



# Access Leisure Ink



Summer 2017



## NORTHERN CALIFORNIA REGIONAL SPORT

### 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](http://www.cityofsacramento.org/aquatics)  
808-2306 [aquatics@cityofsacramento.org](mailto:aquatics@cityofsacramento.org)

### 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](http://www.accessleisuresac.org) for schedule, or contact Paula Black at [pblack@cityofsacramento.org](mailto:pblack@cityofsacramento.org) or Jenny Yarrow at [jjarrow@cityofsacramento.org](mailto:jjarrow@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 at [adesalernos@cityofsacramento.org](mailto:adesalernos@cityofsacramento.org) or 808-3809.

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

Special events, trips and excursions 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, contact [psinclair@cityofsacramento.org](mailto:psinclair@cityofsacramento.org). Program fees vary.

You can view the monthly Access Leisure calendar at [www.accessleisuresac.org](http://www.accessleisuresac.org).

# Sports & Recreation

## ACCESS LEISURE CAMPS & OUTDOOR EDUCATION

Call Jenny Yarrow at 808-6017, email [jjarrow@cityofsacramento.org](mailto:jjarrow@cityofsacramento.org) or visit [www.accessleisuresac.org](http://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](mailto:saccycle@sbcglobal.net).

Scheduled rides for can be found in the cycling section at [www.accessleisuresac.org](http://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](mailto: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 [jjarrow@cityofsacramento.org](mailto:jjarrow@cityofsacramento.org) For bike info contact Rick at [rmason@cityofsacramento.org](mailto: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 [jjarrow@cityofsacramento.org](mailto:jjarrow@cityofsacramento.org) For bike info contact Rick at [rmason@cityofsacramento.org](mailto: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 [jjarrow@cityofsacramento.org](mailto:jjarrow@cityofsacramento.org) For bike info contact Rick at [rmason@cityofsacramento.org](mailto: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 [jjarrow@cityofsacramento.org](mailto:jjarrow@cityofsacramento.org) For bike info contact Rick at [rmason@cityofsacramento.org](mailto: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](mailto:rmason@cityofsacramento.org)

# Sports & Recreation



## 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](mailto:cagers@comcast.net) or contact Jenny Yarrow at [jyarrow@cityofsacramento.org](mailto: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 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 \$700. Session 1: July 17-22 (All Ages) - Eagle Lake Visit [amplifylife.org/](http://amplifylife.org/) or contact us at [camp@camplotsafun.com](mailto: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](http://www.angelcitygames.org)

## CHALLENGER BASEBALL SACRAMENTO

Contact [d7challenger@gmail.com](mailto:d7challenger@gmail.com)



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

Contact Garth Lynch at 220-7771 or [heylynchee@yahoo.com](mailto:heylynchee@yahoo.com) or Bob Fogle at 530-677-2803 or [bfogle@comcast.net](mailto:bfogle@comcast.net). [www.d54challenger.com](http://www.d54challenger.com)

## TRI-CITY CHALLENGER BASEBALL (ROCKLIN)

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

## SACRAMENTO CAPITALS WHEELCHAIR TENNIS

Call 481-3364 or visit [www.scwta.com](http://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](http://www.tiessports.org) for details or contact David Van Brunt at 521-5972.



# 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)



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



## FAIRYTALE TOWN

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

- **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.

# 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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Sacramento, CA 95824  
Tele: 916-808-3809  
Fax: 916-808-3559

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

**Next deadline is August 11.**

## ACCESS LEISURE STAFF

### PROGRAM SUPERVISOR:

**Annie Desalernos 808-3809**

Sports, Camps, Outdoor Education, Social & Fitness Programs/Paralympic Sport Sacramento  
[adesalernos@cityofsacramento.org](mailto:adesalernos@cityofsacramento.org)

### PROGRAM COORDINATORS:

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

**Paula Black 808-1205**

Resource Specialist for all programs  
[pblack@cityofsacramento.org](mailto:pblack@cityofsacramento.org)



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

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



Find us on  
**Facebook**

[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. Registration opens in May,

### 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](http://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](mailto: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](http://hope4horses.com) or call Kris Lawson at 591-8076.

## CURLING

**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/](http://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](http://www.winecountrycurling.org) 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)

## GOLFING FOR ALL

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](mailto:brugne@tftgs.org)

**Haggin Oaks**, 3645 Fulton Ave. Kelli Corlett at 808-0971 or [kcorlett@hagginoaks.com](mailto:kcorlett@hagginoaks.com).

**Cherry Island Golf Course**, 2360 Elverta Rd. Tim Berg at 991-7293 or [tberg@empiregolf.com](mailto:tberg@empiregolf.com).

**Bing Maloney**, 6801 Freepoint Blvd. Morgan Malone at 808-6616 or [mmalone@hagginoaks.com](mailto: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

Capital City Golf Administration Office 433-6294

# Sports & Recreation

## ACHIEVE TAHOE

Information & Reservations  
Telephone: 530-581-4161 ext. 206  
Online: [www.achievetahoe.org](http://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](mailto:mpalchak@disabledsportseasternsierra.org)  
Visit [disabledsportseasternsierra.org](http://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](http://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](http://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](http://www.fallcentury.org).

# Sports & Recreation

## 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](http://www.fwwaa.org)



## 31<sup>ST</sup> 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](mailto:tmiller@asrasd.org) or 858-518-4202. Visit [www.asrasportscamp.org](http://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](http://www.skatemdhh.com) or email [skatemd.healinghearts@gmail.com](mailto: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](http://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](http://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](http://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
- **Revolution Ride & Festival**—9/23. Sonoma County's Alexander Valley. Variety of ride distances to choose from. Enjoy food, wine, and music afterwards with friends & family.
- **Urban Zen Yoga**—Mon, 12:15pm
- **Youth Sled Hockey**—Fri., 6pm
- **Youth Wheelchair Basketball**—Sat., 9am, 11:30am

# Sports & Recreation

## 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)

- 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](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) SANTA CRUZ

- **Adaptive Yoga**—Sundays 1:30pm
- **Archery Lessons**— 3rd Saturday, 10am
- **Bocce Ball**— monthly
- **Camp Adventures**—for kids. Aug 15-18. \$50.
- **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](http://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 (Age 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](http://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**



# Sports & Recreation

## 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).



- **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. Diamonte 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.

# Sports & Recreation

## 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.

## 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
- **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](http://www.teampossabilities.org)

- **Adaptive Canoe**
- **Adaptive Scuba**—become certified, Aug 27.
- **Group Bike Rides**—2<sup>nd</sup> & 4<sup>th</sup> Sun, 8am
- **Stretching & Exercise** - Tues, 10:30am
- **Swimabilities**—Sun, 9am
- **Wheelchair basketball**—Thursdays, 6:30pm
- **Yoga**

# 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.

## 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.

- 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 Winger at 264-2920 or [jwinger@saclibrary.org](mailto:jwinger@saclibrary.org)

# Resources



**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](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)**