

**SDASF presents:**



**WHAT:** Participants will learn ball handling skills, enhance wheelchair maneuvering skills, learn the basic rules and strategies of Quad Rugby, improve physical fitness, and have fun!

**WHO:** Children and young adults ages 11 and older with a physical disability involving both the upper and lower extremities (ie: spinal cord injury, cerebral palsy, amputee, or other orthopedic impairment). Children do not need to use a wheelchair on a daily basis to be eligible to play.

**WHEN:** Practices are held on Tuesdays 6 - 8pm & Saturdays 11:30am - 1:30pm.

**START & END:** April 27, 2010 - June 19, 2010

**WHERE:** Municipal Gym located at:  
2111 Pan American Plaza, San Diego, CA 92101

**COST:** \$100 for the season (partial scholarships available)

To sign up: call or email Jazmin Garcia at  
Jazmin@sdasf.org , (619) 336-9571

**Check us out [www.sdasf.org](http://www.sdasf.org)**