

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS
PROGRAM SCHEDULE



WINTER 2020



Mary Free Bed
Wheelchair and Adaptive Sports

CONNECT MOVE INSPIRE



Mary Free Bed Wheelchair & Adaptive Sports programs are 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're competing against athletes without disabilities.

In addition to team sports, we offer adaptive sports clinics for those who prefer a less competitive environment. 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, off-road handcycle, water skiing, sailing, kayaking, canoeing, scuba diving, tennis, archery, golf and zip-lining. Classes include yoga, rock climbing, CrossFit and youth 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, arthrogyrosis, 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 Junior Pacers Wheelchair Basketball Team

Wheelchair & Adaptive Sports offers this program is intended for 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 through March

Time: 6-7:30 p.m.

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

Age: 7-18

Cost: \$104, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season.

Must also register with NWBA (before practicing) at www.nwba.org. \$25/athlete (early registration) \$35/athlete (open registration).

Register online at www.maryfreebed.com/sports.

Mary Free Bed Pacers Wheelchair Basketball Team (DI level)

The Adult Pacers program offers competitive wheelchair basketball for those who are at least 18 and live with a physical disability. Players will 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 country.

Dates: Tuesdays through March

Time: 7:30-9:30 p.m.

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

Age: 18 and older

Cost: \$104, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season. Register online at www.maryfreebed.com/sports.

Mary Free Bed Rollin' Drive Wheelchair Basketball Team (DII Level)

We are registered as a DII division team under the National Wheelchair Basketball Association.

Dates: Thursdays through March

Time: 6-8 p.m.

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

Age: 18 and older

Cost: \$104, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season.

Register online at www.maryfreebed.com/sports.

Grand Rapids Thunder Quad Rugby Team

The Grand Rapids Thunder is a wheelchair rugby team for people with physical disabilities to the upper and lower body extremities. Heavy-duty sports chairs, fit to everyone, are used in this high-intensity, chair-to-chair contact sport. The game is as physical and extreme as conventional rugby.

Dates: Wednesdays through March

Time: 7-9:30 p.m.

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

Age: 16 and older

Cost: \$104, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season.

Register online at www.maryfreebed.com/sports.

Wheelchair Fencing

Join the Mary Free Bed/West Michigan Fencing Academy Wheelchair Fencing Team. Michigan's first wheelchair fencing team is in its first season and looking for new team members. The team is registered under the United States Fencing Association and competes with out-of-state teams. Tournaments are held both locally and away.

Date: Thursdays through May 2020

Time: 7-8:30 p.m.

Age: 18 and older

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

Cost: \$104, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the season.

Register online at www.maryfreebed.com/sports.

**\$70 USA Fencing membership fee; pay online at www.usfencing.org

Equipment: Provided for new members.



Grand Rapids Sled Wings Sled Hockey Team

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 people with lower limb-affected disabilities. This program is intended for the competitive athlete.

Dates: Saturdays through April

Time: (Adult) 8:30-9:50 a.m., (Junior) 9:20-10:50 a.m.

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

Age: 7 and older

Cost: \$104, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season.

Register online at www.maryfreebed.com/sports.

**Must also register with USA Hockey (before practicing) at www.usahockey.com. \$40 USA Hockey membership fee



Register now at maryfreebed.com/sports

Future Sled Wings

The Future Sled Wings program is for athletes interested in trying sled hockey. These practices are for players ages 5-8 who want to play on the Sled Wings when they get older. This is a great way to introduce kids to the sport without the intimidation of older players being on the ice.

Date and time: TBA

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

Olive Garden Spaghetti Dinner

Come support the Grand Rapids Sled Wings! All ticket sales are given to the Sled Wings for seasonal expenses, such as travel to tournaments, equipment needs, uniforms, ice time and hosting a home tournament.

Tickets: \$10 per ticket, free to children five and younger (checks payable to Mary Free Bed)

Meal Includes: Dinner, dessert and beverages

Date: Jan. 11

Time: 5-7 p.m.

Location: St. Mary's Catholic Church, 15164 Juniper Drive, Marne

14th Annual Grand Rapids Griffins vs. Sled Wings Fundraiser Game

In this unique and highly-anticipated event, the Griffins host a friendly yet competitive game of sled hockey with the Grand Rapids Sled Wings. This event benefits the Griffins Youth Foundation and the Sled Wings.

