

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES
TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR AND ADAPTIVE SPORTS
PROGRAM SCHEDULE

SPRING 2025



Mary Free Bed
Wheelchair and Adaptive Sports

CONNECT MOVE INSPIRE

Mary Free Bed Wheelchair and 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 boost 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. With the exception of the women's basketball team, our sports programs and clinics are all co-ed.



ELIGIBILITY CRITERIA:

Mary Free Bed Wheelchair Sports Teams

Our teams are open to anyone with a permanent physical disability that limits participation in able-bodied sports.

Participants must be:

- Age 7 and older
- Have a physically disability 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 power soccer and 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. Depending on the season:

- Clinics include downhill skiing, water skiing, sailing, kayaking, canoeing, scuba diving, tennis, archery, zip lining, pickleball and golf.
- Classes include yoga, rock climbing, functional fitness, swim lessons (group and private) and youth 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

Scan to register



TEAMS



Junior Wheelchair Tennis Team

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 of any skill level who are full- or part-time wheelchair users. Practices will be two times per week.

Dates: Mondays and Thursdays, June 9 - August 28

Time: 5:00 - 6:30 PM

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

Age: 7 - 18 years

Cost: \$125 due at first practice

Equipment: Limited supply available for loan.

Adult Wheelchair 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. 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 of any skill level who are full or part-time wheelchair users. Practices are throughout the season and team participation includes travel to tournaments throughout the United States.

Dates: Mondays and Thursdays, June 9- August 28

Time: 6:30 – 8:00 PM

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

Age: 18 and older

Cost: \$125 due at first practice, additional registration fee to USTA

Equipment: Limited supply available for loan per request

Para Standing Tennis

This team is for adults with physical disabilities who wish to play standing up rather than playing from a sports wheelchair. Individuals who play para standing tennis have decreased mobility due to amputations, cerebral palsy, hemiplegia, limb difference, dwarfism or other congenital conditions.

No prior knowledge or experience playing tennis is needed to participate. Practices and matches 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 of any skill level. Practices are throughout the season and team participation includes travel to tournaments throughout the United States.

Dates: Thursdays, June 12 – August 28

Time: 6:30 – 8:00 PM

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

Age: 16 and older

Cost: \$125 due at first practice

TEAMS



Adult Wheelchair Softball | West Michigan Rollin' Whitecaps

Looking to stay active this summer? Consider joining the West Michigan Rollin' Whitecaps wheelchair softball team! 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: 6 - 8 PM Tuesdays

Tournaments: The team travels to one tournament monthly June - August, including our home tournament.

Age: 18 and older

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

Cost: \$125, due at first practice (checks payable to Mary Free Bed)

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

Handcycling

The Mary Free Bed handcycling team is an enthusiastic group of individuals dedicated to riding. The team meets for weekly rides at Millennium Park. Enjoy camaraderie and peer support while training for races or just enjoying the ride. Local and out-of-state race options are available.

Season: March - October

Group Ride: 6 - 8 PM Wednesdays

Age: 16 and older

Practice Location: 1415 Maynard Ave. SW, Walker

Cost: \$125, due at first practice (checks payable to Mary Free Bed)

Equipment: Each participant needs a handcycle fitted to his or her needs; limited number of handcycles available to borrow.

Wheelchair Lacrosse | Frenzy

Wheelchair Lacrosse is one of our fastest growing sports. This sport offers the complete package for the competitive athlete. A game that's physical, lightning-fast and aggressive, wheelchair lacrosse will fulfill your need for speed.

Season: May - August

Practice: 6 - 7:30 PM Wednesdays

Age: 15 and older

Location: Eagles Ice Center, 2600 Village Drive SE, Grand Rapids

Cost: \$125, due at first practice; volunteering responsibilities throughout the season

Equipment: Limited supply available for loan, please inquire.

TEAMS

Mary Free Bed Sonics Goalball Team

In partnership with the Association for the Blind and Visually Impaired, the Mary Free Bed Wheelchair and Adaptive Sports program is thrilled to revive the sport of goalball. Goalball is a team sport designed specifically for athletes who are blind or visually impaired. It's a unique and inclusive sport that relies on the sense of touch and hearing, allowing individuals with visual impairments to participate in a team-based athletic activity.

