

## ADAPTIVE DANCE

Thank Goodness it's Friday, and it's time to dance! Participants ages 13 and up with developmental disabilities can enjoy a great evening of fun, music, dancing and friends! Snacks and refreshments are provided. Participants requiring one-on-one assistance must provide their own assistant.

### Friday

Ages: 13 and up  
Dates: January 8  
February 12  
March 12  
April 9  
Time: 7:00 PM-8:30 PM  
Location: Anderson Recreation Center  
Fees: \$3.00 per person, at the door



### Tournaments

Saturday, November 14, 2009 Kern County  
Saturday, December 5, 2009 Ventura  
Saturday, January 16, 2010 Santa Maria Fair Park



### March-June

Athletics, Aquatics, Basketball, Bocce, Cycling, Golf and Tennis - Dates & Times to be announced

For more information about practices times and schedules, please call 875-8096. After the season starts, practice schedules and other Special Olympics information is available from the Anderson Recreation Center at 125 West Walnut Avenue.



## NORTHERN SANTA BARBARA SPECIAL OLYMPICS

In Ancient Rome, the gladiators went into the arena with these words on their lips, "Let me win, but if I cannot win, let me be brave in the attempt."

### THE MISSION OF SPECIAL OLYMPICS

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and their local community.

### YOUR LOCAL "S.O." PROGRAM

Northern Santa Barbara County Special Olympics offers training and competition in 9 different Olympic-type sports year-round specifically for athletes 8 years and older with intellectual disabilities. No matter what your ability level, you can benefit from Special Olympics. And no matter what your interest, there is a sport for you. There is no charge to participate in Special Olympics.

Athletes have the opportunity to attend weekly practices, compete at local and regional competitions, and participate in various special events throughout the year available only to Special Olympics Athletes.

For information regarding your local Special Olympics program, please visit the Anderson Recreation Center at 125 West Walnut Avenue or please call us at 875-8096.

### HOW TO GET INVOLVED:

*New Athletes & Volunteers*

Athletes ages 8 and up are eligible to participate in Special Olympics and all it takes to become an athlete is for you to complete an Athlete Registration form. Volunteers ages 14 and up are encouraged to volunteer with Special Olympics and all it takes to do so is to complete a Volunteer Registration form.



We are always seeking new athletes, new volunteers, new coaches and unified partners, to become part of our team. Whether playing alongside our athletes, or leading them to victory, we want you to join our winning team today!

If you are interested in learning more about becoming a Special Olympics Athlete or a Special Olympics Coach or Volunteer, please stop by the Anderson Recreation Center at 125 West Walnut Avenue to request more information or you may request a free mailing by calling 875-8096.



### WINTER "S.O." SPORTS

November - February  
Floor Hockey at Trinity Church  
500 East North Avenue  
Sundays @ 3:30pm - 5 pm