

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS
PROGRAM SCHEDULE

SUMMER 2016



Restoring Hope and *Freedom*
Mary Free Bed
Wheelchair and Adaptive Sports



»»» PUSH



STRIVE <<<



»»» SUCCEED



Mary Free Bed Wheelchair and Adaptive Sports programs can be fast-paced, challenging and competitive. Our programs provide the opportunity to exercise, make new friends, develop social and teamwork skills, increase confidence and have fun! Many of our athletes can walk, but their abilities are limited when they are competing against athletes without disabilities.

In addition to team sports, we offer adaptive sports clinics for those who prefer a less competitive environment. All of our sports programs and clinics are co-ed.

Eligibility Criteria

Mary Free Bed Wheelchair Sports Teams

Mary Free Bed Wheelchair Sports teams are open to anyone with a permanent physical disability that limits participation in able-bodied sports. Participants must be:

- Ages 7 and up
- Physically impaired due to orthopedic or neurological medical conditions
- In need of modification to participate in leisure and sports activities due to physical disability
- Able to benefit from participation in group activities
- Able to follow directions; be alert and oriented
- Free of disruptive behavioral issues that would create a danger to self or others
- Living in a non-institutional setting
- Cognitively able to participate in the program at an appropriate developmental level
- Evaluated by a team coordinator and coach prior to placement
- Able to use upper extremities to independently push a sports chair or handcycle or to independently propel on the ice using sled hockey sticks. Power chairs may be used in wheelchair tennis, based on coordinator and coach evaluation.)

Mary Free Bed Adaptive Sports Programs and Clinics

Sports clinics offer participants a more relaxed and leisurely experience. Clinics include downhill skiing, water skiing, rock climbing, sailing, kayaking, canoeing, scuba diving, archery, golf and martial arts.

Participants must be cognitively or physically impaired. Common diagnoses of children and adult participants include: amputation, spinal cord injury, spina bifida, stroke, muscular dystrophy, multiple sclerosis, spinal muscular atrophy, hip dysplasia, cerebral palsy, arthrogryposis, traumatic brain injury and post-polio syndrome. There may be some restrictions based on individual barriers, such as difficulty swallowing water, personal fears or age restrictions. The clinic coordinator will answer any questions.

Mary Free Bed Wheelchair Sports

Wheelchair Softball

Consider joining the Rollin' Whitecaps Wheelchair Softball Team, now in our fourth season. The team is registered under the National Wheelchair Softball Association and will participate in the Wheelchair Softball World Series in August in Biloxi, Miss. We are thrilled to practice on our new field at the Mary Free Bed YMCA, the only wheelchair softball field in Michigan!

Date: through August 9

Time: Tuesday Evenings, 6:00 – 8:00 pm

Tournaments: The team travels to one tournament per month June – August and will host its first home tournament this year!

Age: 18 and older

Location: Mary Free Bed YMCA, 5500 Burton St SE, Grand Rapids MI

Cost: \$40 payable to Mary Free Bed, registration fee due at first practice, fundraising opportunities throughout the season.

Equipment: Bat + balls provided. Sports wheelchairs to borrow as needed.

For more information or to register for the team, email sports@maryfreebed.com or call 616.840.8356

First Annual Mary Free Bed Wheelchair Softball Tournament, The West Michigan Rollin' Whitecaps will host its first home tournament at the new wheelchair softball field at the Mary Free Bed YMCA.

Date: June 4 – 5

Time: TBD (tournament schedule will be released after team registration is completed)

Location: Mary Free Bed YMCA, 5500 Burton St SE, Grand Rapids MI

Cost: Free for spectators



Handcycling

The Mary Free Bed Handcycling Team is a great group of individuals who are dedicated to riding. The team meets weekly to ride the beautiful White Pine Trail starting in Belmont and traveling north to Rockford and back. Each season, there is a list of local and out-of-state races individuals may choose. This is an awesome way to gain camaraderie and support when training for races.

Season: through September

Age: 16 and older

Practice Location: Rogue River Park, 6262 Belmont Ave NE, Belmont, MI 49306

Cost: \$40 payable to Mary Free Bed, registration fee due at first practice, fundraising opportunities throughout the season.

Equipment: Each participant will need a handcycle that fits his or her needs. Limited number of handcycles available on loan.

For more information or to register for the team, email sports@maryfreebed.com or call 616.840.8356



Find us at maryfreebed.com/sports



Mary Free Bed Adaptive Sports Clinics

Adaptive Sailing Clinic

Date: June 17

Time: Morning and afternoon sessions available (details in event flyer)

Location: Grand Rapids Yacht Club, 740 Lakeside Dr. SE, Grand Rapids, MI 49506

Age: 5 (by the date of the clinic) and older

Cost: \$20

Look for clinic flyer in your email for more details.

Adaptive Golf Clinic

Date: June 20

Time: 10:00 am – 1:00 pm

Location: The Pines Golf Course, 5050 Byron Center Ave., Wyoming, MI 49509

Age: 11 (by the date of the clinic) and older

Cost: \$10

Look for clinic flyer in your email for more details.