Season: January - July

Practice: 6:30 – 8:30 PM Mondays

Location: Sts. Peter & Paul Catholic School, 1433 Hamilton Ave. NW, Grand Rapids

Cost: \$125, due at first practice; volunteering responsibilities throughout the season

Grand Rapids Thunder Low Point Wheelchair Rugby Team

The Grand Rapids Thunder Low Point Team is for wheelchair rugby players who are classified as a 1.5 and below. We will travel to tournaments once each month, and with Nationals in September.

Season: June - September

Practice: 7 - 9 PM Wednesdays (once per month)

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

Cost: \$125, due at first practice; volunteering responsibilities throughout the season

HOME TOURNAMENTS

Annual Mary Free Bed Wheelchair Softball Tournament

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

Date: June 7 - 8

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

Cost: Free for spectators

Midwest Wheelchair Tennis Championships SAVE THE DATE!

This hometown tournament, a USTA Level 3 sanctioned event, welcomes more than 50 wheelchair tennis and para standing athletes from all over the world. From novice athletes to Paralympians, this is a must-see, competitive tournament. We invite you to watch our local Mary Free Bed wheelchair tennis team compete on its home courts.

Date: July 11 - 13

Time: 9 AM - 6 PM Daily

Location: MVP Crahen, 115 Crahen Ave. NE

Cost: Free for spectators

Frenzy Fest Wheelchair Lacrosse Tournament

Hosted by the Frenzy, the Frenzy Fest brings together wheelchair athletes from around the country for a thrilling and competitive lacrosse tournament. It's not just about the competition, but also about fostering a sense of community and camaraderie among the wheelchair lacrosse teams.

Date: July 18 - 19

Time: 8 AM - 5 PM Daily

Location: Eagles Ice Center, 2600 Village Dr SE, Grand Rapids

Cost: Free for spectators

Low Point Thunderfest Wheelchair Rugby Tournament

Hosted by the Mary Free Bed Low Point wheelchair rugby team, Low Point Thunderfest brings together wheelchair rugby athletes from across the country for a high-intensity, hard-hitting tournament. Beyond the fierce competition, Thunderfest celebrates teamwork, resilience and the strong community built through the sport.

Date: June 13 - 14

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

Cost: Free for spectators

CLASSES

Adaptive Group Swim Lessons *(Offered Quarterly)*

Group adaptive swim lessons are offered for school-aged children with physical and cognitive disabilities. These are group lessons that include instructions from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment. A volunteer will be available to assist the instructor and participant.

Age: 3 - 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.

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

MONDAYS

Session 1	Session 2
June 2 – July 14*	No Mondays
5:00 - 5:45 PM	Session 2 this
5:45 - 6:30 PM	season (if this
6:30 - 7:15 PM	changes, an email
7:15 - 8:00 PM	will be sent)

**No classes June 30 or July 7*

TUESDAYS

Session 1	Session 2
June 2 – July 14*	July 22 - August 26
5:00 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8:00 PM	7:15 - 8:00 PM

**No class July 1*

Adaptive Private Swim Lessons *(Offered Quarterly)*

Open to children and adults with physical and cognitive disabilities, private lessons include one-on-one instruction from a certified water safety instructor. Participants learn swimming and safety in a positive, fun and quiet environment.

Age: 3 and older

Session length: 6 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.

WEDNESDAYS

Session 1	Session 2
June 4 – July 16*	July 23 - August 27
5 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8 PM	7:15 - 8:00 PM

**No classes July 2*

THURSDAYS

Session 1	Session 2
June 5 – July 17*	No Thursdays
5 - 5:45 PM	Session 2 this
5:45 - 6:30 PM	season (if this
6:30 - 7:15 PM	changes, an email
7:15 - 8 PM	will be sent)

**No classes July 3 or July 10*



Saturday Adaptive Private Swim Lessons *(Offered Quarterly)*

These private lessons are offered for children and adults with physical and cognitive disabilities and include instruction from a certified water safety instructor. Participants learn swimming and safety in a positive, calm environment in order to meet their goals. These hours and dates may run differently than the traditional swim lessons during the week.

Age: 3 and older

Session length: 6 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.

