



2019 Winter & Spring Events Calendar

Handcycling Clinics

January 19th

Join us for our first handcycling clinic this Saturday, January 19th from 10am - 2pm at Dockweiler Beach located at [12505 Vista Del Mar, Playa Del Rey, CA 90293](https://www.google.com/maps/place/12505+Vista+Del+Mar,+Playa+Del+Rey,+CA+90293).

We will set up a base camp and have our "stable" of 20 handcycles for you to try riding. Bring your own bike if you have one, and family and friends are welcome to ride along with us.

Interested in volunteering or to RSVP [Email Us](#)

Festival of Human Abilities

January 26th & 27th

Come out to the [Aquarium of the Pacific](#) in Long Beach to celebrate the creative spirit of people with disabilities. The Festival of Human Abilities celebrates the art and creativity of people with disabilities. It will feature wheelchair art, dance, live music, signing choirs, adapted SCUBA diving demonstrations, interactive workshops, and other creative performances by people who have disabilities. FREE for people with disabilities but you must register.

For more information and tickets visit their [Event Page](#)

Accessible Yoga

January 26th 1:30-3:30pm

[Hot 8 Yoga](#) is offering an accessible Yoga class on Saturday January 26th. A systematic relaxation class to reduce stress and pain. The cost is \$20. Their studio is located at 177 E. Colorado Blvd Suite G080 Pasadena, CA 91105.

For more info [click here](#)



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ValleyGo! Handcycle & Kayak

February 16th, March 16th, April 13th, May (TBD)

Our ValleyGo! Adapted Sports Program with Cal State Northridge is bringing handcycling and kayaking to you this Spring! Every month at Castaic Lake we will team with CSUN Aquatic Center to hold an awesome day of kranking and paddling.

We have all the handcycles, kayaks and canoes for you to try out, and plenty of staff to show everyone the basics of the sports.

Limited participants, save your spot in advance! [RSVP](#)

Abilities Expo Los Angeles

February 22nd – 24th

Come out to this FREE event at the Los Angeles Convention Center to see us and the latest & greatest in adapted products and services. The show is the go-to source for the community of people with disabilities, their families, seniors, veterans, and healthcare professionals. Discover ability-enhancing products and services. Triumph will have a booth so come by and say hello! [Register for FREE today](#)

Carriage Driving Clinic

March (dates to be determined)

Join Triumph at our **Adapted Carriage Driving Clinic** in Moorepark, CA. This clinic is presented by the USDFD - United States Driving for Disabled.

World Champion Para-Equestrian driver Diane Kastama will be bringing out a specialized carriage made for a wheelchair user to transfer in. Her and fellow clinicians will teach us about the sport of driving, rein handling, how to stop and steer a horse, and then we will get a chance to drive the horse and chariot. [Watch the video](#)

To register [Email Us](#)



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Cal Rehab Lecture Series

March 5th

Join us at [California Rehab Institute](#) on Tuesday, March 5th from 6pm-8pm as they launch their 2019 Lecture Series. This event will focus on minimally invasion techniques in the surgical management of degenerative, traumatic and neoplastic spinal disorders.

Expect a dynamic presentation by Daniel C. Lu, MD, PHD, and keynote remarks by Dr. Alexander, Dr. Ganes, and Dr. Boydakian. We would appreciate your attendance and sharing the invitation with friends- everyone is welcome!

Wheelchair Sports Festival

April 27th & 28th

Mark your calendars: Our [8th Annual Wheelchair Sports Festival](#) will be on April 27th & 28th at the Santa Clarita Sports Complex Gymnasium. It will feature wheelchair hockey, basketball, quad rugby, racquetball, handcycling, SCUBA diving, and WCMX. This event is open to people of ALL ABILITIES! We will have many extra sport wheelchairs for people to use, and coaching to teach you how to play.

