



# NORTH COUNTY RIPTIDE

## Prep wheelchair basketball

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

**WHO:** Children ages 9-18\* years old with a physical disability (ie: spina bifida, cerebral palsy, amputee, spinal cord injury, or other orthopedic impairment). Children do not need to use a wheelchair on a daily basis to be eligible. Children should be able to propel a wheelchair independently and follow directions. (\*ages 14-18 with additional impairment affecting upper extremities)

**WHEN:** Practice held on Fridays 6:00 pm – 8:00 pm

**START:** September 23, 2011 – Late March 2012

**WHERE:** Boys and Girls Club of Vista  
410 W. California Ave., Vista, CA 92083

**COST:** 3 sessions at \$75  
per 8 week sessions  
\* scholarships available

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