



Therapeutic Recreation Services (TRS) SUMMER 2023



JUNE | JULY | AUGUST



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San Diego, CA 92105

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www.sandiego.gov/therapeuticrecreationservices



THERAPEUTIC RECREATION SERVICES (TRS)

The City of San Diego, Parks and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists (CTRS) work with participants on social and recreational skill development, leisure education, appropriate behavior, and recreation participation in inclusive environments.

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PDLC Gymnasium Staff

Alex Barraza • Gustavo Carranza • Joseph Cuevas • Joe Henry • Anthony Le • David Mena • Dajasia Morales • Sal Partida • Mauro Ramirez • Robert Titus

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Where to Start/Online Registration

Summer Registration starts **May 13, 2023** at 10:00 am

Steps to register on SD Rec Connect

First Time users: Create an online profile, using the Activity Registration System, **SDRecConnect.com**. Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, a parent or guardian, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, a confirmation email with a first-time activation link will be sent to the email address provided. You will not be able to use your new account until you've used this link. Note: this email may go to your "spam" folder. To avoid duplication, be sure to let others in your household know you've set up the account. ****Important:** If you are registering a child for an activity, do not use the child's information when creating a New Account. You can add them as a family member after the account is created.

Returning Customers: for returning customers, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

Payment Process

Payments can be made online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105). See page 6 for center hours.

A parent or legal guardian must register participants under the age of 18 years. Cash or paper check is NOT accepted when paying in advance. **Acceptable payment methods include: electronic check– proper ID with proof of checking account (blank or voided check) or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only).**

A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly. Activities not meeting the minimum enrollment may be cancelled. All registration and reservation fees include a non-refundable 3.56% processing fee.

Refund Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

Refund policy exclusions: 3.56% processing fee will be deducted from all refunds. No refund or transfer for non-attendance at activity. No credits to account. Activity fees less than \$10 will not be refunded. No refunds for requests submitted less than 20 business days prior to the activity. Refunds will take 4-8 weeks, depending on payment method. Payments made by credit card will be refunded to the credit card.

Scholarship Procedure

For information on applying for the City of San Diego low income fee waiver or the Disabled Service Advisory Council (DSAC) scholarship, please call (619) 525-8247 or stop by the Park de la Cruz (PDLC) office (3901 Landis St., 92105). Application can be submitted with a recreation center staff at PDLC.

ANNOUNCEMENTS

Farwell Maria and Kim. You will both be missed!

Congratulations

Taylor Askil

Congratulations to Taylor on her recent promotion to Therapeutic Recreation Specialist. Taylor has been with Therapeutic Recreation Services since 2021 as an intern and Therapeutic Recreation Leader. Taylor is passionate about building connections with participants and being able to teach them about leisure education while having fun.



Outside of work, Taylor enjoys cooking, spending time at the beach, exploring San Diego with her dog, and making memories with her friends and family.

Welcome New Staff

Jamika, goes by Mika, has been a Recovery Coach with adults with disabilities. Her goal is to become an Autism Therapist to work with children.

Sienna volunteered with TRS and recently transferred as a Recreation Leader. She has her Associates Degree in Child Development and a certificate in American Sign Language.

Nicole was a coach with the Challenged Athletes Foundation (CAF).



Mika



Sienna



Nicole

Staff Spotlight: Eric Grube

Why did you want to work at Therapeutic Recreation Services?

I started working at TRS as a volunteer for summer camps. I had such a great time interacting and doing activities with some amazing staff and participants, I just kept coming back to volunteer. After enough volunteer hours, I was glad to apply for the TRL position.

What has been your favorite moment?

I have really enjoyed some of the programs that have taken place through TRS. Some of my favorites include skate class, basketball coaching, and my weekly fitness program. It's awesome that I have a job where I get to do what I enjoy every day.

Favorite hobby outside of work?

I like to spend time with my dog and my friends. I go to the gym (almost) every day, and I recently got into powerlifting last year. I like to exercise and staying healthy is a very important part of my life.

Fun fact about yourself?

I began training Jiu Jitsu this year and hope to begin competing soon.



VOLUNTEER CORNER

TRS is proud to offer a wide variety of volunteer opportunities for anyone **13 years and older** to get involved. We rely heavily on our volunteers to help provide quality programming to enrich the lives of individuals with disabilities.

Requirements

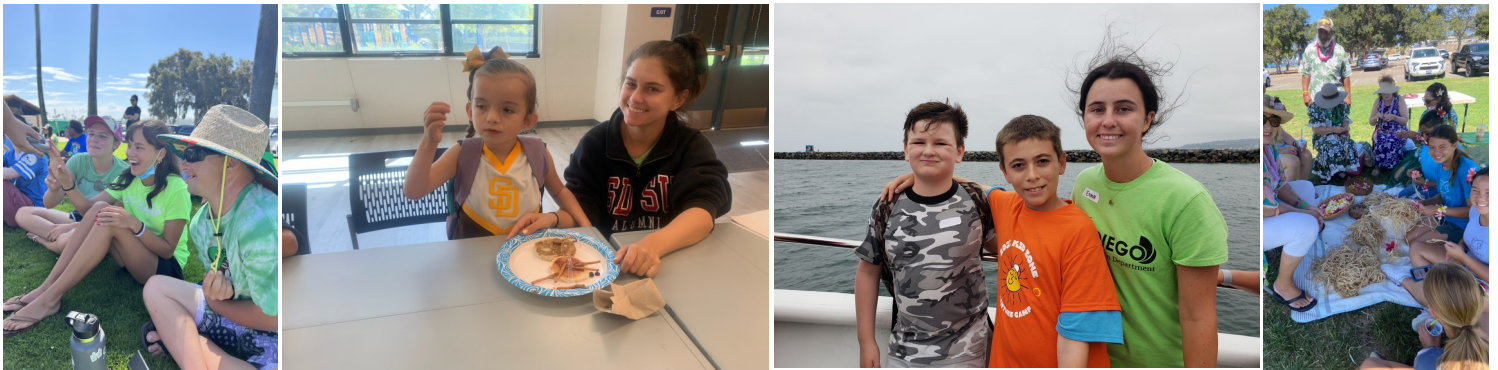
- At least 13 years old
- Attend a volunteer orientation
- Clear a background check
- Commit to two or more activities each month

Qualifications

- Patient
- Enjoy working with people
- Dependable
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!

