



DISABLED SPORTS USA FAR WEST SUMMER PROGRAMS 2008

Information & Reservations

www.disabledsports.net **530-581-4161** reservations@disabledsports.net

Tahoe Sports Camps:

Picture yourself at glorious Lake Tahoe kayaking, cycling, sailing, or playing golf and tennis. Experienced and enthusiastic adaptive sports instructors provide individual instruction at all levels. All adaptive equipment provided.

Prices range from \$30 for half-day to \$300 for 3 days activities, 2 nights lodging, all meals.

Kids Camp: August 15-17

Adult Camp: August 29-31



Cycling: Enjoy a morning of adaptive cycling along the Truckee River. These rides are geared toward intermediate riders and include adaptive cycling instruction, equipment maintenance/road side repair clinics, rider safety and a cycling guide. Bring a sack lunch and hang out with others cyclists after your morning ride. Adaptive hand cycles, foot pedaled recumbent cycles and tandem bikes are available to rent for \$10, or bring your own. Beginning cyclists will enjoy the cycling clinics at the last three events listed on page 3. Rentals by appointment only.

\$10 per person

June 21, July 26 and August 23 in Tahoe; July 20 in Sparks, NV

Adaptive Mountain Biking

Test your off-road riding skills on Northstar's premier downhill trail system. Hand cycle your way over rocks and obstacles; rip down dirt roads and single track trails on our One-Off cycles-developed specifically for adaptive off road cycling. Lift ticket, adaptive cycle and instruction included.

\$25 per person

August 3



Water-skiing: Skim across a private lake on a hot summer day. What a fun way to cool off and meet new friends! Beginner and advanced skiers enjoy one-on-one instruction from experienced adaptive water ski instructors and trained volunteers.

\$35 for 30 minute lesson

June 6, 7; Aug 8, 9 Pleasant Oak Lake, Sacramento area

June 4; July 2; Aug 6, 20; Sep 3 Stillwater Ranch Lake, Sacramento area



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4-WD Adventures: Experienced drivers help you explore the beautiful Sierra backcountry along rugged 4WD terrain. Picnic lunch provided for day trips. All meals provided for 3 day, 2 night trip on the famous Rubicon trail.

\$40 per person

July 12, 26 Cisco Grove & Fordyce Creek Day Trips

\$120 per person

August 22, 23, 24 Rubicon Overnight Trip



Whitewater Rafting: Professional guides take you through the exciting Class II/III rapids on the American River and serve you a scrumptious river lunch. What a great way to cool off on a hot summer day!

\$80 per person

June 28, 29; July 12, 13, 26, 27; August 2, 3

Golf: Get ready for another great summer of golf. Whether you are an absolute beginner or a seasoned veteran, you'll find a place at our golf clinics taught by PGA and LPGA golf professionals. **\$75 per session for 9 hours of instruction.**

Haggin Oaks Golf Course, Sacramento

2:00pm – 3:30pm, Saturdays

Session 1: May 3- June 7, 2008

Session 2: June 21 - August 2 (No program on July 5th)

Session 3: August 16 - September 20

Session 4: October 4 - November 8 (Thursdays)

Swensen Park Golf Course, Stockton

10:00am – 11:30am, Tuesdays

Session 1: April 15 – May 20, 2008

5:30pm – 7:00pm, Tuesdays

Session 1: April 15 – May 20, 2008

Session 2: May 27 – July 1

Session 3: July 15 – August 19

Session 4: September 2 – October 7

Rosewood Lakes Golf Course, Reno

11:00am-12:00pm, Sundays

12:30pm-1:30pm, Sundays

Session 1: April 6 – May 18, 2008

Session 2: September 21 – October 26





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In Partnership with...

Ability First Camp: Chico, CA

Wheelchair sports camp for youth with physical disabilities. Rock climbing, Basketball, Quad Rugby, Soccer, Tennis and more.

Waterskiing provided by Disabled Sports.

June 15-21

Call (530) 899-0335 or www.abilityfirstsports.org



Water Adventures in Varied Environments

WAVE Camp - City of Sacramento "Access Leisure"

Watersports camp for 10-25yr olds with physical disabilities. Kayaking, Scuba, and Swimming.

Waterskiing provided by Disabled Sports.

July 7-10, July 13-16

Call (916) 808-6017 or www.accessleisuresac.org

Wellman Adventure Camp: City of Sparks Marina, Nevada

People with disabilities and their friends and families are invited to explore summertime sports at Mark Wellman's Adventure Day at the Sparks Marina Park. The free event, presented by the Sparks Parks and Recreation Department, will feature hand cycling, kayaking and adapted rock climbing for all ages and abilities.

Handcycles and instruction provided by Disabled Sports USA Far West.

July 19, 2008 - 10am-2pm

Call Shauna Nelson at (775) 353-7815



Reno Multi-Sport: City of Reno Parks & Recreation

A weekend of wheelchair tennis, handcycling and much more!

Handcycles and instruction provided by Disabled Sports USA Far West.

June 21 & 22, 2008 - Time and location TBA

Call April McIntyre at (775) 333-7765 or email mcintyrea@cityofreno.com

Handcycling Clinic and Ride: City of Sacramento, Discovery Park.

Participants will be given the opportunity to check out the various styles of handcycles available for both beginning and advanced riders. Experienced handcyclists will be in attendance to share tips about cycling and training techniques. **Handcycles and instruction provided by Disabled Sports USA Far West.** The ride will be followed by a BBQ with Sweet Sara's BBQ Team.

May 31, 2008 - 9 to 11 am

Call Steve Hornsey at (916) 808-2340 or email sacycle@sbcglobal.net