

# RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS  
PROGRAM SCHEDULE



SUMMER 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.

# Teams

## Wheelchair 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

## Jr. Wheelchair Softball

Join us in kick-starting our Jr. Wheelchair Softball Team!

**Season:** May – August 2017

**Practice:** 6-7:30 pm, selected Thursdays

**Tournaments:** The team will work toward traveling to a tournament or two throughout the season

**Age:** 10 and older

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

**Cost:** \$40, due at first practice

**Equipment:** Bats, balls and sports wheelchair (to borrow if needed) provided



## 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 Millennium 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.



## Wheelchair Lacrosse

Join us in our first season of offering the exciting sport of Wheelchair Lacrosse. Played in basketball chairs this sport has historically drawn in sled hockey and basketball athletes due to the fast pace and physicality of the game. The Wheelchair lacrosse season begins at the culmination of basketball and sled hockey seasons and ends before they start up again.

**Season:** April – August

**Practice:** Wednesdays, 7-8:30 pm

**Age:** 15 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:** Limited supply to loan to players, please inquire





## 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

**Time:** 6-8 pm, Mondays and Thursdays

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

**Age:** 18 and older

**Cost:** USTA \$40 fee; \$100, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season.

**Equipment:** Tennis sports wheelchairs are available to borrow for the season, as necessary.



## 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 19 – August 28

**Time:** 6 – 7:30 pm, Mondays

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

**Age:** 7 – 18

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



# Home Tournaments

## Second Annual Mary Free Bed Wheelchair Softball Tournament

The West Michigan Rollin' Whitecaps will host its second home tournament at the wheelchair softball field at the Mary Free Bed YMCA.

**Date:** June 10-11

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

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

**Cost:** Free for spectators



## Midwest Wheelchair Outdoor Tennis 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, competitive tournament. We invite you to watch our local Mary Free Bed wheelchair tennis team play on their home courts.

**Date:** July 7 – 9

**Time:** 9 am – 6 pm daily

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

**Cost:** Free to watch

# Clinics

**\*\*Registration opens when you receive the clinic flyer via email. Flyers include clinic details. Registration is first-come, first served.**

## Adaptive Golf Clinic

**Date:** June 12

**Time:** 10 am–1 pm

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

## Adaptive Archery Clinic

Partnering with Kentwood Park and Recreation, sponsored by West Michigan Archery Center

**Date:** June 12

**Time:** 6–7pm and 7–8pm

**Location:** West Michigan Archery Center, 3500 10 Mile Road NE, Rockford



## Adaptive Sailing Clinic

**Date:** TBD

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

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

## Adaptive Canoe and Kayak Clinic

Partnering with Kentwood Parks and Recreation

**Save the Date:** June 27

**Location:** Millennium Park, 1415 Maynard Ave. SW, Walker





## Adaptive Waterski Clinic

Partnering with Kentwood Parks and Recreation

**Save the Date:** July 14 and Aug. 18

**Location:** John Collins Park, 650 Lakeside Dr., Grand Rapids



## Adaptive Fishing

Fall Clinic

Partnering with "Pursuing a Dream" and Indian Trails Camp

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

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



## Special Events

### 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:** July 24-28

**Time:** 8:30 am – 4 pm

**Location:** Grand Valley State University, 1 Campus Dr., Allendale

**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.



# Classes

## Adaptive Yoga

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

**Dates:** Wednesdays, July 12, 19 and 26 and August 9, 16 and 23

**Time:** 6–7 pm

**Location:** TBD

**Age:** 12 and older

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

## Preschool Sports Sampler

This six-week class is an opportunity for younger children (not yet old enough to join a team) to work on skill-building, teamwork and game play. Instruction will cover tennis, basketball and softball.

**Dates:** Tuesdays, July 11, 18 and 25 and Aug. 1, 8 and 15

**Time:** 5 – 6 pm

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

**Age:** 3 to 7

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

## Adaptive Tennis

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

**Dates:** June 21 and 28, July 19, and Aug. 16

**Time:** 6 – 7:30 pm

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

**Age:** 7 and older



## 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
Tuesdays	July 25 – Aug. 29	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm
Wednesdays	July 26 – Aug. 30	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm

**Private swim lessons:** A limited selection of **private swim lessons** are available 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.





**Ages:** All

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

**Locations:**

**Monday classes:** Mary Free Bed Therapy Pool, 235 Wealthy St. SE, Grand Rapids

**Tuesday classes:** Mary Free Bed YMCA, 5500 Burton 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**

Mondays

July 24 – Aug. 28

4–4:45 pm

4:45–5:30 pm

5:30–6:15 pm

6:15–7 pm

Tuesdays

July 25 – Aug. 29

6:15–7 pm

7:00–7:45 pm





## 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 7 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 people who range from power wheelchair users to full ambulation athletes.



Current training opportunities in bowling, boccia ball, swimming, power lifting, track & field, and more. Meetings are Tuesdays from 6 to 7:30 pm October through May.

Contact Emily VanderZwaag (Head Coach) at 616.437.6825 or [emvanderzwaag@yahoo.com](mailto:emvanderzwaag@yahoo.com). Facebook page at 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) to learn more.



## 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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**Mary Free Bed**  
Wheelchair and Adaptive Sports

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