Volunteer Opportunities

- Assist with supervision and safety of participants and provide hands on assistance with individuals with disabilities during activities
- Garden assistance
- Kitchen volunteers
- Biking Program volunteers



If you are interested in becoming a volunteer, please contact Sharon Moninger at (619) 236-7753 or SMoninger@sandiego.gov

Volunteer of the Quarter:

Point Loma Nazarene University AGAPE Leader: Haley Flores



Agape is a community ministry group from Point Loma Nazarene University (PLNU). This group is led by Haley Flores who has been involved with TRS through Agape for the past 2 years. Haley works with her community ministry team at PLNU to learn how to best support the community and recruits volunteers for TRS. Haley prepares, plans and shows up with volunteers a few Fridays a month. Haley's life has truly changed because of her volunteer work with TRS. The relationships she has been able to build with the participants is something she holds dear to her heart. She's thankful for this opportunity and is happy she gets to bring new volunteers to experience this amazing community.

Park de la Cruz Community Park

Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

sandiego.gov/park-and-recreation/activities/trs

Monday	8:30 am - 8:00 pm
Tuesday	8:30 am - 8:00 pm
Wednesday	8:30 am - 8:00 pm
Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 5:00 pm
Saturday	10:00 am - 3:00 pm
Sunday	Closed

Gymnasium Hours

3911 Landis Street, 92105

Phone: (619) 516-3141

sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym

Monday	10:00 am - 8:30 pm
Tuesday	10:00 am - 8:30 pm
Wednesday	10:00 am - 8:30 pm
Thursday	10:00 am - 8:30 pm
Friday	10:00 am - 8:30 pm
Saturday	9:30 am - 5:00 pm
Sunday	Closed

Closed **June 19 and July 4, 2023** in observance of the City Holidays.

Recreation Room

You can check out a variety of recreation equipment including basketballs, pool, ping-pong, board games and more. Individuals age 13 and older will need a picture ID (School, driver license, etc.). Children under the age of 13 must have parent or guardian present. No supervision provided. Recreation room open during community center hours, except Mondays - Thursdays 4:00 - 8:00 pm.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment. Must be 18 years and older. No direct supervision will be provided. Fitness center is open during community center hours. **Must register onsite.**

COST: \$15 for TRS and AgeWell participants OR \$25 for general public per quarter

Sensory Room

Sensory room reservations now available. Must have an assessment and orientation prior to use. Call (619) 525-8247 for more information. Room limitation may apply.

Computer Room

Thank you to *San Diego Futures Foundation* for donating 5 desktop computers for Park de la Cruz Computer Room. The computers, along with Access 4 All Wi-Fi, will be available for community use in the near future (see page 21 for Technology classes). Call (619) 525-8247 for more information.

Portable Pools

Tentative Plans are to have swim lessons in a portable pool at Park de la Cruz from July 15 - August 14. Call (619) 525-8247 for more information

PDLC Gymnasium Summer Programs and Events

Programs include: Futsal, Summer Basketball, Fern Street Circus, Teen Weight Training, Teen Center, Adult Pickleball, Adult Volleyball, Teen Zumba Class, Summer Lunch Program, Skate Life Camp, Deep Sea Fishing Trip, Movies in the Park and more. For more information please visit the Gym website (listed above) or call (619) 516-3141.

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

Park de la Cruz Community Park

Serving Seniors

Monday– Friday | 12:00 – 1:00 pm

Serving Seniors and AgeWell Services hosts a congregate meal program at Park de la Cruz (3901 Landis Street, 92105) Monday thru Friday. Serving Seniors provides hot, nutritious lunch to older adults, age 60+. Meals are provided at no cost to individuals age 60 and over; however, contributions are accepted. For seniors 60 years and over we suggest a contribution of \$2.50. Your contribution is voluntary. A \$4 fee is requested for those who are under 60 years of age. Stop by the Park de la Cruz café before lunch for complimentary coffee and activities. Café is for individuals 55 and better.

Program Garden

Thank you to the volunteers, Mary, Gwen, Michael, Carolyn, Neal, Frank, Adrienne and Fen, who have been tending to the garden. Some planting was recently done and we look forward to upcoming garden programs. Contact Sharon at (619) 236-7753 or SMoninger@sandiego.gov if you are interested in becoming a garden volunteer.



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SPECIAL EVENTS



School's Out for Summer Dance

June 2 | 10:00 am - 1:00 pm
Led by Taylor

Shake it off, summer's here dance! Located at the Balboa Park Club (2150 Pan American Rd., West, 92101). Direct supervision is not provided. You must be 16 years or older to attend. Lunch is not provided. Snacks available for purchase. Register by May 26th online or by calling the main office at (619) 525-8247.

COST: \$2

CODE: 107884

36th Annual Harvest Ball

**Live Band - Dancing - Dinner -
Three Photo Stations (Bring your camera!)**

Saturday, August 26, 2023

5:00 - 9:00 pm

Balboa Park Club

2150 Pan American Way
San Diego, CA 92101

Must be 18 years or older to attend. Register early as space is limited. Last day to register is August 11. This event is for independent participants, no direct supervision provided.

COST: \$50

CODE: 107833

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SUMMER CAMPS

Registration must be done online, see "Online Registration on page 3 or at Park de la Cruz Community Center (3901 Landis Street, 92105) during office hours (see page 6). Camp forms and information will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate a need, see "Scholarships" on page 3. Scholarship forms must be on file with TRS. Camper must have a current assessment completed prior to the first day of camp. **Camp refund policy**– Full refund (minus 3.56% processing fee) will be given with at least 10 calendar days prior to the first day of camp. 50% refund (minus 3.56% processing fee) will be given for application submitted less than 10 calendar days prior to the first day of camp. No refunds for less than 48 hours from the start of camp.

Camp Near the Bay

July 10 – 14 | 9:30 am – 3:00 pm

Led by Nick

Campers, ages 10 to adult, with any disability will experience adaptive water activities, crafts and more. Siblings and friends are welcome to attend. Camp meets at North Crown Point Shores Park (Corner of Moorland Drive & Corona Oriente Road, 92109), unless specified otherwise. **If camp becomes full, please add names to the waitlist. Staff will contact participants from the waitlist if spots become available.**

COST: \$210

CODE: [106240](#)



Kid Zone Adventure Camp

July 24 – 28 | 10:00 am – 3:00 pm

Led by Haley

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission and transportation costs. Camp meets at Park de la Cruz (3901 Landis Street, 92105), unless specified otherwise. **If camp becomes full, please add name to waitlist. Staff will contact participants from the waitlist if spots become available.**

COST: \$210

CODE: [106132](#)

Camp Wet n' Wild

August 7 – 11 | 10:00 am – 3:00 pm

Led by Michael R

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and more. Meet at Mission Point Park (2600 Bayside Lane, 92109), unless specified otherwise.