SATURDAYS

June 7 – July 19*

9:00 - 9:45 AM
9:45 - 10:30 AM
10:30 - 11:15 AM
11:15 AM - 12 PM

**No classes July 5 or July 12*

Register now at maryfreebed.com/sports

CLASSES

Adaptive Tennis Class

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: June 12, 19, 26 and July 3

Time: 6 - 7:30 PM

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

Age: 7 and older

Cost: \$40

Adaptive Pickleball Series

In partnership with the Grand Rapids Pickleball Club, Mary Free Bed Wheelchair and Adaptive Sports is excited to host a wheelchair pickleball series! Whether you've never picked up a paddle or are a seasoned enthusiast, come join us to learn more about this popular sport. Participants will learn the basics of pickleball and play as much as possible. Wheelchair pickleball is played by anyone with a physical disability that uses a wheelchair. All levels are welcome to attend!

Dates: June 16, August 18 and September 15

Time: 4 - 5:30 PM

Location: Belknap Park, 30 Coldbrook St. NE, Grand Rapids

Age: 15 and older

Cost: \$10 per session*

*Participants can sign up for one or multiple sessions and are welcome to stay after the clinic if space allows.

Future Frenzy Wheelchair Lacrosse Series

This series is for ages 12 - 16 years old who are interested in learning the sport of wheelchair lacrosse. Anyone over age 16 is eligible to play on the wheelchair lacrosse team.

Dates: June 4 - July 9

Time: 5:30 - 6:30 PM Wednesdays

Location: Eagles Ice Center, 2600 Village Dr SE, Grand Rapids

Cost: \$52

Adaptive Yoga

Experience being grounded at the center of inner peace through the guidance of certified instructor with extensive adaptive yoga practice. This 6-week class is offered for those with cognitive and physical deficits.

Dates: Mondays, June 2 – July 7

Time: 6 - 7 PM

Location: Mary Free Bed Professional Office Building, Meijer Conference Room, 350 Lafayette Ave SE, Grand Rapids

Age: 12 and older by the date of the class

Cost: \$47

Equipment: We highly suggest you bring your own yoga mat, otherwise equipment will be provided upon request.

Dates: Mondays, July 21 - August 25

Time: 6 - 7 PM

Location: Mary Free Bed Professional Office Building, Meijer Conference Room, 350 Lafayette Ave SE, Grand Rapids

Age: 12 and older by the date of the class

Cost: \$47

Equipment: We highly suggest you bring your own yoga mat, otherwise equipment will be provided upon request.



Find us at maryfreebed.com/sports



Adaptive Canoe and Kayak Clinic

Discover the joy of water activities for all ages and abilities! Join our adaptive kayak and canoe clinic at Millennium Park, brought to you by Mary Free Bed Wheelchair and Adaptive Sports and the City of Kentwood Parks and Recreation Department.

Date: June 18 and August 13 (must register for each separately)

Time: Session 1: 10:30 - 11:45 AM | Session 2: 12:30 - 1:45 PM

Location: Millennium Park (DeVos Family Boathouse), 1415 Maynard Ave. SW, Walker

Cost: \$30

Adaptive Sailing Clinic

No matter your ability, come and join us for an opportunity to learn how to sail!

Date: June 6

Time: Session 1: 9 AM - 12 PM | Session 2: 1 - 4 PM

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

Age: 5 and older; participants under 17 must be accompanied by an adult

Cost: \$30

Adaptive Archery

In partnership with Kentwood Parks and Recreation, hosted by the 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: June 10

Time: 6 - 7 PM

Location: West Michigan Archery Center, 3500 10 Mile Rd. NE, Rockford, MI 49341

Age: 12 and older

Cost: \$25

Adaptive Archery for People with Visual Impairments

Hosted by Mary Free Bed Wheelchair and Adaptive Sports, this hands-on clinic invites individuals with visual impairments to discover the thrilling sport of archery. Whether you're brand new or have experience, come explore visually adaptive techniques, build confidence, and connect with others in a supportive and empowering environment.

Date: August 20

Time: 6 - 7 PM

Location: West Michigan Archery Center, 3500 10 Mile Rd. NE, Rockford, MI 49341

Age: 12 and older

Cost: \$25

Adaptive Golf Clinic

Sponsored by The Pines Golf Course, and in partnership with Ambucs, Mary Free Bed Wheelchair and Adaptive Sports is excited to offer an adaptive golf clinic. This free clinic is open to anyone 11 years and older with varying abilities who wants to learn more about golf and the use of adaptive equipment in the sport. Lunch will be provided after the event.

Date: June 17

Time: 10 AM - 12 PM

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

Age: 11 and older

Cost: Free

Equipment: Please bring your own golf clubs. If you don't have clubs, they'll be provided for you.

