

# Outdoors

**Camp C.O.O.L.** - Adaptive skiing for youth and young adults with physical disabilities

**S.N.O.W. Camp** - Adaptive skiing and snowboarding for young adults and adults with intellectual or cognitive disabilities

**Rock N Roll Yosemite** - Hand-cycling and adaptive rock climbing for adults with physical disabilities and/or Veterans

**Camp NEJ** - A wilderness camp for youth with physical disabilities

**Tuolumne Trails** - 5-day camp is for adults ages 18 and older with intellectual and/or developmental disabilities

For more information on these camps & outdoor activities for people with physical and/or intellectual disabilities, contact:

**Jenny Yarrow**  
916-808-6017  
jyarrow@cityofsacramento.org

## Contact

### PROGRAM SUPERVISOR:

**Jenny Yarrow**  
jyarrow@cityofsacramento.org  
916-808-6017

### PROGRAM COORDINATORS:

**Kou Yang**  
kyang2@cityofsacramento.org  
916-808-6045  
Adaptive sports for children, youth, adults and Veterans with physical disabilities and/or visual disabilities.

**Paige Domgaard**  
pdomgaard@cityofsacramento.org  
916-202-9498  
Social, community, camp and outdoor recreation for youth and teens with intellectual and/or developmental disabilities.

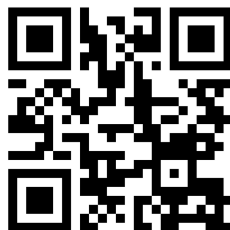
**Sy Vue**  
svue1@cityofsacramento.org  
916-213-8125  
Social & Fitness, Wellness, Camps and outdoor recreation programs for adults with intellectual and/or developmental disabilities

### VOLUNTEER INFORMATION:

For volunteer opportunities for programs:

**Michelle Tabarango**  
mtabarango@cityofsacramento.org  
916-808-1205

If you would like to donate to Access Leisure, scan the QR code below!



# Access Leisure

Recreational opportunities for youth, teens, adults with physical and/or intellectual disabilities and Veterans.



For more information visit our website at:  
[www.accessleisure.org](http://www.accessleisure.org)

City of  
**SACRAMENTO**  
Youth, Parks, & Community Enrichment

# Adaptive Sports

**River Cats Independence Field** is a fully accessible baseball field made of a rubberized surface ideal for players with disabilities that use either manual or power wheelchairs, walkers, crutches, or no assistive devices to "Play Ball"!

Access Leisure provides a variety of adaptive sport options that vary by season.

Opportunities can include Wheelchair Basketball, Wheelchair Rugby, Adaptive Pickleball, Wheelchair Tennis, Power Soccer, Adaptive Cycling, and Wheelchair Softball. These opportunities are open to children, youth, adults, and Veterans with physical or visual disabilities.

For more information on other sports programs for children, youth, adults and Veterans with physical disabilities and/or visual disabilities, contact:

Kou Yang  
kyang2@cityofsacramento.org  
916-808-6045

# Adult Programs

**Social and fitness programs** are community wide activities open to adults with intellectual and/or developmental disabilities to help enhance social skills and fitness goals. Activities include trips to the movies, table games, walking for fitness, physical and emotional wellness and craft programs.

**Virtual programming** offers a wide range of programming such as fitness, Name That Tune, movie nights, healthy living skills, and dancing!

**Special events, trips and out of town excursions** are provided for people with intellectual and/or developmental disabilities throughout the year to promote inclusion and social skill development. programs include trips to see local sport teams, out of town excursions to S.F. and Apple Hill, and themed dances.

For more information on these and other social and fitness programs for people with physical, intellectual and/or developmental disabilities, contact:

Sy Vue  
svue1@cityofsacramento.org  
916-213-8125

# Youth & Teen Programs

**Inclusive Community Playdates** are an opportunity to have youth with all abilities enjoy inclusive play and activities with community partners. Resources for families and learning opportunities are available to supplement the fun!

**Teen Program** offers an in-person recreation program to spend time and interact with peers to promote socialization, creativity and overall health & wellness.

**Youth Sensory Swim and Teen Water Aerobics** are two summer activities that provide youth and teens with disabilities a safe and inclusive time in the water with their family and peers.

For more information on these and other social, community, and inclusive programs for youth and teens with disabilities, contact:

Paige Domgaard  
pdomgaard@cityofsacramento.org  
916-202-9498