Registration is full, please add name to waitlist. Staff will contact participants from the waitlist if spots become available.

COST: \$210

CODE: [106307](#)

Junior Adaptive Sports Camp

July 24 – 28 | 9:00 am – 3:30 pm

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by trained athletes. Additional fees apply for transportation. Please contact ASRA at (619) 336-1806 for camp fees and more information. Registration for this camp is done through Adaptive Sports and Recreation Association (ASRA).



All codes are directly linked to SDRecConnect.com, so click the code to sign up.

ALL PARTICIPANTS

Programs are for participants, age 13 and older, unless stated differently.

Intro to Sports

Mondays | 1:30 – 2:30 pm

Led by Michael B

Program includes the mechanisms of each sport, how to properly play to avoid injury and increase enjoyment. Sports include baseball/softball, soccer, ultimate frisbee, basketball, hockey and more. For participants age 13 and older. No direct supervision provided. Participants needing assistance must bring a helper. Meet at Park de la Cruz (3901 Landis St., 92105).

COST: FREE

CODE: [107902](#)

Group Fitness Program

Tuesdays | 10:30 – 11:30 am

Led by Michael B and Eric

This fitness class offers exercises for all ability levels. Program will include a full workout routine utilizing the fitness center equipment. **Program is designed for independent participants ages 18 and up.** Meet at Park de la Cruz Fitness Center (3901 Landis Street, 92105). Program will not be held the weeks of camp, see pages 26-27 for dates.

COST: FREE

CODE: [107913](#)

Summer Lunch Program

Select Mondays | 12:00 – 1:00 pm

June 26 | July 31 | August 28

It's summer! Hang out with the TRS staff once a month for lunch and games at Park de la Cruz (3901 Landis Street, 92105). Program is for participants age 13 and older. No direct supervision provided. Want to stay longer? Enjoy the recreation room with your friends (unsupervised), or stay for the Intro to Sports program (information above).

COST: \$10 for 3 meet ups

CODE: [107975](#)

Wacky Art Wednesday

Bi-Weekly Wednesdays | 10:00 – 11:00 am

June 7 & 21 | July 5 & 19 | August 2 & 16

Led by TRS Staff

Come and join us to try new and wacky ways to create art! Meet at Park de la Cruz (3901 Landis St., 92105). Must register by May 31st. **Program is for individuals age 16 and older. No direct supervision is provided.**

COST: \$10 for 6 sessions

CODE: [107756](#)

Comedy Movie & Popcorn

Select Mondays | 5:30 – 7:30 pm

Led by Alicia B

June 12

July 17

August 21

Laughter is contagious! Join your friends in watching a classic comedy movie at Park de la Cruz (3901 Landis St., 92105). All movies are rated PG-13 or milder. Popcorn provided. Bring a sack dinner if you would like. Participants needing assistance must bring a helper. No direct supervision provided.

COST: FREE

CODE: [107840](#)

Paddle Prep Club

Bi- Weekly Wednesdays | 1:30 – 2:30 pm

June 7 & 21 | July 5 & 19 | August 2, 16 & 30

Led by Jon

This class is an excellent opportunity to learn about watersports and prepare to get on the water, especially ahead of summer camps and watersports programs with TRS. We will work on conditioning, strength, and balance development. The class will also include watersports education on rip currents, tides, ocean critters, awareness and etiquette in the water. Program is at Park de la Cruz (3901 Landis St., 92105) **for individuals age 16 and older. No direct supervision provided.**

COST: FREE

CODE: [107914](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

ALL PARTICIPANTS

Programs are for participants, age 13 and older, unless stated differently.

Laugh Hour

Thursdays | 11:00 am – 12:00 pm

Volunteer Led by Alicia S.

If you love laughing, hardly ever laugh, or even think it's silly, this class is for you. Scientific studies show that laughter reduces pain, fights depression and more! **Program is open to participants of all ages and families.** Attend virtually or in-person at Park de la Cruz. Zoom link will be sent the morning of each class.

COST: FREE

CODE: [107915](#)

Self-Expression Through Art

Fridays | 2:30 – 4:00 pm

Volunteer Led by Michael T., Joan and Ray

Express images hidden within, using paints, colored pencils, markers, or other media without judgement or criticism. Meet at Park de la Cruz (3901 Landis Street, 92105). **No staff supervision.**

COST: FREE

CODE: [107918](#)

Pickleball

Tuesdays | 12:00 – 2:30 pm (Open Play)

Thursdays | 9:00 – 10:00 am (Drills)

10:00 am – 12:00 pm (Open Play)

Led by Nick

Enjoy this fun, social and friendly game. **Program is for independent participants ages 18 and older.** Facility has two open play courts and one practice court. The first hour will be an instruction period for those new to the sport. The last two hours will be open play. Meet at the Park de la Cruz Gym (3911 Landis St., 92105). Program does not meet weeks of camp, see pages 26-27 for dates.

COST: FREE

CODE: [107916](#)

Sports Talk

Fridays | 3:30 – 5:00 pm

Led by TRS Staff

If you like sports, this program is for you. There will be a different sports topic along with keeping up to date on current news. **Program is for individuals age 16 and older. No direct supervision provided.** Attend either virtually or in-person at Park de la Cruz (3901 Landis St., 92105). Zoom link will be sent to registered participants before class. Program will not be held weeks of camp, see page 26-27 for dates.

COST: FREE

CODE: [107917](#)

Baking Class

Select Saturdays | 1:30 – 2:30 pm

June 17 | July 1 | August 5

Led by Michael B

Baking with Michael B is back! You can attend either virtually or at Park de la Cruz (3901 Landis St., 92105). In-person spots limited. **Program is for individuals age 16 and older. No direct supervision provided.** A list of ingredients will be e-mailed a week prior to class. The group will measure ingredients during the program to work on independent skills.

In-Person Registration

COST: \$10 for 3 sessions

CODE: [107919](#)

Virtual Registration

COST: FREE

CODE: [107920](#)

Movie in the Park

August 4 | 6:30 – 9:30 pm

Join us for a showing of *Puss in Boots: The Last Wish*. Movie across the street from PDLC at Cherokee Park. The movie will start at sunset (7:45 pm), but arrive early for games, crafts and more! Please bring lawn chairs/blankets to sit on. This is a family and friends' activity; no direct supervision will be provided. Meet at Cherokee Elementary Field (3735 38th Street, 92105).