CLINICS

Adaptive Zipline Clinic

In partnership with Indian Trails Camp and IKUS Life Enrichment Services, this adrenaline-pumping clinic invites participants to soar to new heights on a fully accessible zipline. With the support of highly trained staff, you'll experience the thrill of gliding down an inclined cable—no experience needed. Looking for even more adventure? Take on the adaptive rock wall challenge. Two dates available this year, so don't miss your chance to fly!

KIDS

Session 1: 12 - 1 PM
Session 2: 1 - 2 PM
Session 3: 2 - 3 PM

ADULTS

Session 1: 4 - 5 PM
Session 2: 5-6 PM
Session 3: 6-7 PM

Date: Saturday, July 26

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

Age: 7 and older

Cost: \$25

Adaptive Waterski Clinic

Make a splash this summer and enjoy a fun day on the water! This clinic is Offered in partnership with Kentwood Parks and Recreation.

Dates: August 8

Times: Session 1: 9 – 11:30 AM | Session 2: 12:30 – 3 PM

Age: 5 and older; participants under 17 must be accompanied by an adult

Location: John Collins Park 650 Lakeside Dr. East Grand Rapids

Cost: \$15



* Registrations to be taken by Kentwood Parks and Recreation by scanning the QR code or visiting their site at bit.ly/3R6k18d

Off-Road Handcycle Clinic

Get out and shred the trails at Luton Park with the Fat Explorer III – a 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 can independently operate a handcycle. One of our program coordinators will conduct pre-series phone screenings to determine appropriateness.

WEDNESDAY

June 18

Session 1: 5-6 PM
Session 2: 6-7 PM

TUESDAY

July 1

Session 1: 5-6 PM
Session 2: 6-7 PM

MONDAY

August 11

Session 1: 5-6 PM
Session 2: 6-7 PM

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

** Participants must sign up for each session separately.*



Find us at maryfreebed.com/sports

SPECIAL EVENTS

Amway River Bank Run

This year marks the 48th Annual Amway River Bank Run, and celebrates the 34th year of the Mary Free Bed Guild's sponsorship of the Wheelchair Division, and the 18th year of sponsorship for the Handcycle Division. The Amway 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.

Date: May 10

Register online at amwayriverbankrun.com. If you have questions regarding registration or the Wheelchair and Handcycle Divisions, email christy.vanhaver@maryfreebed.com or call **616.840.8207**.

Limb Difference Sports Camp

Designed for kids with upper or lower limb differences, this empowering camp invites young athletes to discover their strengths through sport. Whether using crutches, a sports chair, or a prosthetic limb, campers will explore a variety of adaptive sports in a supportive, inclusive environment. It's all about building confidence, trying new things, and celebrating what makes each athlete unique. We know that one size doesn't fit all, and that's why our specialty camp is dedicated to helping each camper find their own path to participation and enjoyment in sports.

Dates: June 25 and June 26

Time: 9 AM - 4 PM

Location: Mary Free Bed YMCA

Age: 7 - 18 years

Cost: \$50

Junior Wheelchair Sports Camp

Our five-day sports camp is designed for youth with physical disabilities who require the use of a wheelchair. Campers spend the week exploring different sports, making new friends and having fun being active. We'll introduce them to basketball, tennis, team handball, softball, sled hockey, handcycling and much more!

Dates: July 28 - August 1

Time: 8:30 AM - 4 PM

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

Age: 7 - 18 years

Cost: FREE to day campers, \$225 for overnight campers who live more than 45 miles one way from GVSU. The registration link will be open in May.





LEE MONTGOMERY ATHLETE ASSISTANCE FUND

Applications open from August 1 – September 1

The Lee Montgomery Athlete Assistance Fund (LMAAF), established in 2022 by the generosity of The Meijer Foundation, seeks to support and empower athletes with physical disabilities who are training competitively in adaptive sports and looking to take their game to the next level.

This Fund enables new athletes to explore the world of wheelchair and adaptive sports or support seasoned athletes in reaching next-level sports opportunities. The goal of the LMAAF is to give all individuals an opportunity to become the best athletes they can be, both on and off the field.

