

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS
PROGRAM SCHEDULE



WINTER 2017



Mary Free Bed
Wheelchair and Adaptive Sports



Mary Free Bed Wheelchair & Adaptive Sports programs can be fast-paced, challenging and competitive. Our programs provide a fun opportunity to exercise, make new friends, develop social and teamwork skills, and increase confidence. 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 older
- 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 Clinics and Classes

Sports clinics offer participants a more relaxed and leisurely experience. Clinics include downhill skiing, water skiing, sailing, kayaking, canoeing, scuba diving, tennis, archery and golf. Classes include yoga, rock climbing, ballroom dancing and preschool sports samplers.

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.

Sports Teams

Mary Free Bed Jr. Pacers Wheelchair Basketball Team

Wheelchair & Adaptive Sports offers this program for both recreational and competitive athletes with good upper extremity function. The Jr. Pacers have a Prep team and a Varsity team, based on age and ability. Athletes get the opportunity to participate on a team, stay connected with basketball and remain active with other children their age.

Dates: Tuesdays through April 2017

Time: 6–7:30 pm

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

Age: 7–18

Cost: \$100, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season

Mary Free Bed Pacers Wheelchair Basketball Team (DI level)

The Adult Pacers program offers competitive wheelchair basketball for those who are at least age 18 and live with a physical disability. Players will have the opportunity to participate on a National Wheelchair Basketball Association Division I basketball team. The level of play is fast paced and fun to watch. The team travels to competitions throughout the country.

Dates: Tuesdays through April 2017

Time: 8–9:30 pm

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

Age: 18 and older

Cost: \$100, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season

Mary Free Bed Rollin' Drive

Wheelchair Basketball Team (DIII Level)

We are registered as a DIII division team under the National Wheelchair Basketball Association.

Dates: Mondays through April 2017

Time: 6–8 pm

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

Age: 18 and older

Cost: \$100, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season

Mary Free Bed Women's Wheelchair Basketball Team

Dates: Mondays through April 2017

Time: 6–8 pm

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

Age: 18 and older

Cost: \$100, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season

Grand Rapids Thunder Quad Rugby Team

The Grand Rapids Thunder is a wheelchair rugby team for those living with physical disabilities to the upper and lower body extremities. Heavy-duty sports chairs, fit to each individual, are used in this high-intensity, chair-to-chair contact sport. The game is as physical and extreme as conventional rugby.

Dates: Wednesdays through March 2017

Age: 16 and older

Cost: \$100, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season



Wheelchair Fencing

Join the Mary Free Bed/West Michigan Fencing Academy Wheelchair Fencing Team. Michigan's first wheelchair fencing team is in its first season and looking for new team members. The team is registered under the United States Fencing Association and competes with out-of-state teams. Tournaments are held both locally and away.

Date: Thursdays through mid-June 2017

Time: 7-8:30 pm

Age: 18 and older

Location: West Michigan Fencing Academy, 1111 Godfrey SW, Grand Rapids

Costs: \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the season
\$70 USA Fencing membership fee; pay online at www.usfencing.org

Equipment: Provided for new members.

Mary Free Bed All Stars Adaptive Cheerleading Team

The Mary Free Bed All Stars Adaptive Cheerleading team is a spirited group of individuals, ages 10-18, with a physical or cognitive impairment that prevents participation in able-bodied cheer. This team practices with a goal to cheer at both our Wheelchair & Adaptive Sports tournaments and games out in the community.

NEW!

** We are looking to grow our team!!

Dates: Mondays through January 2017

Time: 6-6:45 pm

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

Age: 10-18

Grand Rapids Sled Wings Sled Hockey Team

The Grand Rapids Sled Wings are co-sponsored by Mary Free Bed Rehabilitation Hospital and the Grand Rapids Griffins Youth Foundation. Sled hockey is a sport ideal for individuals with lower limb affected disabilities. This program is for both the recreational and competitive athlete.

Dates: Saturdays (conditioning and practices through April 2017)

Time: 8:30 am (gear up and equipment) 9 am (skate, subject to change)

Location: Griff's Icehouse at Belknap Park, 30 Coldbrook St. NE, Grand Rapids

Age: 7 and older

Cost: \$100, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season

\$40 USA Hockey membership fee; pay online at usahockey.com

(*must be a member before starting practice)

Future Sled Wings

The "Future Sled Wings" Program will hold practices for athletes interested in trying sled hockey. Ideally these practices will be for younger players ages 5-8 who want to play on the Sled Wings when they get older. This will be a great way to introduce the kids to the sport without the intimidation of older players being on the ice. Below are the scheduled practice dates and times:

Date: Saturdays, Oct. 29, Dec. 10, Dec. 17, 2016 and Jan. 14, 2017

Time: 10–10:50 am

Location: Griff's Ice House, 30 Coldbrook St. NE, Grand Rapids

Olive Garden Spaghetti Dinner

Come support the Grand Rapids Sled Wings! All ticket sales are given to the Sled Wings for seasonal expenses such as travel to tournaments, equipment needs, uniforms, ice time and hosting a home tournament.