COST: FREE

CODE: [107740](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

KID ZONE(KZ)

Ages 3-12

Haley Marshall

(619) 525-8248

HEMarshall@sandiego.gov

This group is designed to foster social skills, increase cognitive, physical, emotional, communicative, and creative abilities through play and recreation. **First time participants must be accompanied by a parent/guardian and have an assessment on file prior to registering. Register early, space limited.**

Self – Care Playday

June 4 | 12:00 – 3:00 pm

Have fun with games, crafts, art and more! Make sure you bring a sack lunch. Drop-off and pick-up at Park de la Cruz's back outdoor basketball court (3911 Landis Street, 92105).

COST: \$7

CODE: 107734

Movie in the Park

August 4 | 6:30 – 9:30 pm

Join us for a showing of *Puss in Boots: The Last Wish*. Movie across the street from us at Cherokee Park. The movie will start at sunset (7:45 pm), but arrive early for games, crafts and more! Please bring lawn chairs/blankets to sit on. This is a family and friends' activity; no direct supervision will be provided. Meet at Cherokee Elementary Field (3735 38th Street, 92105).

COST: FREE

CODE: 107740

Cabrillo National Monument

June 25 | 9:45 am – 12:45 pm

Join us as we explore Cabrillo National Monument! We will have fun hiking the trails and exploring the National Monument, all with a beautiful ocean view. Please bring a sack lunch, wear your sunscreen, and make sure you have your good walking shoes. Drop-off and pick-up at the Visitor's Center inside the park (1800 Cabrillo Monument Drive, 92106). Information regarding fee waiver options will follow.

COST: \$5

CODE: 107735



Kid Zone Adventure Camp

July 24 - 28 | 10:00 am – 3:00 pm

Spots still available. See page 9 for more information and how to register.

COST: \$210

CODE: 106132



The Plunge Pool

August 20 | 10:30 am – 2:00 pm

End your summer with a splash at The Plunge pool! Make sure you come in your swimsuit and bring a towel, an extra set of dry clothes, and lunch. Drop-off and pick-up at Bonita Cove Park (1100 West Mission Bay Drive, 92109).

COST: \$20

CODE: 107736

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

INCLUSION SUPPORT

Inclusion Support We can all Play Together

The City of San Diego, Parks and Recreation Department is committed to offering activities that include ALL individuals. Summer day camp opportunities are available for children ages 3-12. Call your local recreation center to see what activities are offered. If your child has special needs and you would like to request inclusion assistance, call (619) 525-8247 (minimum of three weeks notice). Requests are processed in the order received and according to staff availability. An assessment will be required.

sandiego.gov/park-and-recreation/activities



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KICK BACK CLUB (KBC)

Ages 12-18

Haley Marshall

(619) 525-8248

HEMarshall@sandiego.gov

This group for teens is designed to foster social skills, increase leisure opportunities, and create friendships in an age-appropriate environment, while enhancing developmental needs. **Register early, space is limited. Must have an assessment on file.**

Summer Nights is Back! No KBC Meetings in June, July and August. Returning September 2023!

If you are a new participant, please set up an assessment appointment by calling (619) 525-8247.

Interested in more programs? Don't forget to take a look at the Summer Camps on page 9 and the ALL Programs on pages 10-11.

Volleyball & Bonfire

June 8 | 5:30 - 8:30 pm

Put your best game face on to kick off the summer with some beach volleyball drills and games. Bring blankets, lawn chairs, and warm clothes to hang out around the bonfire after. Drop-off and pick-up at S. Mission Beach (339 N Jetty Rd, 92109). Dinner will be provided.

COST: \$10

CODE: [107737](#)

San Diego Padres Stadium Tour

June 29 | 12:00 - 3:00 pm

Why are stadiums such cool places? Because they are full of *fans*. Come join us for a tour of the Padres Petco Park Stadium. Experience the ballpark as only players and staff do. Some of the stops include Padres Hall of Fame, the Press Box, the Private Luxury Suite and more! Drop-off and pick-up at 4th and K Street in front of the Hilton Hotel. Lunch will be provided.

COST: \$25

CODE: [107741](#)

Dinner & Movie

July 6 | 5:00 - 9:30 pm

Join us for dinner and a showing of *The Little Mermaid*. Drop-off at BJs Restaurant (1370 Frazee Road, 92108) and pick-up at Ultrastar Cinemas (7510 Hazard Center Drive #10, 92108). Dinner is included. Bring money to purchase snacks from the concession.

COST: \$30

CODE: [107739](#)

Karaoke

July 20 | 5:00 - 8:00 pm

Sing along with us for a fun-filled night of karaoke! Drop-off and pick-up at The Hive (4428 Convoy St. Ste 100, 92111). Bring money for dinner at the restaurant or eat before (no outside food permitted).

COST: \$15

CODE: [107738](#)

Pizza and Bowling

August 3 | 5:30 - 9:00 pm

Bowling is fun in your spare time! Come roll with your friends at Aztec Lanes at SDSU located in the Student Union building where pizza and a fun time will be provided. Drop-off and pick-up at SDSU South Commons (5300 Montezuma Place, 92115).

COST: \$25

CODE: [107742](#)

Pool Party

August 17 | 6:00 - 9:00 pm

Summer's almost over, but that doesn't mean it is too late for a pool party! Let's make a splash to celebrate the summertime! Join us poolside for food, activities, and some sun! Meet at Bud Kearns Pool (2229 Morley Field Dr., 92104).

COST: \$20

CODE: [107743](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

SOCIAL MOTION CLUB (SMC)

Ages 18+

This group is for adults with a cognitive impairment . It is designed to increase leisure independence, community functioning and build social skills through experiential opportunities within the community and at recreation centers. **Register early, space is limited. Must have an assessment on file prior to attending.**

Summer Nights is Back! No SMC Rec Nights in June, July and August.

Returning September 2023!

If you are a new participant, please set up an assessment appointment by calling (619) 525-8247.

Interested in more programs? Don't forget to take a look at the Summer Camps on page 9 and the ALL Programs on pages 10-11.

Volleyball & Bonfire

June 8 | 5:30 - 8:30 pm

Put your best game face on to kick off the summer with some beach volleyball drills and games. Bring blankets, lawn chairs, and warm clothes to hang out around the bonfire after. Drop-off and pick-up at S. Mission Beach (339 N Jetty Rd, 92109). Dinner will be provided.

COST: \$10

CODE: 107744

San Diego Padres Stadium Tour

June 29 | 12:00 - 3:00 pm

Why are stadiums such cool places? Because they are full of *fans*. Come join us for a tour of the Padres Petco Park Stadium. Experience the ballpark as only players and staff do. Some of the stops include Padres Hall of Fame, the Press Box, the Private Luxury Suite and more! Drop-off and pick-up at 4th and K Street in front of the Hilton Hotel. Lunch will be provided.

