



## **CYCLING**

Cycling was the first sports program Operation Comfort started in 2005. Our cycling team name is Team America Cycling.

We have hand cycles, upright road bikes, recumbent bikes and tandem bikes that we can adapt and fit to you!

We ride the Valero Trailhead, McAllister Park Trailhead, and the South Side Lions Trailhead. **We ride every Wednesday**

**For more info email [cycling@operationcomfort.org](mailto:cycling@operationcomfort.org)**

## **SLED HOCKEY**

Our San Antonio Rampage sled hockey team was formed in 2007 with the help of the AHL San Antonio Rampage and became the first all military sled hockey team in the U.S. The team is comprised of wounded, ill and injured service members as well as community athletes with disabilities. We play in tournaments in San Antonio, Chicago, St. Louis, Nashville and Denver as well as wherever the National Championships take place each year.

**We have all the equipment you need and practice 1-2 times per week**

**Ice and Golf Center at Northwoods at 17530 Henderson Pass, San Antonio, TX 78232.**

**For more information email [moses.sonera@operationcomfort.org](mailto:moses.sonera@operationcomfort.org)**

## **AQUATICS**

Come enjoy some time in the water! Indoor and Outdoor water opportunities are offered to participants, so grab your swim gear and join us! Our coaches lead recreational and rehabilitative water instruction while providing irresistible fun for everyone. This program provides activities that are competitive, educational, therapeutic, and recreational in nature.

Indoor water instruction includes swim instruction, lap swimming, and or water workouts.

Indoor water sports are coached by a USMS Level 3 Certified Swim Coach/OC Staff. Every other Thursday

**For more information to include location please email Moses at [moses.sonera@operationcomfort.org](mailto:moses.sonera@operationcomfort.org)**

Outdoor water activities include kayaking and paddle boarding. Our outdoor water sports are led by a 1996 Olympian and world-class whitewater kayaker expert/ACA whitewater instructor, and owner of the Olympic Outdoor Center in San Marcos along with OC Staff. Outdoor water sports are offered 12-15 times per year

**For more information to include location please email Felicia at [felicia@operationcomfort.org](mailto:felicia@operationcomfort.org)**

## **WOODWORKING**

This program provides opportunities to learn new skills while working on improving fine motor and gross motor rehabilitation in a non-clinical setting.

We have a large variety of woodworking projects you can build and customize.

**Location: 18811 FM 2252, San Antonio, TX 78266**

**Sessions offered Tuesday, Wednesday, and Thursday's.**

**By appointment only. You **must** reserve your time slot.**

**For more information email Vic at [johnvichash@operationcomfort.org](mailto:johnvichash@operationcomfort.org)**

## **YOGA**

Come escape the craziness of life with an hour to relax and rejuvenate your mind & body! We show modifications for all abilities. We provide mats, blocks, bolsters, blankets and straps.

**Class is available on Tuesdays at 1:30-2:30. One hour sessions.**

**In Person or via Zoom. In person is limited to 6-8 participants.**

**Location: Loka Yoga Studio, 18838 FM 2252, Ste. 2200, San Antonio, Tx 78266.**

**For more information email [felicia@operationcomfort.org](mailto:felicia@operationcomfort.org) to **reserve** a spot.**

**THESE PROGRAMS SERVE, AND ARE OFFERED FREE OF CHARGE TO WOUNDED, ILL, OR INJURED SERVICE MEMBERS AND DISABLED VETERANS. QUESTIONS? CALL 210-826-0500**

**Mailing Address: 1107 Austin Hwy., Unit 90496 San Antonio, Texas 78209**

**Physical Address: 18811 FM 2252 Building 4 San Antonio, Texas 78266**

**Website: [www.operationcomfort.org](http://www.operationcomfort.org) FB: SupportOperationComfort Twitter: @Operationcomfo1**

**Office Phone 210-826-0500 M-F 8AM-4PM**