Tickets: \$8 per ticket, free to children five and younger (checks payable to Mary Free Bed)

Meal Includes: Complete Olive Garden dinner, dessert and beverages!

Date: Saturday, Jan. 14, 2017

Time: 5–8 pm

Location: St. Mary's Catholic Church, 15164 Juniper Drive, Marne

12th Annual Grand Rapids Griffins vs. Sled Wings Fundraiser Game

In this unique and highly-anticipated event, the Griffins will host a friendly yet competitive game of sled hockey with the Grand Rapids Sled Wings. This event benefits the Griffins Youth Foundation and the Sled Wings.

Date: Monday, Feb. 6, 2017

Time: 6–8 pm

Location: Griff's Icehouse, 30 Coldbrook St. NE, Grand Rapids

Experience sled hockey for a \$1 donation. Griffins players and coaches also will be on hand for autographs.

Wheelchair and Handcycle Racing - 5/3 River Bank Run

Date: Saturday, May 13, 2017

If you are interested in participating please contact us for more details maryfreebed.com/sports

Classes

Adaptive Yoga

Experience inner peace through the guidance of certified instructors with extensive adaptive yoga practice. This six-week class is offered to those with cognitive and physical deficits.

Dates: Tuesdays, Jan. 17, 24 and 31 & Feb. 14, 21 and 28, 2017

Time: 6:45–7:45 pm

Location: Mary Free Bed, Second Floor Conference Room, 235 Wealthy St. SE, Grand Rapids

Age: 12 and older

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

Preschool Sampler

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

Dates: Wednesdays, Jan. 18-Feb. 22, 2017

Time: 5–7 pm

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

Age: 3-6

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





Mary Free Bed Adaptive Swim Lessons

Adaptive swim lessons are offered for school-aged children with developmental disabilities and include one-on-one instruction from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment.

Classes are one day per week for six weeks.

Locations

Tuesday classes: Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids

Wednesday classes: Wolverine Worldwide Family YMCA, 6555 Jupiter Ave. NE, Belmont

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

Session length: Six weeks, 45-minute sessions

Cost: \$40 due before the first lesson, registration is on a first-come basis by calling 616.840.8356.

Day	Dates	Times
Session 1		
Tuesdays	Jan. 10–Feb. 14, 2017	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm

Day	Dates	Times
Session 2		
Tuesdays	Feb. 28–April 11, 2017	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm

Day	Dates	Times
Session 1		
Wednesdays	Jan. 11–Feb. 15, 2017	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm

Session 2		
Wednesday	March 1–April 12, 2017	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm

*We are now offering a limited selection of private swim lessons.
Please call 616.840.8356 for more information.*

Home Tournaments

Wheelchair Basketball - Adults Home Tournament

The second annual Mary Free Bed Invitational is hosted by the adult wheelchair basketball teams. The tournament is for DI, DII, DIII and Women's Divisions.

Dates: Saturday, Dec. 3 and Sunday, Dec. 4, 2016

Time: TBD, check back at maryfreebed.com/sports

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

Cost: Free admission

Sled Wings Home Tournament and Adult League Weekend 2017 Griff's Sled Hockey Classic

Hosted by the Grand Rapids Sled Wings, this annual tournament showcases our talented adult and junior teams. Opponents travel from Illinois, Ohio, Indiana, Colorado and Pennsylvania to participate.

Dates: March 11–12, 2017

Location: Patterson Ice Arena, 2550 Patterson Ave., Grand Rapids

Cost: Free admission

Clinics

Adaptive Downhill Ski Clinic

Date: Saturday, Feb. 4, 2017

Location: Cannonsburg Ski and Ride Area, 6800 Cannonsburg Road. NE, Belmont

When you receive the clinic flyer in your email, you may call or email to register.

Registration is first-come, first-serve.

Adaptive and Wheelchair Ballroom Dancing Clinic

Adaptive ballroom dancing is being offered for those who have experienced a stroke, have MS, MD or Parkinson's and those with a physical disability who use a wheelchair for mobility.

Date: February 2017

Location: TBD

When you receive the clinic flyer in your email, you may call or email to register.

Registration is first-come, first-serve.

Registration, Cancellation and Payment

To register for athletic teams or clinics, please contact the Wheelchair & 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.



 [facebook/MaryFreeBedSports](https://www.facebook.com/MaryFreeBedSports)
maryfreebed.com/sports

Mary Free Bed
Wheelchair and Adaptive Sports

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