



BEAT THE HEAT

SPORTS CAMP • MAY 28-30, 2026
LONG BEACH & GLENDORA

Our annual **Beat the Heat Sports Camp** introduces individuals over the age of 14 to the world of adaptive sports and recreation, serving as a gateway to get involved in Casa Colina's

expanded, year-round Outdoor Adventures and Wheelchair Sports program. Camp activities are designed to include people with a wide variety of abilities.

MAY 28
THURSDAY

Sailing, Gondola
& Outrigger Canoe

UNITED STATES SAILING CENTER

5489 E Ocean Blvd,
Long Beach, CA 90803



MAY 29
FRIDAY

Deep Sea Fishing

PIERPOINT LANDING

200 Aquarium Way,
Long Beach, CA 90802



MAY 30
SATURDAY


Adaptive and
Wheelchair Sports

CROWTHER TEEN & FAMILY CENTER

241 W Dawson Ave,
Glendora, CA 91740



CONTACT US

 909/596-7733, ext. 4161

 casacolina.org/BeatTheHeat