

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS
PROGRAM SCHEDULE

FALL 2016



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



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 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.

Mary Free Bed Adaptive Sports Teams

Wheelchair Basketball–Juniors

Wheelchair and Adaptive Sports offers this program for both recreational and competitive athletes with good upper extremity function. The Junior 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, September through April

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.

Wheelchair Basketball–Adult

The Mary Free Bed Pacers team offers competitive wheelchair basketball for those high-level players who are at least 18 and live with a physical disability. Players will have the opportunity to participate on a National Wheelchair Basketball Association Championship Division basketball team. The level of play is fast-paced and fun to watch. The team travels to competitions throughout the U.S.

Dates: Tuesdays, September through April

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.

Wheelchair Basketball–Adult

The Mary Free Bed Rollin DRIVE team is a DIII team for players who are at least 18 and live with a physical disability. For more information on this team, please contact the department.

Dates: Mondays, September through April

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.

Wheelchair Basketball–Juniors Home Tournament

“Keep Up the Pace” is an exciting annual tournament hosted by the Junior Pacers. The tournament welcomes both varsity and prep-level teams. Teams will travel from all over the United States to attend.

Dates: Saturday, Nov. 5 and Sunday, Nov. 6

Time: TBD

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

Cost: Free admission

Wheelchair Basketball Adults Home Tournament

The second annual Mary Free Bed Invitational is hosted by both of the adult wheelchair basketball teams. The tournament is for both championship and DIII teams.

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

Time: TBD

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

Cost: Free admission



Quad Rugby

The Grand Rapids Thunder is a wheelchair rugby team for those living with physical disabilities to 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 conventionally played rugby.

Dates: Wednesdays, September through March

Time: 7–9:30 pm

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

Age: 16 and older

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

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 to participate in. This is an awesome way to gain camaraderie and support when training for races.

Season: Through October

Age: 16 and older

Practice location: Rogue River Park, 6262 Belmont Ave. NE, Belmont

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

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



Quad Rugby Home Tournament

Hosted by the Grand Rapids Thunder, this annual tournament, called “Grand Rapids Thunderfest” showcases our wheelchair quad rugby team. Opponents come from all over the United States and Canada to participate in this exciting tournament. Expect rough and fast-paced play.

Dates: Saturday, Oct. 1 and Sunday, Oct. 2

Time: TBD

Location: MSA Fieldhouse, 5435 28th St. SE., Grand Rapids

Cost: Free admission

Sled Hockey

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) September through April

Time: 8:30 am (equipment)–9 am (skate, subject to change)

Location: Griff's Icehouse, 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.

Also, \$40 USA Hockey membership fee; pay online at: www.usahockey.com. Must be a member before starting practice.



Wheelchair Cheerleading Team

Dates: Wednesday, September 21

Time: 6–7:30 pm

Location: TBD

Age: 10 and older

Interested? Contact the Wheelchair and Adaptive Sports Program at 616.840.8356 or email at sports@maryfreebed.com

NEW!

Wheelchair Fencing

The Mary Free Bed/West Michigan Fencing Academy Wheelchair Fencing Team is registered with the United States Fencing Association and competes with teams from across the United States. Athletes compete in wheelchairs fixed to the floor, limiting movement of the chair. They rely on ducking, half-turns and leaning to dodge their competitors' touches.

Dates: Thursdays, September through May

Time: 7–8:30 pm

Location: West Michigan Fencing Academy, 1111 Godfrey Ave SW, Suite #N250 & #N260, Grand Rapids

Age: 18 and older

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

Also, \$70 for USA Fencing Association membership fee, pay online: usfencing.org.

Must be a member before starting practice.



Mary Free Bed Adaptive Sports Clinics

Adaptive Scuba Diving Clinic

Date: TBD

Location: East Grand Rapids High School Pool, 2211 Lake Drive, East Grand Rapids
(When you receive the clinic flyer in your email, you may call or email to register. Registration is first-come, first-serve.)

Adaptive Archery Clinic

Date: Nov. 10

Location: West Michigan Archery Center, 3500 10 Mile Road NE, Rockford
(When you receive the clinic flyer in your email, you may call or email to register. Registration is first-come, first-serve.)

Adaptive Horseback Riding Clinic

Children and adults with physical, mental and/or emotional disabilities are invited to participate in a Horseback Riding Clinic to see what therapeutic and recreational horseback riding is all about. Those who register and submit complete forms in advance will have a chance to get on a horse and learn some basic riding skills. Up to four riders at a time will be taught by a PATH-certified instructor, and each rider will have a horse leader and one or two sidewalkers if needed to assist with balance.

Date: Thursday, Sept. 1 (form must be submitted and received by Aug. 22)

Time: 6:30–7:30 pm or 7:30–8:30 pm

Place: Kent Special Riding Program, 9705 Morse Lake Road, Alto

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

Cost: \$10, checks payable to KSRP

Equipment: Helmets are provided. Ramps available for wheelchair access.

* Please visit kentspecialridingprogram.org/enroll for more information and to print the required forms.



Mary Free Bed Adaptive Sports 6 Week Classes

Yoga

Experience being grounded at the center of inner peace through the guidance of certified instructors with extensive adaptive yoga practice. This 6-week class is offered for those with cognitive and physical deficits.

Dates: Tuesdays, Oct. 11, 18, 25 and Nov. 8, 15, 22

Time: 6:45–7:45 pm

Location: Mary Free Bed, 2nd Floor Conference Room
235 Wealthy St. SE, Grand Rapids

Age: 12 and older

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 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.

Dates: Mondays, Sept. 12, 19, 26 and Oct. 3, 10, 17

Time: 5:30–6:30 pm (For participants who have experienced a stroke, have MS, MD, or Parkinson's)

Time: 6:30–7:30 pm (For participants who have a physical disability and use a wheelchair for mobility)

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

Age: 18+ years old

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

*Subject to change

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: Wednesdays, Sept. 14, 21, 28 and Oct. 5, 12, 19

Time: 5:30–7:30 pm

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

Age: 3 and older

Cost: \$40 (checks payable to 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 for one day per week for 6 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: 6 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	Instructor
Tuesdays	Sept. 13–Oct. 18	4:00–4:45 pm 4:45–5:30 pm 5:30–6:15 pm	Laura Goeke
Tuesdays	Nov. 1–Dec. 6	4:00–4:45 pm 4:45–5:30 pm 5:30–6:15 pm	Laura Goeke
Day	Dates	Times	Instructor
Wednesdays	Sept. 14–Oct. 19	4:00–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7:00 pm	Laura Goeke
Wednesdays	Nov. 2–Dec. 7	4:00–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7:00 pm	Laura Goeke



Registration, Cancellation and 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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maryfreebed.com/sports

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

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