



DISABLED SPORTS USA FAR WEST SUMMER PROGRAMS 2010

Information & Reservations

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

Your annual membership of \$30 or more qualifies you to participate in our programs at discounted rates. Membership is due for renewal each year on October 1st.

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 beat the heat of a hot summer day! Average trip time is 4 hrs. Young rafters will enjoy our shorter float trip through Class I and II rapids. Bring your own lunch to enjoy at a park along the river when you're done.



\$30 Annual Disabled Sports Membership
\$90 per person for Class III Trips / \$110 for non-members
\$55 for Class II Trips (no lunch) / \$70 for non-members
July 3, 4, 10, 11, 17, 18, 24, 25, 31; more dates by request.



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. Average lesson time is one hour which includes equipment set-up and fitting, dry-land training and lesson time on the water.

\$30 Annual Disabled Sports Membership
\$40 per lesson/ \$75 for non-members
June 4,5; Aug 20,21, 2010 Pleasant Oak Lake, Sacramento area
June 19; July 17, 21; Aug 4,18; Sep 1, 2010 Locust Lakes
(Formerly Stillwater Ranch Lakes), Sacramento area

Sierra Summer Sports:

Join us at Donner Lake to get your fill of boating, jet skiing, sailing, canoeing, kayaking, and tubing. Disabled Sports staff introduce each participant to the beginning skills of these water sports and accompany them on the water. Lunch is served lakeside where you can relax and enjoy the beauty of this mountain lake. **Two days is the best way to get a good sample of all the sports.**

\$30 Annual Disabled Sports Membership
\$80 per person, per day / \$150 for non-members
for full day of activities & lunch. 10am-4pm
August 13, 14, 15, 2010





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Cycling:

This NorCal-Nevada Handcycling series is organized by 4 adaptive recreation programs based in Reno, North Lake Tahoe, Sacramento and the Bay Area. Each ride will offer routes along bike paths with distances suitable for beginner and advanced cyclists. Experience new riding areas, new adaptive cycles and new riding partners!



\$30 Annual Disabled Sports Membership

\$10 per person, \$10 for bike rental, if needed

\$20 per person for non-members, \$20 bike rental for non-members.

Saturdays 2010 (average event time is 4 hours)

May 1 - Sacramento, CA *Contact:* Rick Mason of Access Leisure- sacycle@sbcglobal.net

Aug 7 - Lake Tahoe, CA ♦ **Call Disabled Sports USA Far West 530.581.4161**

Sep 18 - Reno, NV ♦ *Contact:* April Wolfe, City of Reno 775.333.7765 or wolfea@reno.gov



...ced drivers help you explore the beautiful Sierra backcountry
...n provided for day trips. Average trip time is 6 hours. All meals
...amous Rubicon trail.

\$30 Annual Disabled Sports Membership

\$50 per person / \$120 for non-members

July 10, 2010 Cisco Grove & Fordyce Creek Day Trips

\$160 per person / \$350 for non-members

August 6, 7 & 8, 2010 Rubicon Overnight Trip

Wellman Adventure Camp:

City of Sparks Marina, Nevada

People with disabilities and their friends or family are invited to explore summer sports at Mark Wellman's Adventure Day at the Sparks Marina Park. The free event, presented by the Sparks Parks and Recreation Dept. will feature hand cycling, kayaking and adapted rock climbing for all ages and abilities.
Introduction to Handcycling with Disabled Sports USA Far West.

June 13, 2010

Call Shauna Nelson at (775) 353-7815





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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.

CONCORD-Diablo Creek Golf Course \$65/*\$120

Thursdays 4:00pm – 5:30pm

Session 1: April 1 – April 29, 2010

Session 2: May 6 – May 27, 2010

Session 3: August 5 – August 26, 2010

Session 4: September 9 – September 30, 2010

OAKLAND-Metropolitan Golf Links \$50/*\$150

Wednesdays 4:30pm – 6:00pm

Session 1: March 31 – April 21, 2010

Session 2: April 28 – May 19, 2010

Session 3: August 4 – August 25, 2010

Session 4: September 8 – September 29, 2010

SACRAMENTO-Haggin Oaks Golf Complex \$75/*\$180

Saturdays 2:00pm-3:30pm

Session 1: March 7 – May 8, 2010

Session 2: May 15 – June 26, 2010

Session 3: July 10 – August 14, 2010

Session 4: August 21 – October 1, 2010

SAN JOSE-Rancho del Pueblo \$65/*\$120

Tuesdays 2:30pm – 3:30pm

Session 1: April 6 – April 27, 2010

Session 2: May 4 – May 25, 2010

Session 3: August 10 – August 31, 2010

Session 4: September 7 – September 28, 2010

SAN RAFAEL-McInnis Park Golf Center \$75/*\$180

Thursdays 12:30pm – 2:00pm

Session 1: April 1 – April 29, 2010

Session 2: May 6 - May 27, 2010

Session 3: August 5 – August 26, 2010

Session 4: September 9 – September 30, 2010

STOCKTON-The Reserve at Spanos Park \$50/*\$150

Tuesdays 11:00am – 12:30pm

Session 1: April 6 – May 1, 2010

Session 2: May 25, - June 29, 2010

Session 3: July 13 – August 17, 2010

Session 4: August 31 – October 5, 2010

RENO-Rosewood Lakes Golf Course \$75/*\$180

Session 1: Thursdays, April 29 – June 3, 2010, 11:00am -12:30pm

Session 2: Saturdays, July 10 – August 13, 2010, 1:00pm – 2:30pm

Session 3: Thursdays, September 16 – October 21, 2010, 11:00am -12:30pm

(*Non-member Rates)