COST: \$25

CODE: 107750

Dinner & Movie

July 6 | 5:00 - 9:00 pm

Join us for dinner and a showing of *The Little Mermaid*. Drop-off at BJs Restaurant (1370 Frazee Road, 92108) and pick-up at Ultrastar Cinemas (7510 Hazard Center Drive #10, 92108). Dinner is included. Bring money to purchase snacks from the concession.

COST: \$30

CODE: 107748

Karaoke

July 20 | 5:00 - 8:00 pm

Sing along with us for a fun-filled night of karaoke! Drop-off and pick-up at The Hive (4428 Convoy St. Ste 100, 92111). Bring money for dinner at the restaurant or eat before (no outside food permitted).

COST: \$15

CODE: 107746

Pizza and Bowling

August 3 | 5:30 - 9:00 pm

Bowling is fun in your spare time! Come roll with your friends at Aztec Lanes at SDSU located in the Student Union building where pizza and a fun time will be provided. Drop-off and pick-up at SDSU South Commons (5300 Montezuma Place, 92115).

COST: \$25

CODE: 107752

Pool Party

August 17 | 6:00 - 9:00 pm

Summer's almost over, but that doesn't mean it is too late for a pool party! Let's make a splash to celebrate the summertime! Join us poolside for food, activities, and some sun! Meet at Bud Kearns Pool (2229 Morley Field Dr., 92104).

COST: \$20

CODE: 107754

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

INDEPENDENT CLUB (IND)

Ages 21+

This club is for independent adults with cognitive impairments. It is designed to promote independence as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" on outings. **Minimal staffing is provided. Register early, space is limited. Must have an assessment on file.**

IND Club Summer Nights is back! No Meetings in June, July and August.

Returning September 2023!

If you are a new participant, please set up an assessment appointment by calling (619) 525-8247.

Interested in more? Look at the Summer Camps on page 9 and the ALL Programs on pages 10-11.

Volleyball & Bonfire

June 8 | 5:30 - 8:30 pm

Kick off the summer with some beach volleyball drills and games. Bring blankets, lawn chairs, and warm clothes to hang out after. Drop-off and pick-up at S. Mission Beach (339 N Jetty Rd, 92109). Dinner will be provided.

COST: \$10

CODE: [107745](#)

Summer BBQ

June 21 | 6:00 - 9:00 pm

Let's kick off summer together! Come Join your friends for BBQ, games, s'mores and more! Drop-off and pick-up at 1600 Vacation Rd., 92109.

COST: \$10

CODE: [107883](#)

San Diego Padres Stadium Tour

June 29 | 12:00 - 3:00 pm

Experience the ballpark as only players and staff do. Some of the stops include Padres Hall of Fame, the Press Box, the Private Luxury Suite and more! Drop-off and pick-up at 4th and K Street in front of the Hilton Hotel. Lunch will be provided.

COST: \$25

CODE: [107751](#)

Dinner & Movie

July 6 | 5:00 - 9:00 pm

Join us for dinner and a showing of *The Little Mermaid*. Drop-off at BJs Restaurant (1370 Frazee Road, 92108) and pick-up at Ultrastar Cinemas (7510 Hazard Center Drive #10, 92108). Dinner is included. Bring money if you would like to purchase snacks.

COST: \$30

CODE: [107749](#)

Dave & Busters

July 19 | 5:00 - 8:00 pm

Come join your friends for food and games! Drop-off and pick-up in front of Dave a Busters (2931 Camino Del Rio N., 92108).

COST: \$30

CODE: [107881](#)

Karaoke

July 20 | 5:00 - 8:00 pm

Sing along with us for a fun-filled night of karaoke! Drop-off and pick-up at The Hive (4428 Convoy St. Ste 100, 92111). Bring money for dinner at the restaurant or eat before (no outside food permitted).

COST: \$15

CODE: [107747](#)

Pizza and Bowling

August 3 | 5:30 - 9:00 pm

Roll with your friends at Aztec Lanes at SDSU located in the Student Union building.

Dinner provided. Drop-off and pick-up at 5300 Montezuma Pl., 92115.

COST: \$25

CODE: [107753](#)

Pool Party

August 17 | 6:00 - 9:00 pm

Meet at Bud Kearns Pool (2229 Morley Field Dr., 92104) for some end of summer fun.

COST: \$20

CODE: [107755](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

LEISURE SEEKERS (LS)

Ages 18+

Sharon Moninger

(619) 236-7753

SMoninger@sandiego.gov

This group is for independent adults recovering from a mental or behavioral health diagnosis. It is designed to increase socialization, self-esteem, and leisure skills through recreation opportunities and education. **Direct supervision is not provided. Register early, space limited. Must have an assessment on file prior to attending.**

Social Connection

This is a wonderful opportunity to make new friends and socialize. Individuals 18 and over, from day treatment programs, board and care facilities, and drop-in centers are welcome to attend. Socials are held at Park de la Cruz (3901 Landis St., 92105). Activities and light refreshments are provided.

1:30- 3:30 pm

June 1 | Seaside Social

CODE: 107924

July 6 | Independence Day Social

CODE: 107925

*** No social in August- See Luau**

COST: FREE

Challenged Sailor San Diego

June 16 | 11:30 am - 1:30 pm

We will be meeting with the Challenged Sailor San Diego (CSSD) to enjoy time on the water. They provide therapeutic and adaptive sailing opportunities for people with disabilities. Boats hold one participant, and one CSSD crew member (not a TRS staff). Space is limited. Meet at 955 Harbor Island Dr., 92101. Bring a sack lunch.

COST: \$15

CODE: 107926

Padres Petco Park Stadium Tour

June 29 | 12:00 - 3:00 pm

Experience the ballpark as only players and staff do. Some stops include Padres Hall of Fame, the Press Box, the Private Luxury Suite and more! Drop-off and pick-up at 4th and K Street in front of the Hilton. Lunch provided.

COST: \$25

CODE: 107971

UltraStar Cinemas

August 17 | TBA

Lights, cameras, action! Join us for an afternoon at the movies. We are taking advantage of the discount Thursdays, where movies and popcorn are 50% off. Meet at UltraStar Cinemas (7510 Hazard Center Dr. #10, 92108). Movie and showtime to be announced. Bring money for the movie and extra if you would like to purchase snacks from the concession stand.