Date: Feb. 25

Time: TBD

Location: Griff's Georgetown, 8500 48th Ave. Hudsonville

Experience sled hockey for a \$1 donation. Griffins players and coaches will be on hand for autographs.

SAVE
THE
DATE!

Wheelchair and Handcycle Racing – Amway River Bank Run

Date: May 9, 2020

Classes

Adaptive Yoga

Experience inner peace through the guidance of certified instructors with extensive adaptive yoga practice. This five-week class is offered to those with cognitive and physical deficits. No yoga experience is necessary. If you have your own yoga mat, please bring it with you to class.

Dates: Thursdays, March 5-April 2

Time: 6:30-7:30 p.m.

Location: Mary Free Bed Rehabilitation Hospital, Meijer Conference Center, 350 Lafayette Ave SE

Age: 12 and older

Cost: \$35

Adaptive Rock Climbing

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: TBD

Time: TBD

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

Age: 4 and older

Cost: \$40



Register now at maryfreebed.com/sports

Clinics

Mary Free Bed Adaptive 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 due at time of registration. Registration is on a first-come basis by registering online at www.maryfreebed.com/sports.

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

Mondays

Session 1: Jan. 6-Feb. 10

Session 2: Feb. 24-March 30

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

Wednesdays

Session 1: Jan. 8-Feb. 12

Session 2: Feb. 26-April 1

4-4:45 p.m.

4:45-5:30 p.m.

5:30-6:15 p.m.

6:15-7 p.m.



Private Swim Lessons

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

Location: Mary Free Bed Therapy Pool, 235 Wealthy St. SE, Grand Rapids

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

Tuesdays

Session 1: Jan. 7-Feb. 11

Session 2: Feb. 25-March 31

3:45-4:30 p.m.

4:30-5:15 p.m.

5:15-6 p.m.



Register now at maryfreebed.com/sports



Home Tournaments

Wheelchair Basketball - Adults Home Tournament

The fourth annual Mary Free Bed Invitational is presented by CareLinc. The tournament is for DI, DII and DIII teams.

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

Time: TBA

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

Admission: Free

Sled Wings Home Tournament and Adult League Weekend 2020 Griff's Sled Hockey Classic

Hosted by the Grand Rapids Sled Wings, this annual tournament showcases our talented adult and junior sled hockey teams along with opponents from multiple states.

Dates: March 20–22

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

Cost: Free



Adaptive Downhill Ski Clinic

Date: Saturday, Feb. 1

Time: Session 1: 10 a.m.-Noon, Session 2: 1-3 p.m.

Location: Cannonsburg Ski and Ride Area, 6800 Cannonsburg Road NE, Belmont
In partnership with Kentwood Parks and Recreation, sponsored by Cannonsburg Challenged Ski Association. All ability levels are welcome and encouraged to attend. Registration is first-come, first-serve.

Adaptive Archery Clinic

In partnership with Kentwood Parks and Recreation, sponsored by West Michigan Archery Center, Mary Free Bed Wheelchair and Adaptive Sports is excited to host seasonal Archery Clinics. Whether you've never picked up a bow or are a seasoned enthusiast, come join us to learn more about this amazing sport.

Date: Monday, Jan. 27

Time: 6:30-7:30 p.m.

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

Age: 12 and older

Cost: \$20





Connections to Consider

Grand Rapids Eagles Disabled Sports Team

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 and field and more. Meetings are 6-7:30 p.m. Tuesdays October through May.

Contact head coach Emily VanderZwaag at 616.437.6825 or emvanderzwaag@yahoo.com. Facebook page is 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. Current class, clinic and event listings at www.ci.kentwood.mi.us.

Contact Katelyn Bush, CTRS, at 616.656.5279 or bushk@ci.kentwood.mi.us.



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Mary Free Bed
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Registration, Cancellation and Refunds:

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

To register for a class or clinic online, please visit the registration section at 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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616.840.8356 | 235 Wealthy St. SE | Grand Rapids, MI 49503 | maryfreebed.com

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