

Access Leisure October Adaptive Sports Calendar

Wheelchair Basketball - Access Leisure is kicking off our wheelchair basketball season with a **Free** Open Gym Practice for people of all ages with physical disabilities that can use manual wheelchairs. Come try out and learn the game of wheelchair basketball while improving fitness, refining skills, and having a ton of fun in the process. We have a limited supply of sports chairs available for your use. If you would like learn more about wheelchair basketball or like to borrow one of our sports chairs, please contact Kou Yang at 916-804-1934 or kyang2@cityofsacramento.org.

RCIF Youth Baseball - River Cats Independence Field is a fully-accessible baseball field made of a rubberized surface ideal for players with disabilities that use manual or power wheelchairs, walkers, crutches, or no assistive devices, to "Play Ball!?" Come out and have fun with friends and family. This program is for children, youth and young adults with physical and/or intellectual disabilities.

All Inclusive Recreation Program – Come check out this specialized program designed the AIR program at CSUS. This program is designed for any individual with the interest to learn more about adaptive sports. If interested, contact Kou Yang at kyang2@cityofsacramento.org.

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1	2	3 AIR Program Wheelchair Tennis CSUS, The Well 3:30pm-5:30pm	4	5 W/C Basketball Oak Park CC 5:45pm-7:45pm	6	7 RCIF Fall Baseball RCIF 9:00am-11:00am
8	9	10 AIR Program Wheelchair Tennis CSUS, The Well 3:30pm-5:30pm	11	12 W/C Basketball Oak Park CC 5:45pm-7:45pm	13	14 RCIF Fall Baseball RCIF 9:00am-11:00am
15	16	17 AIR Program Sit Volleyball CSUS, The Well 3:30pm-5:30pm	18	19 W/C Basketball Oak Park CC 5:45pm-7:45pm	20	21 RCIF Fall Baseball RCIF 9:00am-11:00am
22	23	24 AIR Program Sit Volleyball CSUS, The Well 3:30pm-5:30pm	25	26 W/C Basketball Oak Park CC 5:45pm-7:45pm	27	28
29	30	31 AIR Program Wheelchair Basketball CSUS, The Well 3:30pm-5:30pm				

You can register for these programs by using the link below and searching the course code number or activity located on the calendar.

<https://apm.activecommunities.com/cityofsacparksandrec/home>

For more information about any program, contact Program Coordinator Kou Yang at 916-804-1934 or kyang2@cityofsacramento.org.