COST: \$6 (paid at theater)

CODE: 107972

Hawaiian Luau

August 31 | 10:00 am - 1:00 pm

Aloha! Hawaiian shirts and grass skirts, come dressed to party tropical style. There will be fun games, entertainment and authentic Hawaiian food. Must register online by Friday, August 23 to be guaranteed lunch. Meet at Ski Beach (1600 Vacation Rd., 92109).

COST: \$4 pre-registration

CODE: 107973

\$6 day of registration

Wellness in Eight Dimensions

Thursdays | 1:00 - 2:00 pm

June 8, 22 | July 13, 27 | Aug 10, 24 | Sept 14, 28
Wellness includes 8 mutually interdependent dimensions: physical, intellectual, emotional, social, spiritual, vocational, financial, and environmental. This 8 week session reviews the different dimensions and teaches new habits and strategies for whole health. Meet at Park de la Cruz (3901 Landis St., 92105).

COST: FREE

CODE: 107974

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

SERVICE MEMBERS (SM)

Nick Hurd

(619) 236-7772

nhurd@sandiego.gov

Programs are designed to promote health, fitness, and an improved quality of life while focusing on leisure education and independence in a community environment.

Register early, space is limited.

Strength Training

Mondays & Wednesdays | 8:30 - 9:30 am
Volunteer Led- RT (Wounded Warriors)

Class offers adaptable and customizable functional movement-based exercises to meet individual needs. Includes dynamic warm-up, body weight, resistance band, kettle bell, and core exercises in combination with cardiovascular activities. Program is for Service Member (active-duty or veterans) and will meet at Park de la Cruz Fitness Center (3901 Landis St. 92105).

COST: FREE

CODE: 107942

Pickleball

Thursdays | 9:00 - 10:00 am (Drills)
10:00 am - 12:00 pm (Open Play)

Enjoy this fun, social and friendly game. Facility has two open play courts and one practice court. The first hour will be an instruction period for those new to the sport. The last two hours will be open play. Meet at the Park de la Cruz Gymnasium (3911 Landis St., 92105). Program does not meet weeks of camp, see pages 26-27 for dates.

COST: FREE

CODE: 107916

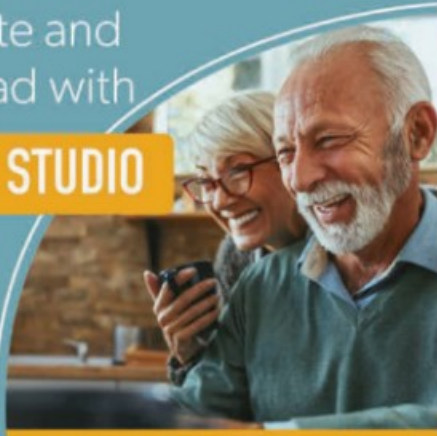
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Disabled Services Advisory Council-City of San Diego Therapeutic Recreation Services

D 4C 05-1323

ADAPTIVE SPORTS (ADP)

Ages 8+

Nick Hurd

(619) 236-7772

NHurd@sandiego.gov

Programs are designed for individuals with physical disabilities, to promote health & fitness by working on increasing endurance, upper body strength, mobility skills, & leisure independence in a recreation environment. **Register early, space is limited.**

Wheelchair Dance

Tuesdays | 10:00 am - 12:00 pm

Volunteer Led by Jason and Karma

If you've thought about learning ballroom and Latin dance, here's your chance! Wheelchair Dancers Organization (WDO) brings you the best in inclusive dance whether you roll or walk. Join WDO's Jason Rivers and Karma LaDonna for a morning of dance instruction on Tuesdays from 10:30 - 11:30 am at Park de la Cruz Gymnasium (3911 Landis Street, 92105). All abilities and levels welcome! Dance, get some exercise, and meet new people. www.wheelchairdancers.org. Check out WDO's other classes and workshops, too. There's something for everyone!

COST: FREE

CODE: [107941](#)

Wheelchair Basketball

Wednesdays | 5:30 - 8:30 pm

Volunteer Led - JT (Roll to Success)

This recreational wheelchair basketball is designed for participants ages 8 and older with physical disabilities. This program will teach fundamentals and skills and drills of playing wheelchair basketball. Every skill level is welcome. If you are looking for recreation or competition, we can help. Meet great people while improving your strength and conditioning. Please call prior to reserve a sport wheelchair if you do not currently have one.

COST: Free

CODE: [107939](#)

Adaptive Sports, Recreation and Resource Fair

Saturday, June 3 | 10:00 am - 3:00 pm

Join Mobility Community Access Partners for a day of adaptive basketball, pickleball, boccia ball, handcycling, fitness, martial arts, paddleboarding, over the line and more. Program is for individuals who use a wheelchair for mobility, their families, caregivers, rehab professionals and anyone interested in seeing what it is all about. Meet at North Crown Point Shores (3701 Coronado Oriente Rd). Contact Nick Hurd at (619) 525-8247 or Nhurd@sandiego.gov for more information or to sign-up for demonstrations.

COST: FREE

Wheelchair Basketball Summer League

Saturdays | 1:00 - 5:00 pm

Athletes will pay and register through the registration code provided. Once athletes are registered they will be placed on a team to compete against each other throughout the summer months. Registration will include team uniforms for each designated team. You must register to participate in the league. All ability levels are welcome to participate. If you need to borrow a sports wheelchairs, please e-mail Nick Hurd at NHurd@sandiego.gov to make a reservation. All games will be played at Park de la Cruz Gymnasium (3911 Landis Street, 92105).

COST: \$15

CODE: [107940](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

Co-Sponsored Programs & Events

CVA/ TBI Handcycling and Picnic

June 9 | 11:30 am - 2:30 pm

Led by Alicia B.

Enjoy beautiful Mission Bay with a picnic, lawn games, and handcycling. Learn about handcycling, and try out your skills. Bring your own lunch; drinks and dessert provided. Meet at North Crown Point Shores (3720 Corona Oriente Rd., 92109) by the large gazebo. This program is designed for individuals recovering from brain attacks (stroke, brain injury or illness).

Program provided by Therapeutic Recreation Services in conjunction with SDRI Comebackers Neuro Club and San Diego Brain Injury Foundation.

COST: FREE

CODE: [107855](#)



CVA/ TBI Concert in the Park

August 29 | 5:00 - 7:30 pm

Led by Alicia B.

Enjoy the beauty of Balboa Park with friends. Bring a picnic dinner. Afterwards, enjoy the free Twilight Concert at the Organ Pavilion. Meet at the Senior Lounge (1650 Casa del Prado, Rm 5). This program is designed for individuals recovering from brain attacks (stroke, brain injury or illness).

