RECCONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS PROGRAM SCHEDULE

SUMMER 2018

Mary Free Bed®
Wheelchair and Adaptive Sports

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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 Wheelchair & Adaptive Sports Clinics and Classes

Sports clinics offer participants a more relaxed and leisurely experience. Clinics include downhill skiing, fishing, off-road handcycle, water skiing, sailing, kayaking, canoeing, scuba diving, tennis, archery, golf and zip-lining. Classes include yoga, rock climbing, ballroom dancing, junior wheelchair softball and preschool sports sampler. 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 now in our sixth 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: May – August
Practice: 6-8 p.m. Tuesdays
Tournaments: The team travels to one tournament each month (June through August), and this season, will host its third home tournament.
Age: 18 and older
Location: Mary Free Bed YMCA, 5500 Burton St SE, Grand Rapids
Cost: $100, due at first practice; volunteering responsibilities throughout the season
Equipment: Bats, balls and sports wheelchairs provided on loan.

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: March – October
Group Ride: 6-8 p.m. Wednesdays
Age: 16 and older
Practice Location: 1415 Maynard Ave SW, Walker
Cost: $100, due at first practice; 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

Wheelchair lacrosse, with its fast pace and physicality, is a popular choice for sled hockey and wheelchair basketball athletes. This sport's season starts at the end of basketball and sled hockey seasons and ends before they resume.

Season: June – August
Practice: 7-8:30 p.m. Wednesdays
Age: 15 and older
Location: Eagles Ice Center, 2600 Village Drive SE
Cost: $100, due at first practice; volunteering responsibilities throughout the season
Equipment: Limited supply available for loan, please inquire.

Adult Wheelchair Tennis

This program is for adults with physical disabilities who want to play recreationally, or 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 p.m. Mondays and Thursdays
Location: MVP Crahen, 115 Crahen Ave. SW
Age: 18 and older
Cost: USTA $40 fee; $100, due at first practice; 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 18 – August 27
Time: 6 – 7:30 p.m. Mondays
Location: MVP Crahen, 115 Crahen Ave. SW
Age: 7 – 18
Cost: $40, due at first practice; volunteering responsibilities throughout the season.

Home Tournaments

Third Annual Mary Free Bed Wheelchair Softball Tournament

Hosted by the West Michigan Rollin' Whitecaps

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
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 13-15
Time: 9 a.m. – 6 p.m. daily
Location: MVP Crahen, 115 Crahen Ave. NE
Cost: Free for spectators

Clinics

Online registration is now available for all clinics at maryfreebed.com/sports

Adaptive Golf Clinic

Partnering with Ambucs

Date: June 5
Time: 10 a.m. - 1 p.m.
Location: The Pines Golf Course, 5050 Byron Center Ave., Wyoming

Adaptive Sailing Clinic

Date: June 15
Time: Morning and afternoon sessions available (details in event flyer)
Location: Grand Rapids Yacht Club, 740 Lakeside Dr. SE, Grand Rapids

Adaptive Archery Clinic

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

Date: June 18
Time: 6:30-8 p.m.
Location: West Michigan Archery Center, 3500 10 Mile Road NE, Rockford

Adaptive Canoe and Kayak Clinic

Partnering with Kentwood Parks and Recreation

Save the Date: June 19
Location: Millennium Park, 1415 Maynard Ave. SW, Walker

Adaptive Waterski Clinic

Partnering with Kentwood Parks and Recreation

Save the Date: July 20 and Aug. 3
Location: John Collins Park, 650 Lakeside Dr., Grand Rapids

Classes

Adaptive Yoga

Experience being grounded at the center of inner peace 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 18 and 25 and Aug. 8, 15, 22, and 29
Time: 6:30-7:30 p.m.
Location: Meijer Conference Center
Mary Free Bed Rehabilitation Hospital
235 Wealthy St SE. Grand Rapids
Age: 12 and older
Cost: $45

Preschool Sports Sampler

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

Date: Tuesdays, July 17, 24 and 31 and Aug. 7, 14
Time: 5-6 p.m.
Location: Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids
Age: 3-7 by date of class
Cost: $45

Register now at maryfreebed.com/sports

Summer Off-Road Handcycle Series

Get out and shred the trails at Luton Park with the Fat Explorer III, the newest member of the Mary Free Bed handcycle fleet. This off-road handcycle allows users to tackle single-track terrain and with power-assist capabilities, this cycle can handle anything that comes its way. This series is offered to those with physical disabilities who have the ability to independently operate a handcycle. The program coordinator will conduct pre-series phone screenings to determine appropriateness.

