

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

Quarterly newsletter and monthly calendar of events available online at [www.accessleisuresac.org](http://www.accessleisuresac.org).

### Special Events, Trips and Excursions

These fun events are for teens and adults with developmental disabilities. Some of the activities for the Spring months include hikes, holiday-themed dances and dinners, gambling trip, professional basketball and baseball, college sports, and other nearby community events. For more information, call 808-6045.

### Social Programs

Social programs are community social activities open to teens and adults with intellectual, and/or physical disabilities. Monthly activities include movies, live theater, table games, crafts, low-impact exercise and dinner outings. For more information, call 808-6045.

### Social Sports

The Sports programs are open to highly active teens and adults. Activities during the Spring months include the Fall-Winter-Spring Bowling Leagues, Bocce and Walking for Fitness programs. For more information, call 808-6045.

### After School Teen Programs

The Teen Program is an after-school recreation and social program for youth ages 12-25 who have disabilities. Hours of operation are after school until 6pm on school days. Activities promote the social, physical and emotional development of participants. Teen Program offers: Outdoor Sports; Swimming, Indoor Games; Crafts; Community Outings; Socialization; Friendships; Independence and FUN! Call the Teen Program main line at 808-6085. Visit Teen Program's website at [www.accessleisureteenprogram.com](http://www.accessleisureteenprogram.com).

#### Two locations:

C.K. McClatchy High School - Sac City Unified School District

Location to be determined - Elk Grove Unified School District

Email Coordinator Lorena Sanchez at [losanchez@cityofsacramento.org](mailto:losanchez@cityofsacramento.org)

### Camp and Outdoor Recreation Programs

Camp C.O.O.L. Dates: TBA February 2010. Camp Challenge Ourselves through Outdoor Leisure is a three-day two night residential camp for young adults age 10-25 with physical disabilities. S.N.O.W. Camp Dates: TBA March 2010. Supporting New Opportunities through Winter Sports is a three-day two night residential camp for young adults age 15 and older with intellectual disabilities. For more information on all the up-coming camps in 2010 please contact Jenny Yarrow at 808-6017 or [jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org).

### 25th Annual A.C.T. Games

This fun track and field event is for youth ages 5 to 18 with Physical Disabilities. This year's event is scheduled for Spring of 2010. All participants must pre-register and attend one of the training/assessment sessions to be announced. Contact Steve Hornsey at 808-2340 or [shornsey@cityofsacramento.org](mailto:shornsey@cityofsacramento.org) for further information.

### Sled Hockey

This fast and fun sport is being offered at Skatetown ice arena in Roseville. Sled Hockey is played just like regular ice hockey, except you sit in your skate or sled. Sleds are available at Skatetown and both individuals with disabilities and without disabilities are invited to participate. Contact Janice Van Dyck at 849-3328 or [sledhockeymom@surewest.net](mailto:sledhockeymom@surewest.net) or visit [www.sacramentosledhockey.org](http://www.sacramentosledhockey.org).

### River Cats Independence Field (RCIF) Spring Youth Baseball League

For youth with physical or cognitive disabilities age 4 years old through school age. All Games are played at the fully accessible complex of River Cats Independence Field. This rubberized surface allows freedom of movement for youth who use wheelchairs, walkers, crutches, or no devices. RCIF Baseball League does not hold practice sessions, all warm ups, drills and skills are taught prior to game time. Contact Steve Hornsey at 808-2340 or [shornsey@cityofsacramento.org](mailto:shornsey@cityofsacramento.org). Website: [www.rivercatsindependencefield.com](http://www.rivercatsindependencefield.com)

### A's Wheelchair Softball Team

Come play wheelchair softball with the Oakland A's affiliate MLB wheelchair softball team. This competitive team is always looking for new players to grow and improve the team. Players must be 18 and older and play in a manual wheelchair. We have sports wheelchair for athlete to use until they can get their own. Play Ball! Contact Steve Hornsey at 808-2340 or [shornsey@cityofsacramento.org](mailto:shornsey@cityofsacramento.org).

### Challenger Baseball

Open to children ages 5-21 with either physical or developmental disabilities. Challenger Baseball plays a ten-game season and has many social events throughout the year. Challenger Baseball is played on Sunday afternoons at various ball fields throughout the City of Sacramento. Contact Karen Pack at 381-0898. For Challenger Baseball in the Tri-City region go to webpage [www.tricitylittleleague.com](http://www.tricitylittleleague.com).