[Be an Exhibitor in our Resource Fair](#)

[Be a Sponsor or Volunteer](#)

Casa Colina Outdoor Adventures

Casa Colina Hospital's Outdoor Adventures program holds many therapeutic recreational events throughout the year. They focus on empowering people with disability through challenging and exciting activities.

Friday, February 8th & 22nd, 2019

Therapeutic Horseback Riding - Enjoy and relax while riding a horse and developing music tone, coordination, and confidence.

Thursday, February 21st, 2019

Whale Watching - Spend the day on a boat looking for whales out of Dana Point. Family and friends are invited to attend.



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Casa Colina Outdoor Adventures (con't)

Saturday, February 23rd, 2019

Adaptive Scuba Class – Casa Colina is teaming up with DiveHeart to teach scuba diving and snorkeling techniques in the comfort of a heated indoor pool at Casa Colina Hospital.

Tuesday, March 5th - Friday, March 8th, 2019

Snowbird Utah Ski Trip - Take a trip to Snowbird, Utah for multiday ski trip! Ski and Snowboard instruction will be provided by WASATCH Adaptive Sports. Stand-up, sit-down skiing and snowboarding are available depending on personal skill level. *Must attend at least 3 day trips before you can attend an overnight trip

Friday, March 8th & 22nd, 2019

Therapeutic Horseback Riding - Enjoy and relax while riding a horse and developing music tone, coordination, and confidence.

[Click here to see the full Outdoor Adventure schedule and sign up](#)

Shane's Inspiration

Thursday, March 28th

Attend the Grand Re-Opening of Shane's Inspiration Inclusive Playground in Griffith Park. Shane's Inspiration's mission is to create social inclusion for children with disabilities through the creation of inclusive playgrounds and educational programs that unite children of all abilities. For more information on their events [click here](#)

Snow Skiing

United States Adapted Recreation Center (USARC)

Provide one-on-one adaptive ski and snowboarding instruction at Big Bear Mountain Ski Resort. Lessons include lift ticket, equipment and instruction. For more information and reservations contact (909) 584-0269 or [click here](#)

Disabled Sports Eastern Sierra (DSES)

Located at Mammoth Mountain they an amazing winter program. They have equipment and instructors to provide a wide range of snow activities for students of all ages and abilities. All lessons for skiing and snowboarding are taught on a private basis and reservations are required.

To make reservations [click here](#)



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Snow Skiing (con't)

Ski Clubs

Go with a group of other adapted skiers by hooking up with chapters of [Disabled Sports USA \(DSUSA\)](#). Here are two awesome clubs:

The Unrecables

The Unrecables is the Los Angeles chapter of DSUSA. From December to May, They have monthly weekend ski trips to Mammoth Mountain for our members with disabilities. Trips usually include skiing all day Saturday and Sunday morning.

To make reservations [click here](#)

The Achievers

The Achievers is the Orange County chapter of DSUSA. Their goal is to provide a quality safe, and fun experience for children and adults with disabilities through monthly weekend programs held at the Mammoth and June Lake Resorts every ski season.

For more information [click here](#)

PossAbilities

April 28th

Triathlon - the 17th Annual PossAbilities Triathlon will be held at the Loma Linda University Drayson Center located at 25040 Stewart Street, Loma Linda, CA 92354. The event is composed of three different segments, the 5K (3.1 mile) run/walk/roll course, the 11 mile bike course, and finally the 150 yard swim course. For more info on this incredible triathlon [click here](#)

For more PossAbilities events [click here](#)

Wheel to the Sea

May 4th

A fun adventurous event with The Wilderness Institute, Inc. Their Annual 'Wheel to the Sea' is on Saturday May 4th. This exciting community event is especially designed to serve individuals in wheelchairs.

