cost $450.

CAMP NEJ – HOSTED BY THE CONTRA COSTA YOUTH COUNCIL IN PARTNERSHIP WITH ACCESS LEISURE
Get ready for a wilderness adventure camp at Hawley Lake! A week of fun and excitement in the the Sierra’s… Learn wilderness camping skills, sleep under the stars, and be personally challenged. For youth with physical disabilities. Camp dates:
Session 1 July 22-29 For ages 10-15
Session 2 July 30-Aug 5 For ages 16-20

HANDCYCLING AND TANDEM CYCLING RIDES
Contact Rick Mason at 804-1934 or saccycle@sbcglobal.net.

Scheduled rides for can be found in the cycling section at www.accessleisuresac.org. All rides vary in distance and pace according to rider’s abilities.

June 11 - Reno Clinic and Ride - Damonte Park, Reno. 9am – 1pm. Event #2 on the 2017 Northern California/Nevada Adaptive Cycling Series. Clinic and Ride to be followed by a delicious BBQ. Contact: April Wolfe - City of Reno Parks, Recreation and Community Services 775-333-7765 or wolfea@reno.gov.

Saturday, June 17 - Lower River Parkway Cycling Ride, and lunch. Sacramento, CA – 10am to 1pm. We will meet at Discovery Park and ride along this flat portion of the Sacramento River Parkway. The ride distances will vary dependent upon participant abilities. A limited number of handcycles and tandems will be available for use w/ reservation, after the ride stay and have a hot dog and chat about the ride. Cost: $8 (incl. bike rental) or $3; $2 food. To register email Jenny at jyarrow@cityofsacramento.org For bike info contact Rick at rmason@cityofsacramento.org

Thursday, June 29 – Second Evening River Ride and Social- 7pm. The group meeting spot TBA and rides will be dependent upon participants abilities. A limited number of handcycles and tandems will be available for use w/ reservation. Cost: $8 (incl. bike rental) or $3; $2 food. To register email Jenny at jyarrow@cityofsacramento.org For bike info contact Rick at rmason@cityofsacramento.org

Thursday, July 13 – Third Evening River Ride – 7pm. The group will meet at Discovery Park and rides will be dependent upon participant’s abilities. A limited number of handcycles and tandems will be available for use w/ reservation. Cost: $8 (incl. bike rental) or $3; $2 food. To register email Jenny at jyarrow@cityofsacramento.org For bike info contact Rick at rmason@cityofsacramento.org

Sunday, July 16 - Sacramento River Run, Sacramento, CA. – 9am-1pm. This ride will be round trip north along the River Parkway from William Pond Park to Nimbus Dam. This ride will follow the middle portion of the Sacramento River Parkway with distances and pace varying according to rider’s abilities. Advanced riders will continue around Lake Natoma. Route is relatively flat with some gentle rolling terrain. Limited handcycle availability w/ reservation. Cost: $8 (incl. bike rental) or $3; $2 food. To register email Jenny at jyarrow@cityofsacramento.org For bike info contact Rick at rmason@cityofsacramento.org

Saturday, July 29 – Mid River Parkway Ride, Sacramento, CA. 9am-12pm. We will meet at William Pond Park. This ride will follow the middle portion of the Sacramento River Parkway with distances and pace varying according to rider’s abilities. A limited number of handcycles and tandems will be available for use w/ reservation.

Contact Rick at rmason@cityofsacramento.org
WHEELCHAIR BASKETBALL
Capital Cagers and Access Leisure Wheelchair Basketball practices; Tuesday and Thursday Evenings from 6:30-9pm at Leo Palmiter Middle School. Practices start in August and will run through June 2018. Email cagers@comcast.net or contact Jenny Yarrow at jyarrow@cityofsacramento.org or 808-6017. Tentative Practice Dates: August 10, 15, 17, 22, 24, 29, 31 September 5, 7, 12, 14, 19, 21, 26, 28

CAMP LOTSOFUN
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 $700. Session 1: July 17-22 (All Ages) - Eagle Lake Visit amplifylife.org/ or contact us at camp@camplotsafun.com or 775-827-3866.

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 2017 edition features five adaptive sports - Swimming, Archery, Track and Field, Wheelchair Basketball and Wheelchair Tennis - and will be held 6/22-25 on the campus of UCLA. Competition is sanctioned by Adaptive Sports USA and USA Track and Field, 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. The clinic & competition format allows athletes to receive instruction and develop their skills, then participate in a competitive environment. Anyone with a physical disability, mobility challenge or visual impairment can participate.

