



Cabrillo Recreation Center

3051 Canon Street San Diego, CA 92106

(619) 531-1534

Point Loma

Walking Club

Walking Club is a fun way to engage individuals throughout the community and team up for encouragement and motivation. Walking Strengthens the heart, eases joint pain, helps protect the joints, knees and hips.

Time: 10:00am-11:00am
Days : Thursday
NTC Park
Dewey & Cushing
2455 Cushing Rd.
San Diego, CA 92106
Ages :50+
Registration Required



Fall Session:
Sept. 1st to Nov. 17th.
ActiveNet #103414

For more information on Fall programs visit us in person or please call **(619) 531-1534**
To Register please visit us in person or log on to:
www.SDRecConnect.com



All City of San Diego parks and beaches are smoke free.



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER @ 619-235-1155) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUESTS.