**Volunteer opportunities are available at all Access Leisure events.**

## Beginner Power Soccer

Call for information on class times and location. This class is offered to children 8 and up that use a power wheelchair for mobility. Contact Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org.

## Adaptive Golf Program

Whether you are a first time golfer or a seasoned veteran, check out the Adaptive Golf Program, offer by Disabled Sports USA, for individuals of all abilities. Contact Chris Clark at 722-6447.

## Golfing for All

Sacramento is extremely lucky to have three golf courses where trained staff is available teach golfers of all ages and abilities. An Adaptive Golf Cart is available at Haggin Oaks, and Cherry Island Golf Courses. The First Tee (formerly "Say Golf") program is in William Land Park

### To Schedule Lessons:

- The First Tee in William Land Park ..... Call 765-5459.
- Haggin Oaks , 3645 Fulton Ave ..... Call 575-2530.
- Cherry Island Golf Course, 2360 Elverta Rd..... Call 575-4653.
- Bing Maloney, 6801 Freeport Blvd..... Call 433-2283.

## Sacramento Capitals Wheelchair Tennis Association

Learn the game of wheelchair tennis and play a mainstream game that is fun for the whole family. Play alongside or against you able bodied family and friends. Whether you are a beginner or seasoned player, the SCWTA will welcome all. Contact 243-8343 or scwta@yahoo.com. Visit www.scwta.com to find out more about SCWTA activities and tournament schedule for Northern California.

## Adaptive Cycling

Youth age 8 through adults

Get some fresh air, exercise and make some new friends on our weekend rides along the American River Bike trail. Look the Access Leisure website to see upcoming events and rides. The program has hand cycles for participants to try out as well as Freedom Rider Rep, Bob Vogel can bring out some of their newest equipment upon request. For further information or ride suggestions contact Rick Mason at sacycle@sbcglobal.net.

## Very Special Arts Sacramento

Very Special Arts programs provide workshops, activities, art shows and performances for children with and with out disabilities. These special activities allow children to express themselves through arts, crafts, and drama. Call Alice Parente at 808-6747.



*On Saturday, November 21, 2009, the City of Sacramento Department of Parks and Recreation, lost a good friend, Mr. Art Savage.*

*We send our heartfelt condolences to the Savage Family and all at the Sacramento River Cats organization.*

Art, along with his wife Susan, moved to Sacramento not just to bring baseball to our region, but to plant roots and enrich our community beyond measure. They did this with the upmost humility and a humble spirit. In particular, the River Cats Foundation has supported Access Leisure programs for people with disabilities by "stepping up to the plate" to become the title sponsor for River Cats Independence Field. In fact, this is their legacy project. The River Cats Foundation has also provided support for all 10 years of our WAVE Camp program. Art's memory will live on through the continued generosity of spirit by his wife Susan and son's Brent and Jeff, as well as the entire amazing Sacramento River Cats organization.

Please honor Art's legacy and join a team--or continue with the team you're on at River Cats Independence Field and "Play Ball!"



**Volunteer opportunities are available at all Access Leisure events.**

*Programs subject to change or cancellation.*



# Don't wait another day ENROLL NOW AND START MAKING NEW FRIENDS AND HAVING FUN!

## Join in the fun at Access Leisure!

Access Leisure is an after-school social recreational program designed specifically for youth and young adults with disabilities and/or exceptional needs who are 12 to 25 years old.

Daily activities include: Sports, games, arts and crafts, cooking classes, music and dance, science projects, water games and community outings.

Activities provided foster social, physical and emotional development for our participants.

Access Leisure sites are located at:

- C. K. McClatchy High School  
3066 Freeport Blvd., Sacramento CA
- Harriet Eddy Middle School  
9329 Soaring Oaks Drive, Elk Grove CA

Contact: Lorena Sanchez for more information  
[losanchez@cityofsacramento.org](mailto:losanchez@cityofsacramento.org)  
 (916) 808-6085

### PROGRAM FEES:

- Category 1 - \$400 per mo. Prearranged unlimited usage
- Category 2 - \$336 per mo. Prearranged usage of 4 days/week
- Category 3 - \$264 per mo. Prearranged usage of 3 days/week
- Category 4 - \$192 per mo. Prearranged usage of 2 days/week

<http://www.accessleisuresac.org/>

