

Access Leisure July Adaptive Sports Calendar

Adaptive 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.

Wheelchair Tennis Program- 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 Thursday evenings that run from 6:00pm to 9:00pm.

(*NEW) Adaptive Aqua Aerobics: Join us for a morning of pool time fun! Staff will lead participants through an aqua aerobic exercise, then there will be time for free swim and socializing in the pool (or you're welcome to utilize the picnic tables on the pool deck). All abilities welcome.

Pool details:

- Zero entry pool
- Chairlift available
 - o If you require a chairlift, please let us know so we can assist you
- Pool safe wheelchairs are welcome
- Care providers welcome if needed (please let us know upon registration if you require a care provider to utilize the pool successfully)
- Adult-sized life jackets are available on-site
- Picnic tables and benches available
- Gym style restrooms with showers and lockers (no locks included; you're welcome to bring your own)

For more information, visit the Pannell-Meadowview Pool page: [Pannell Meadowview Pool - City of Sacramento](#)



Here are some things you need to know before attending any programs:

- Stay home if you have tested positive for COVID-19 or are waiting on test results, are showing COVID-19 symptoms, or have had a close contact with a person who has tested positive for or who has symptoms of COVID-19.
- Bring your own equipment, like gloves, head gear, helmets, water bottles, and bats, if possible, to limit shared equipment.
- Stay at least 6 feet (about 2 arm lengths) from other players when possible.
- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Clean or sanitize your hands before and after practices, games, and sharing equipment.
- Tell a coach or staff member if you don't feel well.
- We will wipe off frequently touched surfaces, equipment, or gear with disinfectants before and after use.

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.

Access Leisure July Adaptive Sports Calendar

					1	2	3
4	5	6	7	8	9	10	
				Wheelchair Tennis McKinley Park 6:00pm-9:00pm (17044)		Aqua Aerobics Pannell CC 10:30am-12:00pm (17008)	
11	12	13	14	15	16	17	
		Adaptive Cycling CSUS 5:30pm-8:30pm (17048)		Wheelchair Tennis McKinley Park 6:00pm-9:00pm (17045)		Adaptive Cycling CSUS 9:00am-1:00pm (17049)	
18	19	20	21	22	23	24	
		Adaptive Cycling CSUS 5:30pm-8:30pm (17051)		Wheelchair Tennis McKinley Park 6:00pm-9:00pm (17046)		Aqua Aerobics Pannell CC 10:30am-12:00pm (17008)	
25	26	27	28	29	30	31	
				Wheelchair Tennis McKinley Park 6:00pm-9:00pm (17047)			

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