

Phoenix VA Adaptive Sports Program

July 2020

Volume 4, Issue 3

Phoenix VA Adaptive Sports in July—September

Adaptive Sports Clinics offered this Season:

- Sit Volleyball
- Water Aerobics
- Dancing
- Boccia/Cornhole

First and foremost, we here at the Phoenix VA Adaptive Sports Program would like to thank you all for being so patient and understanding as we work together to navigate the challenges of today's world. In this upcoming season of adaptive sports, we are overwhelmed with excitement to begin offering in-person sports for our Veterans once again! We hope that you and yours are well as we look forward to once again embarking on new avenues of recreational and competitive sport events.

Just a reminder to please make sure you are able to attend the clinics before signing up. This program has grown so much and missed appointments take away from the opportunities of other veterans. Remember when you sign up please be clear with **what sport you want, what session and time.** If you are interested in multiple clinics, please pick your top 2 and we will do our best to accommodate.

Inside this issue:

- Last Quarter Recap 1
- Sit Volleyball
Water Aerobics 2
- Dancing
Boccia/Cornhole 3
- Community Resources 4

You can send an email to:

Johanna.avilez@va.gov or
call/text (602)459-4784;
(602)277-5551 ext 3371

-OR-

Joshua.parks@va.gov or
call/text (602)517-2675



Sit Volleyball

Sit Volleyball can be played by anyone and are open to all individuals and skill levels. By eliminating jumping, Sit Volleyball puts all players on a level playing field and brings disabled and able-bodied individuals together to play!

Sit Volleyball Dates

07/01
07/08
07/15
07/22
07/29
08/05

When: Wednesdays, 0900 - 1100

Starting: 07/1/2020 - 08/5/2020

Location: TBD



Water Aerobics

Water Aerobics Dates

A	B
07/02	08/13
07/09	08/20
07/16	08/27
07/23	09/03
07/30	09/10
08/06	09/17

Join us for cardio and strength and conditioning in the pool! This class aims to increase muscle strength and endurance. It will focus on increasing your range of motion. It will also help reduce joint stiffness and soreness in the body. The Therapy Pool features a lift and transfer access. The pool depth ranges from 3'-4' and is heated between 88-92 degrees. **Please bring your own towels.**

When: Thursdays, 0900 - 1100

Dates: (A) 07/02/2020 - 08/06/2020 OR (B) 08/13/2020 - 09/17/2020

Location: Ability 360—5031 E. Washington St. Phoenix, AZ 85034



Dancing

Dancing

07/03
07/10
07/17
07/24
07/31
08/07

Dancing with the Veterans of America is offering adaptive sports programs to veterans in ballroom & Latin dance, including: Mambo, Country Two Step, Tango, Bachata, Swing, Waltz and more. Beginner's welcomed and no partner needed! Come enjoy the company of other veterans during our weekly group classes. Several different programs to choose from in social, competition, exercise, and caregivers/spouses partnerships dancing to choose from.

When: Fridays, 09:00 - 11:00

Starting: 07/10/2020 - 08/14/2020

Location: ACC Quad

Boccia/Cornhole

Water Aerobics Dates

08/14
08/21
08/28
09/04
09/11
09/18

Join us for some fun lawn games while in the comfort of the VA air-conditioning. Boccia is a precision ball sport, similar to lawn bowling, where the goal is to land your teams balls closer to the white marker ball than the other teams balls. Cornhole is a popular lawn game where teams take turns tossing bags of corn at a raised platform with a hole in the far end.

When: Fridays, **(A)** 09:00 - 10:00 **OR (B)** 10:00 - 11:00

Starting: 08/21/2020 - 09/25/2020

Location: ACC Quad



Looking for Adaptive Sports Opportunities in the Community?

Volume 4, Issue 3

Check out the links below

www.ArizonaDisabledSports.com

[City of Mesa Adaptive Recreation](#)

[Mesa Public Schools](#)

[Special Olympics Arizona](#)

[Ability360](#)

[Ability 360 Sports & Fitness Center](#)

[River of Dreams](#)

[US Paralympics](#)

[Arizona Spinal Cord Injury Association](#)

[Arizona Spina Bifida Association](#)

[Arizona Cerebral Palsy Association](#)

[Disabled Sports USA](#)

[Adaptive Sports USA](#)

[US Association of Blind Athletes](#)

[Mesa Convention and Visitors Bureau](#)



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