You'll embark on a five mile naturalist led hike through Point Mugu State Park in Malibu. The event culminates at the beach with a family style barbeque and use of specialized beach wheelchairs. Pre-registration is required [click here](#) or [email](#)



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San Diego Adapted Recreation

[City of San Diego - Therapeutic Recreation Services](#) provides sports, recreation, leisure, and outreach services to San Diegoans with disabilities. They have everything from handcycling, beach wheelchairs, table tennis tournaments, bowling, drama acting classes, and social outings. Check out the [calendar of events](#)

[Sharp Adapted Sports and Recreation Therapy](#) offers a diverse spectrum of adapted sport activities for people with disabilities.

[Wheelchair Lacrosse USA](#) is the newest full contact fast paces action adaptive sport. Check out the [video](#) to see what its all about. This sports packs a punch and involves speed, finesse, and team work. They practice regularly in San Diego. For more information and to get involved contact info@wheelchairlacrosse.com

[Adaptive Sports and Recreation Association](#) offers a variety of adaptive sports in San Diego including wheelchair tennis, basketball, and an annual adapted sports camp.

[CAF](#) recognizes the athletic greatness inherent in all people with physical challenges and supports their endeavors by providing unparalleled sports opportunities. They hold many clinics from Adaptive Yoga, Self Defense, Strength & Conditioning throughout the year.

[Aztec Adaptive Sports](#) goal is to educate and introduce the SDSU community to adaptive sports. They host adaptive sports clinics including, sitting volleyball, tennis and track & field events.

Bay Area Outreach and Recreation Program (BORP)

[Bay Area Outreach & Recreation Program \(BORP\)](#) is a non-profit organization working to improve the health, independence and social integration of people with physical disabilities through sports, fitness and recreation programs. BORP in Berkeley offers a number of competitive sports programs, as well as outdoor adventures, family outings and integrated cycling.

Adaptive Paddle Boarding

Monthly adaptive paddle boarding, kayak and social meet up. Whether you're new to water sports or a season paddler. Meet [Pushing 4 Independence](#) at the Newport Aquatic Center in Newport Beach every FIRST WEDNESDAY of the month from 9am-12pm for some fun on the water. For more info [click here](#)



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Adaptive Yoga

[Pushing 4 Independence](#) offers FREE adaptive yoga classes on the third Wednesday of each month at 5:15pm. Located at ADAPT in Carlsbad, CA. All abilities are welcome! Be sure to reserve your place as spots are limited! For more info, [click here](#)

Quad Rugby

Northridge Knights team practices on Sunday from 11am-3pm at Lake View Terrace Gym located at 11075 Foothill Blvd. Lake View Terrace, CA 91321. For more info [Email Us](#)

[Sharp Quad Rugby](#) practices every Sunday in Oceanside, CA. To learn more call the Recreation Therapy Department at [858-939-3048](tel:858-939-3048)

[National Quad Rugby Association](#) has all the rugby squads and contact info to find a team near you.

Wheelchair Basketball

Rolling Bears Wheelchair Basketball Team practices every Thursday night from 6:30pm-8:00pm. For more information [Contact David Cazares](#) or call 909-200-6913

HotWheelz Basketball Team practices Tuesday & Sunday at 2:30pm at Lake Terrace Gymnasium in Los Angeles. For more information [Contact Alex](#)

UCLA Adapted Recreation holds an open wheelchair basketball clinic every Tuesday night. For more info [click here](#)

Northridge Knights teams practice every week at Lake View Terrace Gym located at 11075 Foothill Blvd. Lake View Terrace, CA 91321 Wheelchair Basketball practice is on Thursday from 6pm-9pm. For more info contact [Triumph Foundation](#)



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Wheelchair Basketball (con't)

Lady Warriors Women's Wheelchair Basketball Team practices on Saturdays from 9am-12pm at Villa Park located at 363 E. Villa St., Pasadena, CA 91101. For more information contact (323) 578-1576 or (323) 581-3588

[National Wheelchair Basketball Association](#) lists all basketball teams and contact info to find a team near you.

