



ALL ACCESS SPORTS & FITNESS

ADAPTED BOWLING

It's a strike! Come join us for our immensely popular bowling program, located at the 300 Bowling Alley, 5420 Thornwood Lane in San Jose on Tuesdays from 3:30pm - 5:00pm. Ages 11 and up are welcome. Register today, the lanes are going fast!

ADAPTED FITNESS

Don't put it off any longer! The time has come to jump start your fitness level. A Strength and Conditioning Specialist will design a customized 3 day per week strength, cardiovascular, and flexibility program to meet your needs and personal goals. This program is located at the fully equipped Camden Community Fitness Center, and ages 18 and up are welcome. Join us Monday, Wednesday, and Friday from 1-3:30PM.

ADAPTED GOLF

This program is a hole in one for persons with physical disabilities and offers professional instruction in Adapted Golf. Components of the program include stroke analysis, chipping, pitching, putting, and golf basics.

POWERSOCCER

Do you use a power chair? Join the San Jose Steamrollers in the electrifying and growing sport of powersoccer! Whether you just want to learn the sport or aspire to compete in tournaments, this is the program for you. Practice is held Saturdays from 9am - 2PM at the Alviso Youth Center, 5040 North First Street, San Jose for ages 5 and up. Tournaments are held throughout the Bay Area.

WHEELCHAIR BASKETBALL

Notin' but net! Come join the San Jose Spokes to shoot some hoops. Tournament opportunities are available for big gamers. This program meets in the Camden Community Center gym on Mondays from 6:30-8:30PM for ages 13 and up. Don't miss out!

WHEELCHAIR TENNIS

Grab your tennis racquet and bounce out to the Wallenberg Park Tennis courts in San Jose to meet up with the South Bay Smash. Come discover your strike zone!

WHEELS ON FIRE

If you are between the ages of 5 - 21, burn some rubber and head out to Wheels on Fire Saturdays from 1:30 - 4:30PM at Camden Community Center. You will have the opportunity to participate in a variety of competitive and recreational adapted sports

ALVISO CENTER, 5050 N. FIRST ST. (408) 251-6392

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs.	Res/NonRes
252.4.4102	Powersoccer	5+	Sa	4/14-6/16	9:00AM-2:00PM	Staff	9	\$80/\$88

CAMDEN CENTER, 3369 UNION AVE. (408) 559-8553

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs.	Res/NonRes
382.4.4108	Adapted Bowling	11+	T	3/20-5/22	3:30PM-5:00PM	Staff	10	\$120/\$128
382.4.4100	Adapted Fitness	18+	M/W/F	4/2-6/8	1:00PM-3:30PM	Staff	29	\$116/\$124
382.4.4103	Wheelchair Tennis	13+	T	3/27-6/26	6:30PM-8:30PM	Staff	28	\$100/\$108
382.4.4104	Wheelchair Tennis	13+	Sa	4/14-6/30	9:30AM-11:30AM	Staff	22	\$100/\$108
382.4.4105	Wheels on Fire	5+	Sa	4/14-6/23	1:30PM-4:30PM	Staff	10	\$100/\$108

“ THE MISSION OF THE DEPARTMENT OF PARKS, RECREATION AND NEIGHBORHOOD SERVICES IS “CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS.” IT IS OUR DESIRE THAT ALL MEMBERS OF THE COMMUNITY HAVE SAFE OPPORTUNITIES TO ACCESS COMMUNITY FACILITIES IN A PEACEFUL AND POSITIVE ENVIRONMENT. ”

- Respect the rights and privileges of other participants and city staff at all times.
- Behave in a responsible manner.
- Respect the property of others, including city property and facilities.

- Cooperate with or assist the city staff in maintaining safety, order and discipline.
- Comply with the Code of Conduct.*

* A copy of the Code of Conduct can be obtained from PRNS staff