Program provided by Therapeutic Recreation Services in conjunction with SDRI Comebackers Neuro Club and San Diego Brain Injury Foundation.

COST: FREE

CODE: [107856](#)

Access 4 All- Technology Program

Mondays & Wednesdays | 9:30 am - 12:00 pm

Free technology program led by San Diego Futures Foundation (SDFF) staff. SDFF conduct trainings, Q&A, and provide information on how to purchase low-cost devices to individuals who qualify. **For independent participants age 55 years or older.** Call (619) 525-8247 for information.

COST: FREE

CODE: [105571](#)

Digital Navigators

Tuesdays & Thursdays | 9:00 am - 12:00 pm

Trained staff provide one on one instruction with basic technical support, assistance using online programs to access education, work, telehealth, government services, and more. They also assist with enrollment into programs that offer free or low cost devices and affordable internet. Call (619) 525-8247.

Deaf Seniors Club

Wednesdays | 10:00 am - 3:00 pm

Volunteer Led by Richard and Cheryl

This club is for seniors who are deaf or hard of hearing. Meet at Park de la Cruz (3901 Landis St., 92105) for social and recreational activities. A \$4 donation is requested by the Deaf Seniors Club. American Sign Language (ASL) is primarily used. Bring a sack lunch. See page 7 for Serving Seniors. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

COST: FREE

CODE: [106312](#)



All codes are directly linked to SDRecConnect.com, so click the code to sign up.

Co-Sponsored Programs & Events

SPORTS for Exceptional Athletes

Volunteer Led by S4EA Coaches

S4EA is a sports program serving athletes with developmental disabilities. S4EA offers over 20 sports in 4 sports seasons. A \$20 donation per season to S4EA is requested. For more information contact Walter Jackson at (858) 565-7432 or Sds4ea@gmail.com.

Park de la Cruz Soccer Field- Soccer

Mondays | 5:45 - 8:30 pm

June 5 - August 21

Learn a variety of skills in soccer. (ages 5-adult).

CODE: 107976

Morley Field Bocce Courts– Bocce

Tuesdays | 4:45 - 7:30 pm

June 6 - September 12

Learn a variety of skills in bocce ball. (ages 5- adult).

CODE: 107976

Softball

Wednesdays | 5:45 - 8:30 pm

June 7 - July 26: Location TBA

August 2 - September 6: Morley Field

Learn a variety of skills in softball. (ages 5-adult).

CODE: 107978

Program is sponsored by the Therapeutic Recreation Services and S4EA.

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BEACH WHEELCHAIR PROGRAM

Take a free ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those otherwise unable to walk unaided on the beach. Reservations recommended. Go to:

www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheelchair Program" to find other beach accessible locations in San Diego.

Hours of Operation*

Closed January- February

March- April/November- December

Friday, Saturday, Sunday 11:30 am-3:30 pm

May- October

Monday, Wednesday, Thursday, Friday 11:30 am-4:30 pm

Saturday, Sunday 11:30 am-5:30 pm



*Hours subject to change, due to weather and staff availability.

Reserve by calling (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.

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Therapeutic Recreation & AgeWell Services' Group (TR & AWS) and Disabled Services Advisory Council, Inc.

The TR and AWS group meets on the 2nd Wednesday of each month (excluding July and August) at 6:00 pm at Park de la Cruz Community Center (3901 Landis St., San Diego), immediately followed by the DSAC meeting. The role of TR & AWS group is to make recommendations to City Council, the Parks and Recreation Department, with respect to recreation program pertaining to programs and services for individuals of all ability levels and to provide recommendations on expenditure of TR & AWS Recreation Center Funds.

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation and AgeWell Services. Their purpose is to offer support and promotion of quality activities, provide public relations and fundraising/scholarship support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. Meetings are held at Park de la Cruz (3901 Landis St.) on the second Wednesday of each month immediately after the TR & AWS meeting. www.dsacsd.org.

Contact Kristi Fenick at kfenick@sandiego.gov or (619) 533-6333 for more information.

EASY WAYS TO DONATE

GoFund Me



Donations received through GoFundMe will be used to purchase recreation equipment. Please help with sharing the link, and telling your friends & family to get involved!

<https://gofund.me/2ef2e56c>

Ralphs & Food4Less Fundraiser

Sign up online and every time you shop, a percentage of your purchase will be donated to DSAC. These rewards can be used for your fuel purchases too!

To add your community rewards program:

1. Log into www.food4less.com or www.ralphs.com and click "sign in"
2. Enter your email address and password, then click on "my account" in the top right-hand corner
3. Link your card to your organization by clicking on:
 - a. Community rewards
 - b. Edit community rewards program & follow the instructions
 - c. Click the circle to the left of your organizations name

Disabled Services Advisory Council

Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 533-6333 for sponsorship and/or donation inquiries.

DONATIONS

Therapeutic Recreation Services, in conjunction with Disabled Services Advisory Council, sends their biggest thanks to all the individual and agency donors. Thanks to this financial assistance, we are able to provide quality programming to enrich the lives of those with disabilities. The following agencies contributed to the success of Spring and Summer TRS events.



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Community Events & Programs

The following organizations provide additional recreation and leisure opportunities for all. Don't miss these great events.

Civic Dance...You Can Dance!

Since 1942, The Civic Dance Arts program of the San Diego Parks and Recreation Department has been offering high quality, affordable dance lessons to individuals of all ages and abilities. For more information call the Dance office at (619) 235-5255 or visit www.cividdancearts.org.

If you are in need of inclusion support for classes, please see page 13. Summer registration begins June 24th at 10 am. Session runs from June 27– September 5.

Classes at Park de la Cruz (3901 Landis Street, 92105) are scheduled for Tuesdays from 4:45 - 7:00 pm. Classes include: Pre-Ballet, Beg Ballet 1A, Beg/Adv Beg Ballet 1B/2A, Pre Hip Hop and Beg Tap 1A.

Stars Acting Workshop

Summer Golden | (619) 647-4958
zgolden1@cox.net

STARS is a GB Productions' theater arts program for adults with disabilities. They offer four separate groups, meeting each week to learn and practice acting, directing and other theater skills. Call or e-mail for more information.

www.northparkvaudeville.com

Challenged Sailors San Diego

(760) 690-6594

info@challengedsailors.org

Challenged Sailors San Diego's adaptive sailing program is designed to minimize mobility restrictions and enhance independence for our sailors. Learning the skills to maneuver a boat on San Diego Bay provides a sense of confidence, autonomy, and accomplishment that can have a significant positive effect on sailors' lives.

www.ChallengedSailors.org

Early Learner Brain Dance Class

Tuesdays & Thursdays | 9:00 am – 12:00 pm

June 12 – August 10

Class includes music-based movement and dance, rhymes and signing. This course meets at Park de la Cruz (3901 Landis St., 92105) and will explore how physical activity supports cognitive learning and social-emotional development in children between 2-5 years old. Using multi-sensory props and instruments, students will experience how music and movement promote and sustain early development patterns necessary for building a strong foundation between body and brain. Register at San Diego College of Continuing Education, course number HMDV 586. E-mail mschaude@sdccd.edu for questions.