Wheelchair Tennis

Biola University in La Mirada hosts open play Wheelchair Tennis practice on Mondays and Wednesdays from 6-9pm.

For more info contact [Dee Henry](#)

Northridge Knights teams play tennis on Saturdays at Balboa Park.

For more info contact [Triumph Foundation](#)

Long Beach Wounded Warrior Tennis clinics hosted at the VA Long Beach Healthcare Center in Long Beach.

For clinic dates contact [Steve Weaver](#)

Cottage Rehabilitation

Therapeutic Recreation Adapted Sports & Recreation Program at the Cottage Rehab in Santa Barbara is offering handcycling/Adapted Cycling, Wheelchair Basketball, Wheelchair Rugby, and Sled Hockey Clinics.

Clinic dates to be determined.

For more information contact Rene' Van Hoorn (805) 569-8999 ext82102

or rvanhoor@sbch.org



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Angel City Sports

June 20th – 23rd

Angel City Games will take place at UCLA. Angel City Sports provides adaptive sports opportunities in Southern California throughout the year for people with mobility impairments. Events include rock wall climbing, sitting volleyball, archery, and track and field.

For more information [click here](#)

Wheelchair Dancing

Wheelchair Dancers Organization offers free dance classes. They welcome new dancers! Infinity Dance Sport located at 4428 Convoy #288 San Diego, CA 92111. Standing dance partners are needed. Come and dance with them!

Customized dance wheelchairs are available, but LIMITED. Please contact Beverly at bevweurding@san.rr.com or (858) 573-1571 for reservations.

For more information [click here](#)

Infinite Flow Wheelchair Dance Company holds monthly Wheelchair Ballroom Classes for Kids and Adults at Sherman Oaks Dance Academy located at 14622 Ventura Blvd, #204, Sherman Oaks, CA 91403. For more information [click here](#)

RAMP Handcycling

[Recreation Access Motivating People \(RAMP\)](#) Handcycling conducts FREE hand cycling clinics in the Huntington Beach area on the 2nd Saturday of each month from 10:00am - 1:00pm. They have a variety of handcycles and adaptive cycles for you to use. Cyclists of all abilities are welcome to join.

Sled Hockey

The Kings Sled Hockey Team practices at LA Kings Icetown in Riverside. Currently, practices are every Tuesday at 8pm. New athletes are always welcome. They have sleds, sticks, and gear for you to borrow. Sled Hockey practices are also in Oxnard and Bakersfield.

For more information call (909) 863-1000 or [click here](#)



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Looking for more sports?

US Paralympics partners with community organizations across the country to create a network of Paralympic Sport Clubs that provide local sport programming for individuals with disabilities. Find grassroots programming, and opportunities for competition.

[Find your local Paralympic Sport Club](#)

Disabled Sports USA's mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs. [Find chapter near you](#)

Sports Abilities has an extensive calendar page. They promote over 3,000 events specifically for people with disabilities every month all over the country. They have calendars for every state and 25 different activities. For more info [click here](#)

Triumph Foundation

In addition to our [Wheelchair Sports Festival](#) on April 27th & 28th, we have other events coming up:

SCI Life Series Groups

Triumph Foundation is involved in Spinal Cord Injury networking groups that meet regularly all over California. [Click here for a full list](#)

If you'd like to be on our [email reminder list](#), please let us know where you live, which group you are interested in, and any topics you'd like us to discuss

Handcycling

Triumph takes to the streets with our Handcycling Clinics every month. Our [next ride](#) is planned for January 19th. [RSVP to ride](#)

LET'EM ROLL CASINO NIGHT FUNDRAISER

Triumph Foundation's [Let'em Roll Casino Night Fundraiser](#) is this summer.

SAVE THE DATE July 13th, 2019.

We need [sponsors](#) and [silent auction items](#)

For more frequent updates, follow Triumph on [Facebook](#) & [Twitter](#).