

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

Special Events, Trips and Excursions

These fun events are for teens and adults with intellectual and developmental disabilities. Some of the activities for the summer months include holiday-themed dances and dinners, gambling trip, professional baseball, college sports, and other nearby community events. For more information, call 808-6045 or email psinclair@cityofsacramento.org.

Social Programs

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

Social Sports

The Sports programs are open to highly active teens and adults with intellectual and developmental disabilities. Activities during the summer months include the Summer Bowling Leagues, Bocce and Walking for Fitness programs. For more information, call 808-6045 or email psinclair@cityofsacramento.org.

After School Program for Youth with Exception Needs

The Access Leisure Teen Program is an after-school social recreational program designed specifically for youth and young adults with disabilities and/or exceptional needs 12-25 years of age. Activities that foster the social, physical and emotional development of all participants are provided. Activities include: arts & crafts; outdoor sports; cooking; socialization; music & dances; outings and more. The program operates M-F during the school-year from 2-6pm.

Categories and Cost:

- Category I: \$400/mo: Prearranged unlimited usage
- Category II: \$336/mo: Prearranged usage 4 days/wk
- Category III: \$264/mo: Prearranged usage 3 days/wk
- Category IV: \$192/mo: Prearranged usage 2 days/wk

Two locations:

- C.K. McClatchy High School - Sac City Unified School District
- Harriet Eddy Middle School- Elk Grove Unified School District

Email Coordinator Lorena Sanchez at losanchez@cityofsacramento.org or call 808-6085.

Baseball Program!

The City of Sacramento, Department of Parks and Recreation, Access Leisure, is proud to offer the River Cats Independence Field Baseball League! The River Cats Independence Field Baseball League is for Children with Disabilities age 5 through school age. All games will be played on the Fully Accessible rubberized River Cats Independence Field at Pannell Community Center (2450 Meadowview Road, Sacramento, 95832). Opening Day is April 17. "Play Ball!" Cost is \$40. Contact Steve Hornsey at shornsey@cityofsacramento.org or 808-2340.

Baseball For All

hosted by the Sacramento River Cats and Access Leisure

This free event open to youth with disabilities will take place on Saturday, May 8 at River Cats Independence Field. River Cats players and staff will teach the basic skills of baseball and encourage team spirit, sportsmanship, fitness, and fun! Pre Registration is required. Contact Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org.

Major League Baseball Wheelchair Softball Team

The Oakland A's are the sponsor of the first West Coast MLB Wheelchair Softball team right here in Sacramento. We will be holding tryouts for the team and starting practice in April. Look for this team to compete in games and tournament associated with the National Wheelchair Softball Association. All practices take place at River Cats Independence Field. Must be 18 or older to compete on the Oakland A's Wheelchair Softball team. Contact Steve Hornsey at shornsey@cityofsacramento.org or 808-2340.

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 encouraged to participate. Contact Janice Van Dyck at 283-5287 or sledhockeymom@surewest.net. Visit our website at www.sacramentosledhockey.org.

Challenge Soccer

For school-age youth Challenge Soccer offers an outdoor summer program. This program is open to children with physical or developmental challenges. Challenge Soccer plays eight games per season. All games will be played on Sunday afternoons. Challenge Soccer does not hold practice sessions, all warm ups, drills and skills are taught prior to game time. Call the Challenge Soccer Hotline at 554-0889.

Volunteer opportunities are available at all Access Leisure events.

Programs subject to change or cancellation.

Disabled Sports USA Golf

Whether you are a beginner, or a seasoned veteran, you will find a place with Disabled Sports Golf program at Haggin Oaks Golf Complex. Clinics include: golf-ready assessments, 9 hrs of group instruction, range balls, use of adaptive equipment and clubs. PGA and LPGA professionals provide instruction. Saturdays from 2-3:30pm, May-October. \$75 for 6-week session. Scholarships available. DSUSA membership required. Call Chris Clark at 916-722-6447 for more information. To make reservation call the program office at 530-581-4161

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, The First Tee (formerly "Say Golf"), in William Land Park and Cherry Island Golf Courses.

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.

Adaptive Cycling

Get some fresh air, exercise and make some new friends on our weekend rides along the American River Bike trail. 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. Contact Rick Mason at sacycle@sbcglobal.net or Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org

The 25th Annual "Ability To Compete Together" (A.C.T.) Games

The A.C.T. Games will be held April 24, 2010. We will offer training dates for athletes to get in great shape and form. The A.C.T. Games is a one-day track and field competition open to children ages 3-18 with physical challenges held at the Inderkum High School Track. "Challenge me and I will succeed!" Call Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org.



Volunteer opportunities are available at all Access Leisure events.

Blind and Low Vision Olympic

This one day track and field event is for individuals with visual disabilities age 5-18. Training dates prior to this competitive and fun event allow these athletes to practice throwing the Javelin, Shot Put and Discus, as well get up to speed on their running and long jump events. This event is held in early October. Contact Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org or Michelle Bruns at mbruns@societyfortheblind.org

Sacramento Open Track & Field Event

The 4th annual Sacramento Open Track & Field event is tentatively scheduled to be held April 25 at the Inderkum High School track. This fun event is open to athletes with developmental disabilities. Call Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org.

Camps and Outdoor Education Programs 2010

Would you like to experience the great outdoors, learn new nature skills, and have outrageously fun adventures? Then check out our upcoming camps this spring and summer:

Yosemite Rock and Roll - May 10-13 for adults ages 21 and over with physical disabilities.

Young Adult Traveling Camp – (TBA- May) for young adults with intellectual and or developmental disabilities.

Teen Camp at Camp Sacramento - June 14-18 for teens with intellectual and or developmental disabilities.

Backpacking Adventure - June 24-26, for youth with intellectual and or developmental disabilities.

W.A.V.E. Camp - July 5-9 and 11-15 for youth and young adults with physical disabilities.

Wampler Foundation Wilderness Camp - July 24-31 and August 1-7 for youth with physical disabilities. www.wamplerfoundation.org

Older Adult Camp - August 16-19 for adults with intellectual and or developmental disabilities.

Young Adult Traveling Camp – (TBA- October) for young adults with physical disabilities.

You can now register for Camps on-line, for more information on our Outdoor Education and Camping Programs, please visit our web site www.accesseleasuresac.org or

Contact Jenny Yarrow at 808-6017 at jjarrow@cityofsacramento.org

Very Special Arts Sacramento

Very Special Arts programs provide workshops, activities, art shows and performances for children with and without disabilities. These special activities allow children to express themselves through arts, crafts, and drama. Call Alice Parente at 277-6747.