Adaptive Canoe and Kayak Clinic in conjunction with Kentwood Parks and Recreation

Date: July 21

Time: 5:00 pm – 6:15 pm, 6:30 pm – 7:45 pm (more details in event flyer)

Location: Millenium Park, 1415 Maynard Ave. SW, Walker, MI 49534

Age: 13 (by the date of the clinic) and older

Cost: \$20

Look for clinic flyer in your email for more details.



Adaptive Waterski Clinic in conjunction with Kentwood Parks and Recreation

Dates: July 15 and August 5

Time: 9:00 am – 12:00 pm, 1:00 pm – 4:00 pm (more details in event flyer)

Location: Reeds Lake at John Collins Park, 650 Lakeside Dr. SE, Grand Rapids, MI 49506

Age: 5 (by the date of the clinic) and older

Restrictions: Participants must be able to swallow thin liquids safely

Cost: \$20 for one session and \$25 for two

Look for clinic flyer in your email for more details.

Adult Wheelchair Tennis

This program is for adults with physical disabilities who want to play recreationally or who want to compete and travel for tournaments. Learn the game, work on your skills and get direction from a pro tennis coach.

Dates: June – October, Monday + Thursday evenings

Time: 6:00 – 8:00 pm

Location: MVP Crahen, 115 Crahen Ave. SW, Grand Rapids, MI 49525

Age: 18 and older

Cost: USTA \$40 fee, plus fundraising responsibilities

Equipment: Tennis sports wheelchairs are available to borrow for the season if needed

Jr. Wheelchair Tennis

Requiring no special equipment or modifications to the court, children with physical disabilities are coached in basic tennis skills and competitive play. Kids practice alongside the adult team to learn drills and mobility skills; join in cardio exercise; and participate in match play. Mary Free Bed offers recreational and competitive wheelchair tennis for juniors.

Dates: June 13 – August 22

Time: 6:00 – 7:30 pm, Mondays

Location: MVP Crahen, 115 Crahen Ave. SW, Grand Rapids, MI 49525

Age: 7 – 18

Cost: \$40 (checks payable to Mary Free Bed)

For more information or to register for the clinics, email sports@maryfreebed.com or call 616.840.8356



Find us at maryfreebed.com/sports

Jr. Wheelchair Sports Camp

The five day Sports Camp provides youth with physical disabilities (and who require the use of a wheelchair) an opportunity to participate in sports and get moving! Campers learn how to play basketball, tennis, team handball, softball, sled hockey, handcycling, meet new friends and much more.

Dates: July 25 – 29

Time: 8:30 am – 4:00 pm

Location: Grand Valley State University, 1 Campus Drive, Allendale, MI 49401

Age: 7–18

Cost: FREE to day campers, \$175 for overnight campers who live more than 45 miles one way from GVSU. To register you MUST call for an application.

Midwest Wheelchair Outdoor Championships

This hometown tournament, a part of USTA, NEC and ITF, welcomes more than 70 wheelchair tennis athletes from all over the world! From junior athletes to paralympians, this is a must-see tournament full of competition. We invite you to watch our local Mary Free Bed wheelchair tennis team play on their home courts.

Date: July 8 – 10

Time: 9:00 am – 6:00 pm throughout the weekend

Location: MVP Crahen, 115 Crahen Ave. SW, Grand Rapids, MI 49525

Cost: Free to watch



Mary Free Bed Adaptive Sports Classes

Adaptive Climbing Class

Experience unknown heights through the excitement of rock climbing. If there is a will there is a way. All are welcome in this exhilarating sport. Variations of rope and rock climbing instruction will be offered by seasoned enthusiasts.

Dates: Thursdays, July 21 & 28, August 4, 11, 18 & 25

Time: 5:00 – 7:00 pm, Thursdays

Location: Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids, MI 49546

Age: 3 and older

Cost: \$40 (checks payable to Mary Free Bed)

Preschool Sports Sampler

This is an opportunity for those not yet old enough to join a team. Skill building, team work and game play are all incorporated in this 6-week class. Instruction will cover tennis, basketball and softball.

Dates: July 19 & 26 and August 2, 9, 16 & 23

Time: 5:00 – 6:00 pm, Tuesdays

Location: Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids, MI 49546

Age: 3 to 7

Cost: \$40 (checks payable to Mary Free Bed)

Adaptive and Wheelchair Ballroom Dancing

This is your chance to dance, dance, dance! Adaptive ballroom dancing is offered for those who have experienced a stroke, have MS, MD or Parkinson's Disease and for those who use a wheelchair for mobility.

Dates: July 20 & 27 and August 3, 10, 17, & 24

Time: 6:00 – 6:45 pm, Wednesdays

Location: Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids, MI 49546

Age: 18 and older

Cost: \$60-single, \$90-couple (checks payable to Mary Free Bed)

For more information or to register for the clinics, contact Cathy Glonek at 616.840.8356 or sports@maryfreebed.com



For more information, call 616.840.8356

Adaptive Tennis

Children who have cognitive impairments or challenges and have a difficult time having success in a typical tennis lesson will enjoy a supportive and adaptive learning environment.