Dates: June 1, 6, 15, 20, 29 and Aug. 1, 10, 15, 24 and 29
Time: 5:30-7:30 p.m. (one hour sessions)
Location: Luton Park - Prairie Overlook Parking Lot, 5871 Kies St NE, Rockford
Age: 16 and older
Height requirement: 5'2"-6'3"
Weight limit: 200 lbs.
Cost: $20 per session

Jr. Wheelchair Softball Classes

Athletes interested in this nine-week class will have the chance to learn the basics of the sport in a team-based setting. The class is offered throughout the summer to those with a physical disability and who are able to propel themselves in a manual wheelchair.

Dates: May 31 and June 7, 14, 21 and 28 and Aug. 9, 16, 23 and 30
Time: 5:30–6:30 p.m.
Location: Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids
Age: 7-20
Cost: $75

Adaptive Tennis

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

Dates: Thursdays, June 14, 21 and 28
Time: 6-7:30 p.m.
Location: MVP Athletic Club- Crahen, 115 Crahen AVE NE, Grand Rapids
Age: 7 and older
Cost: $25

Register now at maryfreebed.com/sports

Swim Lessons

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: $45
Locations:
Monday classes: Mary Free Bed Therapy Pool, 235 Wealthy St. SE, Grand Rapids
Wednesday classes: Wolverine Worldwide Family YMCA,
6555 Jupiter Ave. NE, Belmont

Day	Dates	Times
Mondays	June 4 – July 16*	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15-7 p.m.
**No class on July 2*		
Wednesdays	June 6 – July 18*	4–4:45 pm 4:45–5:30 pm 5:30–6:15 pm 6:15–7:00 pm
**No class on July 4*		

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
Locations:
Monday and Tuesday classes: Mary Free Bed Therapy Pool, 235 Wealthy St. SE, Grand Rapids
Cost: $150

Day	Dates	Times
Mondays	June 4 – July 16*	7-7:45 p.m.
**No class on July 2*		
Tuesdays	June 5– July 17*	3:45–4:30 p.m. 4:30-5:15 p.m. 5:15-6 p.m.
**No class on July 3*		

Register now at maryfreebed.com/sports

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 23-27
Time: 8:30 a.m. – 4 p.m.
Location: Grand Valley State University, 1 Campus Dr., Allendale
Age: 7-18
Cost: FREE to day campers, $200 for overnight campers who live more than 45 miles one way from GVSU. To register you MUST call for an application.

Connections to Consider

Grand Rapids Eagles

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 people who range from power wheelchair users to full ambulation athletes. Current training opportunities in bowling, boccia ball, swimming, power lifting, track and field and more. Meetings are 6 to 7:30 p.m. Tuesdays, October through May.

Contact Emily VanderZwaag (Head Coach) at 616.437.6825 or emvanderzwaag@yahoo.com. Facebook page at GREaglesdisabledsports.

Kentwood Parks and Recreation

Kentwood Parks and Recreation provides adaptive recreation programs promoting social, creative, educational opportunities for youth and adults with physical and developmental disabilities.

For a listing of their most current classes, clinics and events, visit www.ci.kentwood.mi.us or contact Katelyn Bush, CTRS at 616.656.5279 or bushk@ci.kentwood.mi.us.

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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.

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Registration, Cancellation and Refunds:

To register for teams, please contact the Wheelchair and Adaptive Sports Program at Mary Free Bed at **616.840.8356** or email **sports@maryfreebed.com**.

To register for a class or clinic online, please visit the registration section at **www.maryfreebed.com/sports**.

Payment is due at the time of registration. Refunds will only be issued if you notify us five business days prior to the day of the clinic or the day of the first class. Any cancellation made within five days or after the beginning of class will forfeit a refund.

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Mary Free Bed
Wheelchair and Adaptive Sports

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

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