For more information visit www.angelcitygames.org

CHALLENGER BASEBALL SACRAMENTO
Contact d7challenger@gmail.com

FOLSOM/EL DORADO HILLS (DIST. 54) CHALLENGER BASEBALL
Contact Garth Lynch at 220-7771 or heylynchee@yahoo.com or Bob Fogle at 530-677-2803 or bfogleda@comcast.net. www.d54challenger.com

TRI-CITY CHALLENGER BASEBALL (ROCKLIN)

SACRAMENTO CAPITALS WHEELCHAIR TENNIS
Call 481-3364 or visit www.scwta.com.

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 for details or contact David Van Brunt at 521-5972.
AXIS DANCE MASTERCLASSES/WORKSHOPS
For more information contact AXIS at
info@axisdance.org or 510-625-0110. www.axisdance.org

Summer Intensive & Teacher Training—August 7-16
Malonga Casquelourd Center for the Arts, 1428 Alice St. Suite 200, Oakland

AXIS DANCE MASTERCLASSES/WORKSHOPS
For more information contact AXIS at
info@axisdance.org or 510-625-0110. www.axisdance.org

Family Campout
Friday, June 16-Saturday, June 17, 5:30pm-7am
Spend the night under the stars at Fairytale Town! This exciting overnight adventure includes exclusive play time inside Fairytale Town, a theater performance, arts and crafts, a scavenger hunt, bedtime stories and a sing-along! Wake up to a light continental breakfast. Adults $30, Ages 2-12 $25.

International Celebration
Sunday, July 2, 11am-3pm
A day of international dance on the outdoor Mother Goose Stage. Enjoy nonstop performances of dances from around the world, including ballet folklorico, Cambodian ballet, and more. This program is free with paid park admission. Admission is $5.75 per person. Children ages 1 and under are free.

Community Day at Sacramento Adventure Playground
Saturday, July 8, 11am-3pm
Maple Neighborhood Center (3301 37th Ave.) All ages are invited for a day of play! Children get to create their own play structures and spaces by re-purposing everyday items. The Playground is a fun and safe environment where children can use their imagination and creativity to direct their own play! Admission to the Playground is free.

Family Campout at Fairytale Town
Saturday, July 22, 5:30pm through Sunday, July 23, 7am
This exciting overnight adventure includes a theater show, arts and crafts activities, a scavenger hunt, fun games, and bedtime stories. Wake up to a light continental breakfast. Prices range from $25 to $30 per person and include all activities.
Sacramento is proud to boast four golf courses with trained staff available to teach golfers of all ages and abilities. Adaptive Golf Carts are available at the Cherry Island Golf Course, "The First Tee" in William Land Park, and Haggin Oaks. Trained staff can improve the swing of any golfer.

**The First Tee** in William Land Park. Brian Rugne at 455-7888 or brugne@tftgs.org.

**Haggin Oaks**, 3645 Fulton Ave. Kelli Corlett at 808-0971 or kcorlett@hagginoaks.com.

**Cherry Island Golf Course**, 2360 Elverta Rd. Tim Berg at 991-7293 or tberg@empiregolf.com.

**Bing Maloney**, 6801 Freeport Blvd. Morgan Malone at 808-6616 or mmalone@hagginoaks.com.

TTY’S AVAILABLE TO THE PUBLIC AT THE FOLLOWING CAPITAL CITY GOLF LOCATIONS:
- **Bartley Cavanaugh Golf Course** TTY 665-3637
- **Bing Maloney Golf Course** TTY 391-8006
- **Haggin Oaks Golf Course** TTY 481-2253
- **William Land Golf Course** TTY 277-1207

**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. Visit www.yourcsd.com.

**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 or 530-269 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 or call Kris Lawson at 591-8076.

**GOLFING FOR ALL**
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**Bing Maloney**, 6801 Freeport Blvd. Morgan Malone at 808-6616 or mmalone@hagginoaks.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.
- **Bowling** tom@goals-us.org
- **Golf** golf@goals-us.org

**CURING**
**Roseville**—Skatetown Ice Arena (1009 Orlando Ave) Sundays 9:30am-12pm. $25 per person drop-in fee. Pre-registration is required at winecountrycurlingclub.com/learntocurl/. 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.

**Wine Country Curling of Northern California**
For info visit www.winecountrycurling.org or email winecountrycurling@gmail.com.

