

HAMMER WHEELCHAIR BASKETBALL

WHAT: Participants will learn ball handling skills, enhance wheelchair maneuvering skills, improve physical fitness, and have fun. Prep and Varsity teams are available. Athletes are assigned to a team based on age and ability.

WHO: 10-18 years old with a physical disability (i.e.: spina bifida, cerebral palsy, spinal cord injury, amputation, or other orthopedic impairment). Participants need not use a wheelchair on a daily basis to be eligible to play.

WHEN: Practices are held twice per week on Saturdays and one weeknight. The basketball season runs from September through April.

WHERE: Municipal Gym in Balboa Park
2111 West Pan American Plaza, San Diego 92101

SIGN UP TODAY!

To register:
Call Jazmin Garcia at (619) 336-1806

www.sdasf.org

