

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS
PROGRAM SCHEDULE



FALL 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.



For more information, call 616.840.8356

Teams

Adaptive Cheerleading Team

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

Dates: Monday, September 18

Time: 6–7:30 pm

Location: TBD

Age: 10 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 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: 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 year.

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

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.

Sled Hockey – Adults

The Grand Rapids Sled Wings sled hockey team offers 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: 18 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, payable online: www.usahockey.com. Must be a member before starting practice.

Sled Hockey – Juniors

The Grand Rapids Junior 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: 8:30–10:50 am

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

Age: 7 – 18

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

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



Wheelchair Basketball – Juniors

This program is 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.

Also, \$30 NWBA individual membership fee

Wheelchair Basketball – Adult

The Mary Free Bed Pacers team offers competitive wheelchair basketball for those high-level players who are at least 18 years old and live with a physical disability. Players 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 United States.

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.

Also, \$30 NWBA individual membership fee

Wheelchair Basketball – Adult

The Mary Free Bed Rollin' Drive team is a National Wheelchair Basketball Association DIII team for players who are at least 18 years old and live with a physical disability. This team is a great starting point if you are new to the sport of wheelchair basketball.

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.

Also, \$30 NWBA individual membership fee

Women's Wheelchair Basketball – Adult

Our women's division of adult wheelchair basketball is in its second season and we are looking to grow in numbers! Athletes rostered on the women's team also will have the opportunity to play with the DI or DIII teams, depending on skill level.

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.

Also, \$30 NWBA individual membership fee



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 country. 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, August through May

Time: 7–8:30 pm

Location: West Michigan Fencing Academy, 1111 Godfrey Ave SW, Suite N250 and 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, payable online: usfencing.org. Must be a member before starting practice.

Wheelchair Tennis – Adult

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

Dates: Through October, Monday and Thursday evenings

Time: 6–8 pm

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

Age: 18 and older

Cost: USTA \$40 fee plus \$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 if needed

Home Tournaments

Quad Rugby Home Tournament

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

Dates: Saturday, Oct. 7 and Sunday, Oct. 8

Time: TBD

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

Cost: Free admission

Wheelchair Basketball – Juniors Home Tournament

Keep up the Pace is an exciting annual tournament hosted by the Junior Pacers, welcoming both varsity and prep-level teams, which travel from all over the United States to compete.

Dates: Saturday, Nov. 4 and Sunday, Nov. 5

Time: TBD

Location: TBD

Cost: Free admission

Wheelchair Basketball Adults Home Tournament

The third annual Mary Free Bed Invitational is hosted by our adult wheelchair basketball teams and open to DI, DII, DIII and women's teams.

Dates: Saturday, Dec. 2 and Sunday Dec. 3

Time: TBD

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

Cost: Free admission



Clinics

When you receive the clinic flyer in your email, you may call or email to register. Payment must be made at the time of registration. Registration is first-come, first-serve.

Adaptive Scuba Diving Clinic

Date: TBD

Location: East Grand Rapids High School Pool, 2211 Lake Drive, East Grand Rapids

Adaptive Archery Clinic

Partnering with Kentwood Parks & Rec

Date: Sept. 18

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

Adaptive Fishing

Fall Clinic

Partnering with "Pursuing a Dream" and Indian Trails Camp

Date: Thursday, Sept. 21

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



Six-Week 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: Wednesdays, Sept. 13, 20, 27 and Oct. 4, 11, 18

Time: 5:30–7:30 pm

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

Age: 5 and older

Cost: \$40 (Payment must be made at the time of registration)

Preschool Wheelchair Sports Sampler

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

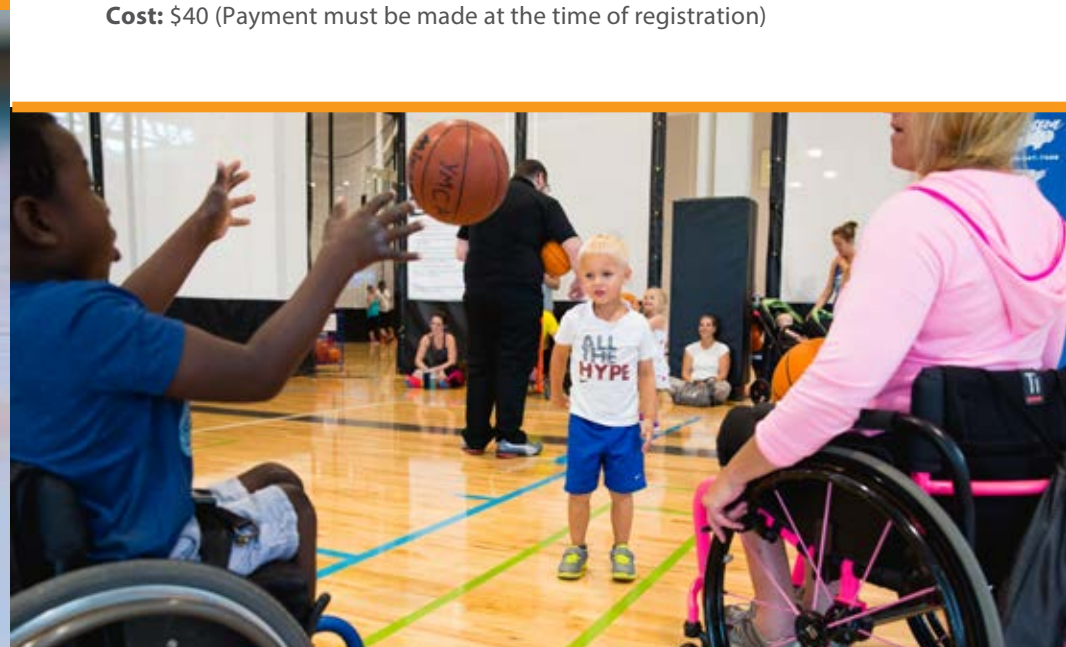
Dates: Tuesdays, Sept. 12, 19, 26 and Oct. 3, 10, 17

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 class

Cost: \$40 (Payment must be made at the time of registration)



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 at time of registration. 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	Sept. 12 – Oct. 17	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm
Tuesdays	Nov. 7 – Dec. 12	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm
Wednesdays	Sept. 13 – Oct. 18	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm
Wednesdays	Nov. 1 – Dec. 13*	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm

*No class on Wednesday, Nov. 22 due to holiday.

Private Swim Lessons

A limited selection of **private swim lessons** 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

Cost: \$150 due at time of registration. Registration is on a first-come basis by calling 616.840.8356.

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

Day	Dates	Times
Mondays	Sept. 11 – Oct. 16	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm
Mondays	Oct. 30 – Dec. 4	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7 pm
Tuesdays	Sept. 12 – Oct. 17	6:15–7 pm 7–7:45 pm
Tuesdays	Nov. 7 – Dec. 12	6:15–7 pm 7–7:45 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, bocchia 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. 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 to learn more.



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Restoring hope and freedom so our patients can achieve their highest degree of independence is what we do best at Mary Free Bed. Be a part of helping someone get in the game! For Wheelchair & Adaptive Sports sponsorship information, please contact Laura Dulay at laura.dulay@maryfreebed.com or 616.840.8729.

Registration and Payment

To register for teams, classes or clinics, please contact the Wheelchair & Adaptive Sports Program at Mary Free Bed, 616.840.8356, or email sports@maryfreebed.com. Payment is due at the time of registration.



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maryfreebed.com/sports

Mary Free Bed
Wheelchair and Adaptive Sports

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