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ACHIEVE TAHOE
Information & Reservations
Telephone: 530-581-4161 ext. 206
Online: www.achievetahoe.org

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: July 7, 8, 21, 22, 28, 29; August 11, 12, 18, 19

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 24
Rubicon Overnight Trip: $160 per person / $350 non-members
Dates: August 11-1

SIERRA SUMMER SPORTS
Join us at Donner Lake to get your fill of boating, jet skiing, sailing, canoeing, kayaking, tubing and paddle boarding. Staff introduce each participant to the beginning skills of these water sports and accompany them on the water. Lunch is served lakeside.
$80 per person, per day / $150 for non-members
Time: 10am-3pm incl. full day of activities & lunch.
Dates: July 7, 8, 14, 15; August 4, 5, 25, 26

LAKE TAHOE PADDLE TOURS & LESSONS
Paddling is one of the greatest equalizers and a fun way to enjoy the summer. Lessons provide canoe, kayak and stand-up paddle board instruction. Also available are paddle tours from the North Shore of Lake Tahoe. Those new to paddling should join us for a lesson before booking a tour.$150 per lesson or tour for 1-2 people / $225 for non-member lessons or tours. Scholarships available to those who qualify. Additional people in a lesson or tour $80 each.
Dates: By arrangement in June, July, and August

DISABLED SPORTS—EASTERN SIERRA
Contact Maggie Palchak at 760-934-0791 or mpalchak@disabledsportseasternsierra.org
Visit disabledsportseasternsierra.org

June Lake Triathlon
July 8 – The High Sierra Triathlon is proud to present “the toughest race in the most beautiful place.” A fundraiser for Disabled Sports—Eastern Sierra. Visit highsierratri.org

Sierra Cycle Challenge
Support Disabled Sports Eastern Sierra and explore the Eastern Sierra by circumnavigating the Glass Mountains July 28-31. Cycle more than 150 miles with amazing support, beautiful scenery, delicious meals, and of course, camaraderie! Special prize for the top fundraiser. For more info or to register, visit www.crowdrise.com/SierraCycleChallenge2017

Pedal Paddle
August 18-20 – Participate in this family friendly week-end campout including cycling, paddlesports and more!

Mammoth Gran Fondo
September 9—102, 70, and 42 Mile Route Options with Timed Results. Cyclists will receive a Signature Pint Glass & Finisher’s Tech T-Shirt. Proceeds support the Mammoth Mountain Community Foundation. Visit www.fallcentury.org.
NORTHERN CALIFORNIA JUNIOR SPORTS CAMP
The Far West Wheelchair Athletic Association camp is July 9-15 in San Jose. JSC is for kids/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

31ST JUNIOR ADAPTIVE SPORTS CAMP
July 24-29, 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 Teresa Miller at tmiller@asrasd.org or 858-518-4202. Visit www.asrasportscamp.org

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 or email skatemd.healinghearts@gmail.com.

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.

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.

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/fees_passes.htm

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 or call 510-849-4663.
• Adult Wheelchair Basketball - Thurs 6:30pm
• All Bodies Yoga—Fri 10am
• Chair Yoga—Tues 1:15pm
• Cycling Center open Tues, Thurs, Sat
• Fast Group & Youth Cycling Rides—Sat 10am
• Goalball—Wed 6:30pm
• Power Soccer—Sat. 2:30pm, 4:30pm
• Urban Zen Yoga—Mon, 12:15pm
• Youth Sled Hockey—Fri., 6pm
• Youth Wheelchair Basketball—Sat., 9am, 11:30am

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• Urban Zen Yoga—Mon, 12:15pm
• Youth Sled Hockey—Fri., 6pm
• Youth Wheelchair Basketball—Sat., 9am, 11:30am
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. www.tisailing.org.

BAY AREA ASSOCIATION OF DISABLED SAILORS (BAADS)
www.baads.org 415-281-0212 info@baads.org

- Dinghy Sailing - Every Saturday in McCovey Cove
- Keelboat Sailing - Every Sunday in the SF Bay
- Liberty Racing - Every third Saturday
- Beer Can Races - Every Friday at South Beach Yacht Club
- Veterans Go Sailing—Every Saturday at Pier 40

PARALYMPIC SPORT CLUB MENLO PARK
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 or call 831-459-7210. staff@sharedadventures.org

- Adaptive Yoga—Sundays 1:30pm
- Archery Lessons—3rd Saturday, 10am
- Bocce Ball—monthly
- Day on the Beach—July 8.

SILICON VALLEY ALL-ACCESS SPORTS
Sports offered: Basketball, golf, bowling, & power soccer as well as fitness and dance classes. www.sanjoseca.gov/prns 408-369-6438

- Adapted Bowling—Tu 4pm (Ages 11+)
- Adapted Fitness—MWF 10:30am (Ages 18+)
- Adapted Golf—Th 12pm (Ages 15+)
- Advanced Wheelchair Basketball—Wed 7:30pm (Ages 13+)
- Adaptive Beginners Yoga—Th 10:30am
- Cooperative Dance—Fri, 5/12 7pm (Sunnyvale)
- Folklorico Dance—Sun 2pm
- Martial Arts Demo—Sat 5/27 (Ages 14+)
- Power Soccer—Sat 10am (Ages 5+)
- Power Soccer Skills —F 3pm, Sat 9am
- Table Tennis—Tu 6pm (Ages 11+)
- Wheelchair Basketball—W 5:30pm (Ages 13+)
- Wheels on Fire—Sun 1pm (Ages 5-22)

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

- Aquatics—lessons available June-August.
- Archery—Tuesdays and Thursdays.
- 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
• **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.

