

# RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS  
PROGRAM SCHEDULE



SPRING 2017





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

### Fencing

Join the Mary Free Bed/West Michigan Fencing Academy Wheelchair Fencing Team, Michigan's first wheelchair fencing team. We're in our second season and seeking new team members. Registered under the United States Fencing Association, we compete with out-of-state teams in tournaments both locally and away.

**Date:** Thursdays through mid-June

**Time:** 7-8:30 pm

**Age:** 18 and older

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

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

Equipment: Provided for new members

### Handcycling

The Mary Free Bed Handcycling Team is a great group of individuals who are dedicated to riding. The team gets together weekly to ride at Millenium Park. Enjoy camaraderie and peer support while training for races, or just going for a ride. Race options available locally and out-of-state.

**Season:** March through October

**Group Ride:** 6-8 pm Wednesdays

**Age:** 16 and older

**Practice Location:** 1415 Maynard Ave SW, Walker

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

**Equipment:** Each participant will need a handcycle fitted to his or her needs. Limited number of handcycles available to borrow.





## Softball

Looking to stay active this summer? Consider joining the Rollin' Whitecaps Wheelchair Softball Team in our fifth season! The team is registered under the National Wheelchair Softball Association and will participate in the Wheelchair Softball World Series in August. Join us for a practice to see if it's right for you.

**Season:** April – August

**Practice:** Tuesdays 6-8 pm

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

**Age:** 18 and older

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

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

**Equipment:** Bats, balls and sports wheelchairs provided on loan



# Tennis

## Junior Tennis



Children and teens with physical disabilities are coached in basic tennis skills and competitive play. Juniors practice alongside the adult team to learn drills and mobility skills, join in cardio exercise, and participate in match play. Practices and games are on a standard tennis court – no special equipment or modifications to the court are necessary. This inclusive program provides practice and playing opportunities for children and teens who are full or part-time wheelchair users.

**Dates:** Mondays, June-mid-August

**Time:** 6-7:30 pm

**Location:** MVP Crahen, 115 Crahen Ave. SW, Grand Rapids

**Age:** 7-18 years

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



## Adult Tennis

Adults with physical disabilities are coached in basic tennis skills and competitive play. No prior knowledge or experience playing tennis is needed to participate in our Adult Wheelchair Tennis program. Practices and games are on a standard tennis court – no special equipment or modifications to the court are necessary. This inclusive program provides practice and playing opportunities for adults who are full or part-time wheelchair users. Practices are year-round and team participation includes travel to tournaments throughout the United States.

**Dates:** Mondays and Thursdays, May-mid-September

**Time:** 6-8 pm

**Location:** MVP Crahen, 115 Crahen Ave. SW, Grand Rapids

**Age:** 18 and older

**Cost:** \$44, register with USTA and \$100 due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the year

# Home Tournaments

## 2017 Griff's Sled Hockey Classic

Sled Wings Home Tournament and Adult League Weekend

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

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

Free admission



Find us at [maryfreebed.com/sports](http://maryfreebed.com/sports)

## Classes

### Adaptive Climbing Class

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

**Dates:** Tuesdays, April 4, 11, 18 and 25 & May 2 and 9

**Time:** 5:30-7:30 pm

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

**Age:** 5 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. This six-week class includes skill building, teamwork and game play. Instruction will cover tennis, basketball and softball.

**Dates:** Wednesdays, – April 5, 12, 19 and 26 & May 3 and 10

**Time:** 5-6 pm for individuals with cognitive impairments

6-7 pm for individuals with physical disabilities

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

**Age:** 3-7 (by date of first class)

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





### Swim Lessons

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

**Age:** 5-18 (or still receiving school services)

**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

**Locations:**

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

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

Day	Dates	Times
<b>Session 1</b>		
Tuesdays	Apr. 18 – May 23	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm
Wednesdays	Apr. 19 – May 24	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm
<b>Session 2</b>		
Tuesdays	Jun. 6 – Jul. 18	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm
Wednesdays	Jun. 7 – Jul. 19	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm



**Private swim lessons:** We are now offering a limited selection of private swim lessons that are open to children and adults with physical and cognitive disabilities. This includes one-on-one instruction from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment.

**Age:** All

**Session length:** Six weeks, 45-minute sessions

**Location:** Mary Free Bed therapy pool, 235 Wealthy St. SE, Grand Rapids

**Cost:** \$150 due before the first lesson, registration is on a first-come, first-served basis by calling 616.840.8356

**Day**

**Dates**

**Times**

**Session 1**

Mondays

Apr. 17 – May 22

4–4:45 pm  
4:45–5:30 pm  
5:30–6:15 pm  
6:15–7 pm

**Session 2**

Mondays

Jun. 5 – Jul. 17

4:00–4:45 pm  
4:45–5:30 pm  
5:30–6:15 pm  
6:15–7 pm



# Adaptive Sports Clinics

**\*\*Registration for the listed clinics will open once you receive the clinic flyer in your email. The flyers will include clinic details. Registration is on a first-come, first-served basis.**

## Adaptive Fishing *Spring Clinic*

Get Hooked Grand Haven

**Save the Date:** Thursday, May 18

**Location:** Grand Haven boardwalk/pier

SAVE  
THE  
DATE!