Dates: June 22 & 29, July 20 & August 17

Time: 6:00 – 7:30 pm

Location: MVP Crahen, 115 Crahen Ave. NE Grand Rapids, MI 49525

Age: 7 and older

Cost: \$10 (checks payable to Mary Free Bed)

Equipment: Any adaptations currently used. Tennis racquets are provided as necessary.

For more information or to register for the clinics, email sports@maryfreebed.com or call 616.840.8356

Six-Week Adaptive Swim Lessons

Once-a-week lessons are for school-aged children with developmental disabilities and who require one-on-one instruction from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment.

Location: Mondays at Belmont YMCA; Tuesdays at Mary Free Bed YMCA

Age: 5–18 years (or still receiving school services) for swim lessons

Session length: Six weeks – 45-minute sessions

Cost: \$40 due before the first lesson

Date		Times	Instructor
Mondays	July 11 – August 22 (No class August 15)	4:00 – 4:45 pm	Laura Goeke
Location	Belmont YMCA	4:45 – 5:30 pm	
		5:30 – 6:15 pm	
		6:15 – 7:00 pm	
Tuesdays	July 12 – August 23 (No class August 26)	4:00 – 4:45 pm	Laura Goeke
Location	Mary Free Bed YMCA	4:45 – 5:30 pm	
		5:30 – 6:15 pm	



Horseback Riding Sessions

Children and adults with physical, mental and/or emotional disabilities are invited to participate in an Adaptive Horseback Riding Clinic to introduce participants to the sport, or a six-week session of horseback riding lessons. Weekly classes include barn safety, grooming and saddling, mounted exercises, riding instruction and trail rides, all tailored to the rider's abilities. Each class focuses on increasing each rider's skills, including properly holding the reins, learning to guide the horse through an obstacle course, or trotting or cantering independently. Classes are taught by a PATH-certified instructor. Each rider will have a horse leader and one or two side walkers, if needed, to assist with balance.

Adaptive Horseback Riding Clinic

Dates: Tuesday, June 21 or Thursday, September 1

Time: 6:30 – 7:30 pm or 7:30 – 8:30 pm

Age/Weight: 3 years and older, weighing no more than 225 pounds

Location: Kent Special Riding Program, 9705 Morse Lake Road, Alto, MI 49302

Cost: \$10 (checks payable to KSRP)

Equipment: Helmets are provided, ramps available for wheelchair access

Six-Week

Dates: Spring session: June 25 – August 8 | Fall session: September 10 – October 22

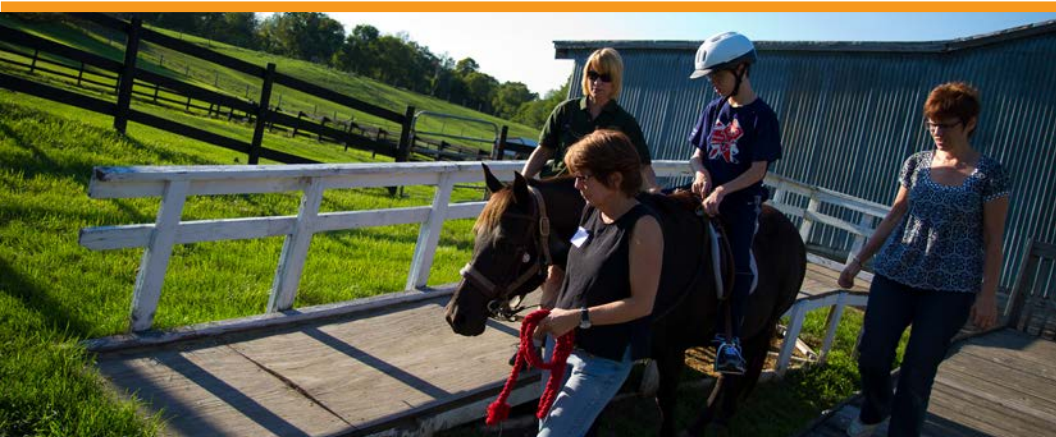
Time: Once a week on Monday–Saturday mornings, afternoons or evenings. Please indicate your preferences on the form and you will be contacted with your class day and time.

Age/Weight: 3 years and older, weighing no more than 225 pounds

Location: Kent Special Riding Program, 9705 Morse Lake Road, Alto, MI 49302

Cost: \$20 per six-week session (checks payable to KSRP)

Equipment: Helmets are provided, ramps available for wheelchair access



Please visit <http://www.kentspecialridingprogram.org/enroll/> for more information and to print the required forms.

Registration, Cancellation & Payment










To register for athletic teams or clinics, please contact the Wheelchair and Adaptive Sports Program at Mary Free Bed, 616.840.8356 or email sports@maryfreebed.com. Please call at least 72 hours in advance if you or your child cannot attend a program. All checks should be made payable to Mary Free Bed, unless otherwise noted.



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616.840.8356 | 235 Wealthy SE | Grand Rapids, MI 49503 | maryfreebed.com

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