The City of Reno Adaptive Recreation Program will host the annual **Reno Rumble Wheelchair Rugby Tournament Aug 25-27** at the Neil Road Recreation Center. Teams from the US Quad Rugby Association (USQRA) will join the Reno/Tahoe High Fives in a fun filled and competitive weekend of wheelchair rugby.

• **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.

• **City of Reno Military Sports Camp**
The City of Reno with the generous support of its presenting sponsors, and local adaptive sports programs plan to once again host 15 disabled veterans and injured service members and their spouse/guest for a multiday Military Sports Camp, September 13–17. All skill levels are welcome. This program is not just about sports; it’s also about attitude, camaraderie and promoting healthy, active lifestyles. There is no cost to Military Service Men or Women and their guest. Registration preference will be given to Nevada Service Members and Residents.

• **Northern California-Nevada Adaptive Cycling Series**—Sunday, June 11, 9am-1pm. Diamentne Ranch HS (10500 Rio Wrangler Pkwy). Cost is $10 (no cost to ill, injured, or wounded veterans or active duty military). Registration is required.

**MARK WELLMAN’S ADVENTURE DAY AT THE SPARKS MARINA**

Sunday, August 20, 10am-2pm

Join us for a day to try new things for FREE at Sparks Marina (300 Howard Dr., Sparks, NV)! We’ll have kayaks, adapted rock climbing equipment, sailing and hand-cycles available for participants to try. Open to all people with disabilities & their families and friends.

Bring closed-toe shoes, bathing suit and sun block for a FREE fun day in the sun.

For more info visit [www.sparksrec.com](http://www.sparksrec.com) or call 775-353-7815

**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.
ENVIRONMENTAL TRAVELING COMPANIONS (ETC)
Visit www.etctrips.org or call 415-474-7662. Offers cross-country skiing, white-water rafting and sea kayaking adventures. Call for trip dates.

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
- Beach Days—call for information
- 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

POSSABILITIES
Variety of sports offered—baseball, basketball, cycling, football, kayaking, running, skiing, swimming. Phone: 909-558-6384. www.teampossabilities.org
- Adaptive Canoe
- Adaptive Scuba—become certified, Aug 27.
- Group Bike Rides—2nd & 4th Sun, 8am
- Stretching & Exercise - Tues, 10:30am
- Swimabilities—Sun, 9am
- Wheelchair basketball—Thursdays, 6:30pm
- Yoga

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.

UCDAVIS MIND INSTITUTE
Visit www.ucdmc.ucdavis.edu/mindinstitute or call 703-0280. Located at 2825 50th Street.
- June 14—Intervening with the Peer Group to Treat Social Problems of Children with ADHD
- July 28—Summer Institute on Neurodevelopmental Disorders.
- Camp MIND Summer Day Camps for kids 6-12 who have been diagnosed with a neurodevelopmental disorder. Four sessions in June and July. This camp will offer group games, craft activities, yoga, and music therapy, outside activities, positive reinforcement, teamwork, and encouraging communication skills.

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 Wininger at 264-2920 or jwininger@saclibrary.org
A Touch of Understanding—Provides disability awareness programs to students in the Sacramento area through activities and social interaction. Contact 791-4146 or visit www.touchofunderstanding.org

ALS Association, Greater Sac. Chapter— Contact 979-9265 or visit www.alssac.org

Autism LifeSpan—Contact 530-897-0900 or info@autismlifespan.org. Visit www.autismlifespan.org

Autistic Self Advocacy Network— Call or text 538-9154 or visit www.autisticadvocacy.org.

Capitol People First —A self-advocacy group organized by people who have and are affected by disabilities. Meets 1st Saturday, 1-3pm at State Capitol Room 125. Email capitolpeoplefirst@gmail.com

City of Roseville Adaptive Recreation— Contact 774-5505 or visit www.rosevilleparks.com

Cosumnes CSD, Leisure Enrichment and Therapeutic Recreation—Recreation programs in the Elk Grove community. www.yourcsd.com or 405-5300

Down Syndrome Information Alliance— Contact 658-1686 or info@downsyndromeinfo.org. Visit www.downdisabilities.com.

Epilepsy Foundation of No. Ca.— Contact 800-632-3532 or efnc@epilepsynorcal.org. Visit 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.

Society for the Blind — Serving those who are blind or visually impaired. Call 452-8271 or visit www.societyfortheblind.org.

Therapeutic Recreation Services— Contact TRS at 381-0225, TTY/TDD 800-735-2929 or visit www.regionalparks.saccounty.net/TRS/