

## **Access Leisure September Adaptive Sports Calendar**

**Cycling Program**- Come join in this fun and exciting sport that can be shared with family and friends while providing excellent health benefits. We continue to add new rides and join with established events for another exciting cycling season. A limited number of handcycles and tandems will be available for use w/ reservation. Dates, times, and locations varies for each ride.

**Adaptive Swim Program** - Access Leisure brings to you our adaptive swim program designed for adults with physical disabilities and our ill, injured, or wounded veterans. Come join us as we work together to build confidence in the water by increasing strength, flexibility, and stamina. This program will be at the North Natomas Aquatic Center (NNAC). **Note: This is a specialize program and does not include open lap swim. See link for open lap swim information.** <https://www.cityofsacramento.org/lapswim>

**Wheelchair Tennis** - Access Leisure brings you wheelchair tennis. Come and join us in learning this sport to enhance your abilities. We work on various skills such as hitting the ball, chair position, serving, etc. Our practices are on Wednesday evenings that run from 6:00pm to 8:00pm.

**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](mailto: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](mailto:kyang2@cityofsacramento.org).

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

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](mailto:kyang2@cityofsacramento.org).