

UG Parks and Rec and Blind Sports Organization Presents:
SPORTS SATURDAY IS BACK!

Sports Day is an opportunity for individuals who are blind or visually impaired to be introduced to some of the many adaptive sports opportunities available in the community. Participants will have the opportunity to attend introductory sessions run by experienced volunteers. Introduction sessions may include Goalball, Beep Baseball, Blind Soccer, Blind Tennis, Tandem Cycling, Guide Running, Beep Kickball, Gymnastics, and Judo. No experience necessary and all ability levels are welcome. Our program leaders will also be on hand to answer questions about their sports. Whether you want to train to be a Paralympian or just want a fun activity to get moving, you'll find a place at Sports Day!

Who: All blind & VI (ages 6+) who can follow directions, function fairly independently, and participate in physical activities. No experience necessary. Sighted siblings welcome. Parents, PE teachers, O&M instructors, Adapted PE & Therapeutic Rec. students, & other VI professionals are encouraged to volunteer or observe. Adults who are blind & VI are welcome as well! This event is open to all ages of blind & VI individuals.

When: Saturday, September 30

Where: Parkside Place Park: Fields

Time: 10:00AM-3:00PM

Fee: FREE (You MUST pre-register)

Ages: 6+ Blind and VI individuals, siblings, and parents.

Register: <https://ugtparks.recdesk.com/Community/Home>