SoCal Special Olympics

Lynne Allen | (619) 704-3343

We enrich the lives of almost 3,000 athletes with and without intellectual disabilities through sports, education and health. Athletes have the opportunity to participate in athletics, basketball, bocce, flag football, and swimming. Visit their website to sign up and to learn more.

www.sosc.org/sandiego

St. Madeline Sophie Center


(619) 442-5129

St. Madeline Sophie's Center educates and empowers individuals with intellectual and developmental disabilities to realize their full potential. They specialize in Adaptive Computer Training, Aquatics, Culinary Arts, Linguistics, Garden and Sophie's Gallery. Visit their website for more information and upcoming events such as 'Gotta Have Heart' and 'Morning Glory Brunch'.

www.stmsc.org

JUNE

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Pickleball LS Social Laugh Hour	2 Self Expression Art Sports Talk Schools Out for Summer Dance	3 S4EA Mt. Acadia WC Basketball Summer League Adaptive Sports Resource Fair
4 KZ Self-Care Playday Garden Class	5 SM Strength Training Intro to Sports S4EA Soccer	6 WC Dance Group Fitness S4EA Bocce	7 WC Basketball Open Gym SM Strength Training Paddle Prep Club Wacky Art S4EA Softball	8 Pickleball Summer Nights: Volleyball Laugh Hour LS Wellness	9 CVA/TBI Handcycling Self Expression Art Sports Talk	10 WC Basketball Summer League
11	12 SM Strength Training PDLC Movie Monday Intro to Sports S4EA Soccer	13 WC Dance Group Fitness S4EA Bocce	14 WC Basketball Open Gym SM Strength Training S4EA Softball	15 Pickleball Laugh Hour	16 LS Sailing Outing Self Expression Art Sports Talk	17 WC Basketball Summer League Baking Class
18	19 Holiday Observed Office Closed	20 WC Dance Group Fitness S4EA Bocce	21 IND Outing WC Basketball Open Gym SM Strength Training Paddle Prep Club Wacky Art S4EA Softball	22 Pickleball Laugh Hour LS Wellness	23 Self Expression Art Sports Talk	24 WC Basketball Summer League
25 KZ Cabrillo Outing	26 SM Strength Training TRS Lunch Intro to Sports S4EA Soccer	27 WC Dance Group Fitness S4EA Bocce	28 WC Basketball Open Gym SM Strength Training S4EA Softball	29 Pickleball Summer Nights: Padres Tour Laugh Hour	30 Self Expression Art Sports Talk	



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JULY

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 WC Basketball Summer League Baking Class
2	3 SM Strength Training Intro to Sports S4EA Soccer	4 Holiday Observed Office Closed	5 WC BBall Open Gym SM Strength Training Paddle Prep Club Wacky Art S4EA Softball	6 Pickleball Summer Nights: Movie LS Social Laugh Hour	7 Self Expression Art Sports Talk	8 WC Basketball Summer League
9	10 Camp at the Bay SM Strength Training S4EA Soccer	11 Camp at the Bay WC Dance S4EA Bocce	12 Camp at the Bay WC BBall Open Gym SM Strength Training S4EA Softball	13 Camp at the Bay Laugh Hour LS Wellness	14 Camp at the Bay Self Expression Art	15 WC Basketball Summer League Baking Class
16	17 SM Strength Training PDLG Movie Night Intro to Sports S4EA Soccer	18 WC Dance Group Fitness S4EA Bocce	19 IND Outing WC BBall Open Gym SM Strength Training Paddle Prep Club Wacky Art S4EA Softball	20 Pickleball Summer Nights: Karaoke Laugh Hour	21 Self Expression Art Sports Talk	22 WC Basketball Summer League
23	24 KZ Adventure Camp SM Strength Training S4EA Soccer	25 KZ Adventure Camp WC Dance S4EA Bocce	26 KZ Adventure Camp WC BBall Open Gym SM Strength Training S4EA Softball	27 KZ Adventure Camp Laugh Hour LS Wellness	28 KZ Adventure Camp Self Expression Art	29 WC Basketball Summer League
30	31 SM Strength Training TRS Lunch Intro to Sports S4EA Soccer					

AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 WC Dance Group Fitness S4EA Bocce	2 WC BBall Open Gym SM Strength Training Paddle Prep Club Wacky Art S4EA Softball	3 Pickleball Summer Nights: Bowling Laugh Hour	4 ALL Movie in the Park Self Expression Art Sports Talk	5 WC Basketball Summer League Baking Class
6	7 Camp Wet n Wild SM Strength Training S4EA Soccer	8 Camp Wet n Wild WC Dance S4EA Bocce	9 Camp Wet n Wild WC BBall Open Gym SM Strength Training S4EA Softball	10 Camp Wet n Wild Laugh Hour LS Wellness	11 Camp Wet n Wild Self Expression Art	12 WC Basketball Summer League
13	14 SM Strength Training Intro to Sports S4EA Soccer	15 WC Dance Group Fitness S4EA Bocce	16 WC BBall Open Gym SM Strength Training Paddle Prep Club Wacky Art S4EA Softball	17 Pickleball LS Movie Outing Laugh Hour Summer Nights: Pool Party	18 Self Expression Art Sports Talk	19 WC Basketball Summer League Volunteer Appreciation Picnic
20 KZ Pool Outing	21 SM Strength Training PDLG Movie Night Intro to Sports S4EA Soccer	22 WC Dance Group Fitness S4EA Bocce	23 WC BBall Open Gym SM Strength Training S4EA Softball	24 Pickleball Laugh Hour LS Wellness	25 Self Expression Art Sports Talk	26 WC Basketball Summer League Harvest Ball
27	28 SM Strength Training TRS Lunch Intro to Sports	29 WC Dance CVA/TBI Picnic & Concert Group Fitness S4EA Bocce	30 WC BBall Open Gym SM Strength Training Paddle Prep Club S4EA Softball	31 LS Luau Laugh Hour		



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Parks and Recreation Department

“Enriching lives through quality parks and programs.”

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619) 533-6333, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.