

Sports, Social, Fitness, Camping & Outdoor Education Opportunities for Individuals with Disabilities

Quarterly newsletter and monthly calendar of events available online in both PDF and text formats at www.accessleisuresac.org.

Access Leisure provides recreational activities such as social and fitness programs, special events, trips and excursions for people with intellectual and developmental disabilities. Upcoming activities include craft days, Sac State sports games, and Sweethearts Dance. Call Phil Sinclair at 808-6045 or email psinclair@cityofsacramento.org.

For information about sports, leisure, and children's programs contact Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org.

For information about Paralympic Sport Sacramento, camps and outdoor education, and veterans programs contact Jenny Yarrow at 808-6017 or jyarrow@cityofsacramento.org.

Camp Cool

January 21-22

A two-day, one-night residential camp for youth and young adults with physical disabilities, ages 10-25. Camp C.O.O.L. consists of these exciting activities: 2 half-day downhill snow ski lessons from the skilled staff of Disabled Sports, USA at Alpine Meadows; one session of sled hockey/skating, and one session of curling. All activities, food, lodging, transportation, and equipment are covered under Camp C.O.O.L. fees.

Fee: \$275

Goalball

Goal ball is a challenging team sport developed for people who are blind or visually impaired. It promotes exercise, team spirit, community involvement and social interaction. Goal Ball is played in teams of three on a volleyball-sized court with raised boundary and information lines.

Course # 86779

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. Quad Rugby practices are Tuesdays 6-9pm at Rosa Parks Middle School. The Sierra Storm quad rugby team practice is one Saturday a month at Leonardo de Vinci School.

Sled Hockey

Sled hockey is fun and exciting ice hockey played in an adaptive sled. This program is held at Skatetown in Roseville. The sleds allow individuals with and without disabilities to skate and play on the ice together. There are sleds available for use.

Wheelchair Basketball

Capital Cagers Wheelchair Basketball practice Tuesday and Thursdays Evenings from 6-9pm at Leo Palmer Jr/Sr High School gym.

Volunteer opportunities are available at all Access Leisure events.



WOUNDED WARRIORS AND 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.

Contact Annie Desalernos at adesaler@cityofsacramento.org or 808-3809.



The 4th R

Visit us at www.4thRchildcare.com

The 4th "R" program is here to meet your child care needs for Kindergarten through 6th grade in three school districts in the Sacramento area. It is the goal of the 4th "R" to meet the needs of the children, the families and the community. The 4th "R" is a recreation program that fosters learning through fun. Your child will have opportunities to engage in arts & crafts, games, cooking, drama & more. Your child will have many unique and interesting experiences at the 4th "R".

We love what we do and we are here for you.

Monday-Friday • 7:00am - 6:00am • 12 months a year

Call 808-6021 for mor information or contact the 4th "R" nearest you.

Alice Birney	433-6318
Caroline Wenzel.....	433-6320
Golden Empire	228-3209
O.W. Erlewine.....	277-6104
Hubert Bancroft	277-6100
Pony Express	433-6678
Sutterville	277-6103

Bret Harte.....	277-6184
Crocker Riverside	264-8385
H. Allen Hight.....	808-6021
Natomas Park	264-1064
John Cabrillo	264-8384
Regency Park.....	566-3636
Two Rivers	566-2441

Caleb Greenwood	277-6185
Didion	433-6675
Heron	566-1520
Hollywood Park.....	277-6186
Phoebe Hearst.....	277-3840
Sequoia	277-6105
Witter Ranch	566-1559