

CAF 2008 CRS Clinics

Sunday, Feb. 10	Indoor Rock Climbing Solid Rock Gym – Poway, CA 8:30 am – 12:00 pm
Sunday, Mar 9	Mobility/Running Carmel Valley Park – Del Mar, CA 9:30 am – 1:00 pm
Sunday, April 20	Pool Swim Carlsbad Swim Complex – Carlsbad, CA 9:00 am – 12:00 pm
Saturday, April 26	Multisport Clinic and Picnic St. Matthias High School - Downey, CA 9:30 am – 2:00 pm
Saturday, May 10	Cycling – Spinning Pacific Athletic Club – Del Mar, CA 11:00 am – 1:00 pm
Saturday, June 7	Mobility/Multi-Sport/Strength Training Club One, Fillmore Center - San Francisco, CA 1:30 pm – 4:00 pm
Saturday, June 19	Mobility/Multi-Sport/Strength Training Asphalt Green Athletic Club – New York, NY 4:00 pm – 7:00 pm
Sunday, June 22	Health, Fitness, Strength and Nutrition Awakenings Health Institute – Solana Beach, CA Session One 10:00 am – 12:00 pm Session Two 12:00pm – 2:00 pm
Sunday, Aug 3	Ocean Bay Swim and Beach BBQ Corona Del Mar State Beach – Corona Del Mar, CA 9:30 am – 12:00 pm (BBQ after the swim)
Friday, Aug 22	Mobility/Multi-Sport/Strength Training Rehab Institute of Chicago - Chicago, IL 3:00 pm – 5:00 pm
September - TBD	Rock Climbing Solid Rock Gym – Lake Forest, CA Date/Time TBD
September – TBD	Amputee Golf (upper and lower extremity) San Diego, CA Tentative Clinic
Friday, Oct 24	San Diego Triathlon Challenge Family Beach Party, 11 am – 4 pm Triathlon Clinic for all SDTC athletes 11am - swim, 1pm - run, 2:30pm – transition/bike Physically Challenged Kid's ¼ mile Fun Run - 2pm La Jolla Shores/Kellogg Park - La Jolla, CA
Nov – TBD	Mobility/Running Florida Tentative Clinic

Dates, times and events are subject to change

Flyers with detailed information will be posted on the CAF website.

Please call Jill Prichard to confirm event at 858-526-6567.

Or email, jill@challengedathletes.org

www.challengedathletes.org