



CYCLING

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

We have hand cycles, 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 Monday and Wednesday

Rides are currently twice a week, as we are riding in small groups

Please email Felicia at felicia@operationcomfort.org to be added to our weekly cycling email list.

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 US. 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 2 times per week

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

Call or text Chris 210-913-8869 if you want to come try it!

chris@operationcomfort.org

SWIM

Tuesday swim classes are 9-10am the second and fourth Tuesday of every month at the Bill Walker Pool at 12002 Jones Maltsberger Road, San Antonio, Tx 78216. Whether you want to swim competitively or for fun and fitness you are welcome.

If you are not a strong swimmer you must bring your own life jacket to participate.

Email Felicia at felicia@operationcomfort.org to be added to the weekly swim email list.

THIS PROGRAM IS TEMPORARILY ON HOLD SINCE POOLS ARE CLOSED.

WOODWORKING

This program provides opportunities to learn new skills while working on 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

We offer two sessions 8-10am or 11am-1pm on Tuesday, Wednesday, and Thursday's.

You must reserve your time slot. LIMIT 2 PEOPLE PER SESSION

Vic 210-722-5111 johnvichash@operationcomfort.org,

or call Chris 210-913-8869

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.

We meet every Tuesday arrive at 1:15pm class begins promptly at 1:30pm - One hour session

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

Please email Felicia at felicia@operationcomfort.org to be added to the weekly yoga email list.

In Person or via Zoom. In person is presently limited to 6 participants, so please email to save a spot.