Requests for assistance can be up to \$1,000*. Eligible expenditures include:

- Pay-to-play fee for athletes to join a WAS team
- Housing assistance, including meals, activities and supervision for campers to participate in Mary Free Bed Junior Wheelchair Sports Camp. This applies to costs for the camper only. Family costs are not eligible
- Specialty sports and/or training camp fees outside of MFB WAS offerings
- Sport-specific fees for athletes playing wheelchair sports at the collegiate level
- Fees and costs related to trying out for a Paralympic or Junior National sports team
- Note: Travel expenses are not eligible expenditures.

ELIGIBILITY REQUIREMENTS

To be eligible to apply for assistance to participate on a WAS sports team, you must:

- Have actively participated in at least one WAS team (even if you have never played before)
- Be in good standing with the WAS program and/or teams
- Live in the United States

For spring submissions, to be eligible to apply for assistance to participate in Junior Wheelchair Sports Camp, you must:

- Be diagnosed with a physical disability due to orthopedic or neurological medical condition and use, or require, a wheelchair to be successful in sports and recreational activities
- Live in the United States and be more than 45 miles one way from the Junior Wheelchair Sports Camp location.

To be eligible to apply for assistance to participate in an elite/ specialty sports camp, you must:

- Have actively participated in at least one WAS team for at least one year
- Be in good standing with the WAS program and/or teams
- Live in the United States

To be eligible to apply for assistance to try out for a Paralympic team, you must:

- Have actively participated on a WAS team for at least two years
- Be in good standing with the WAS program and/or teams
- Live in the United States (open to all states)

***IMPORTANT NOTE:** Funds cannot be paid directly to the individual requesting assistance. They will be paid to the approved camp or program. In the case of membership fees, a participant may only be reimbursed once receipt of payment is received.

GEAR UP TO SUPPORT WAS!

Mary Free Bed Wheelchair and Adaptive Sports has partnered with a local company to offer fanwear merchandise and clothing for the whole family. High School Fan Stand gives 8% of all sales back to Mary Free Bed Wheelchair and Adaptive Sports in the form of a cash donation to help continue our mission!

Scan the QR code to purchase your items today. These make great gifts!



Mary Free Bed
Wheelchair and Adaptive Sports

Connections to Consider



Grand Rapids Eagles Disabled Sports

This non-profit organization 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. It's a great opportunity to participate in team sports and make friends with others who range from power wheelchair users to full ambulation athletes.

Current training opportunities include bowling, bocchia ball, swimming, power lifting, track & field and more. Meetings are Tuesdays, 6 - 7:30 p.m., October through May.

Contact head coach Lori Moerdyk at **616.550.6806**, **LMoerdyk@gmail.com**, or visit the Eagles' Facebook page (GREaglesdisabledsports).



Kentwood Parks and Recreation

Kentwood Parks and Recreation provides adaptive recreation programs that promote social, creative and educational opportunities for youth and adults with physical and developmental disabilities. For a listing of their most current classes, clinic and events, visit **kentwood.us/parks** or call **616.656.5279**.



West Michigan Spina Bifida Organization

A recreation scholarship is available to individuals with spina bifida. Visit **wmsbo.org** or scan the QR code to apply.



West Michigan Special Hockey Association (WMSHA)

The West Michigan Special Hockey Association (WMSHA) is a non-profit organization that provides ice hockey to kids and adults with physical and/or cognitive disabilities. WMSHA is co-ed and open to any player over the age of five who is physically able to play at any level but is unable to participate in any other organized hockey program.

The program is free, except for a small registration fee. All hockey equipment, ice time, coaching staff and on-ice helpers are provided. No skating or hockey experience is necessary. The group plays at Patterson Ice Center in Grand Rapids on Sunday afternoons from October to March. For more information, visit **westmipatriots.com** or **facebook.com/WMSHAPatriots**. Contact us via email at **admin@westmipatriots.com**.

CONNECT MOVE INSPIRE

Mary Free Bed
Wheelchair and Adaptive Sports

Thank you to our program sponsors:



Michael and Christina
Rosloniec Family



Richard and Lori
Hinkley Family



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 and Adaptive Sports sponsorship information, please contact Laura Dulay at laura.dulay@maryfreebed.com or 616.840.8729.

Registration, Cancellation and Refunds:

To register for teams, classes or clinics online, please visit the registration section at www.maryfreebed.com/sports.

For any questions, please contact the Wheelchair and Adaptive Sports Program at Mary Free Bed at 616.840.8356 or email sports@maryfreebed.com.

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 the five days or after the beginning of class will forfeit a refund.