## *Fall Clinic*

Partnering with "Pursuing a Dream" and Indian Trails Camp

**Save the Date:** Thursday, Sep. 21

**Location:** Indian Trails Camp, 1859 Lake Michigan Dr. NW, Grand Rapids

SAVE  
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DATE!

## Wheelchair Lacrosse

**Save the Date:** Saturday, Apr. 22 and Sunday, Apr. 23

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

SAVE  
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## Power-Chair Soccer

**Save the Date:** Saturday, May 6

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

SAVE  
THE  
DATE!

## Adaptive Zipline

**Save the Date:** Saturday, May 20

**Location:** Indian Trails Camp, 1859 Lake Michigan Dr. NW, Grand Rapids

SAVE  
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DATE!

## Special Events

### Bikes For The Rest Of Us

Riding a bike is a time-honored activity. This annual event introduces children and adults with disabilities to adaptive bicycling. Participants are paired with a therapist and evaluated to determine needed adaptations. Mary Free Bed therapists and volunteers introduce participants to a variety of adaptive bikes available for purchase.

**Date:** Saturday, Apr. 22

**Time:** 9 am-noon; pre-registration and appointment required

**Location:** Mary Free Bed Professional Building Parking Ramp,  
350 Lafayette Ave. SE, Grand Rapids

**Age:** 3 years and older

*Attendees must call for an application to register!*







## Fifth Third River Bank Run

This year is the 40th Annual Fifth Third River Bank Run, which marks the 28th year of the Mary Free Bed Guild's sponsorship of the Wheelchair Division and the 12th year of sponsorship for the Handcycle Division.

The Fifth Third River Bank Run offers competitive 25K divisions for both wheelchair and handcycle athletes. Athletes must use a racing wheelchair or handcycle to participate. Participants include former Mary Free Bed patients, Michigan residents and athletes from across the United States and abroad. This event raises public awareness of professional athletes in the adapted sports arena.

*Register online at [www.53riverbankrun.com](http://www.53riverbankrun.com).*

### Event Fee Schedule

**Through May 1** – \$65

**May 2-9** – \$75

**Friday, May 12** – \$80

*No registration race morning*

If you have questions regarding registration or the Wheelchair and Handcycling Divisions, email [sports@maryfreebed.com](mailto:sports@maryfreebed.com) or call 616.840.8356.

## Jr. Wheelchair Sports Camp

This five-day sports camp provides youth with physical disabilities, and who require the use of a wheelchair, an opportunity to participate in sports and be active with their peers. Learn how to play basketball, tennis, team handball, softball and sled hockey, try handcycling, meet new friends and much more.

**Dates:** Jul. 24-28

**Time:** 8:30 am – 4 pm

**Location:** Grand Valley State University, 1 Campus Drive, Allendale

**Age:** 7-18 years

**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.

SAVE  
THE  
DATE!



## Annual Mary Free Bed Wheelchair and Adaptive Sports Golf Outing Fundraiser

Try your luck in our hole-in-one and putting contests. We're offering lots of great raffle prizes and more! All proceeds benefit Mary Free Bed and Adaptive Sports programs which provide and promote competitive and recreational adaptive sports for people with disabilities.

**Date:** Monday, Jun. 5

**Time:** Shotgun starts at 8 am and 1:15 pm

**Location:** Thousand Oaks Golf Club, 4100 Thousand Oaks Drive, Grand Rapids

**Entry Fee:** \$175 per person

*For more details visit [www.maryfreebed.com/golf](http://www.maryfreebed.com/golf).*

If you are interested in golfing or becoming a sponsor at our golf outing, please email [sports@maryfreebed.com](mailto:sports@maryfreebed.com) or call 616.840.8356.

## Connections to Consider

### Grand Rapids Eagles Sports Teams

The Grand Rapids Eagles Disabled Sports Team is a non-profit organization that provides athletic training for athletes (ages seven and older) with cerebral palsy, muscular dystrophy, spina bifida, visual impairments, spinal cord injuries and other physical disabilities. This is a great opportunity for team sports and making friends with a diverse group that includes those who use power wheelchairs to full-ambulation athletes. Current training opportunities in bowling, bocchia ball, swimming, power lifting, track and field, and more. The group meets 6-7:30 pm Tuesdays, October through May.

For more information contact head coach Emily VanderZwaag at 616.437.6825 or [emvanderzwaag@yahoo.com](mailto:emvanderzwaag@yahoo.com). Visit their Facebook page at [GREaglesdisabledsports](https://www.facebook.com/GREaglesdisabledsports).



### Kent Special Riding Program

Kent Special Riding Program is a nonprofit organization dedicated to providing high-quality therapeutic and recreational horseback riding instruction to physically, mentally, and emotionally challenged individuals in Kent and surrounding counties. Children and adults with physical, mental and/or emotional disabilities are invited to participate in a six-week session of horseback riding lessons. Classes are held during the spring, summer and fall.

Visit [www.kentspecialridingprogram.org](http://www.kentspecialridingprogram.org) for more information.



## 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](mailto: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](https://maryfreebed.com/sports)

**Mary Free Bed**  
Wheelchair and Adaptive Sports

616.840.8356 | 235 Wealthy St. SE | Grand Rapids, MI 49503 | [maryfreebed.com](https://maryfreebed.com)

