

# RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS  
PROGRAM SCHEDULE

FALL 2021

Mary Free Bed  
Wheelchair and Adaptive Sports



# CONNECT MOVE INSPIRE



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 compete 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

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
- 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 power soccer and 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. Depending on the season:

- Clinics include downhill skiing, water skiing, sailing, kayaking, canoeing, scuba diving, tennis, archery, zip lining 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



## TEAMS



### Handcycling (Mary Free Bed 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 p.m. Wednesdays

**Age:** 16 and older

**Practice Location:** 1415 Maynard Ave. SW, Walker

**Cost:** \$104, due at first practice

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

### Parafencing (West Michigan Marauders)

Join the Mary Free Bed Wheelchair Fencing Team, sponsored by the West Michigan Fencing Academy. Michigan's first wheelchair fencing team is in its third season and seeking new team members. The team is registered under 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. Come by and check us out!

**Date:** Mondays, October through May

**Time:** 7-8:30 p.m.

**Age:** 12 and older

**Location:** West Michigan Fencing Academy, 1111 Godfrey Ave. SW, Suite N250 and N260, Grand Rapids

**Cost:** \$104, due at first practice. Also, \$75 for USA Fencing Association membership fee, payable online: [usafencing.org](http://usafencing.org). Must be a member before starting practice.

**Equipment:** Provided for new members.

### Power Soccer Team (Mary Free Bed Overdrive)

Mary Free Bed Wheelchair and Adaptive Sports is proud to announce that we will be sanctioned with the United States Power Soccer Association and compete across the nation! Whether you've never played power soccer before or are a seasoned enthusiast, come join us to learn more about this amazing sport. Practices will include drills, scrimmages and more!

**Dates:** Wednesdays, October through April

**Time:** 5:30-7 p.m.

**Age:** 8 and older

**Cost:** \$104 due at first practice. Also, additional fee with USPSA.

**Equipment:** A limited number of power soccer chairs are available to borrow upon request. Otherwise, participants are limited to those who have their own power chairs. A limited number of foot guards will be provided to participants on a first-come first-served basis.



### Sled Hockey – Adults (Grand Rapids Sled Wings)

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, September through April

**Time:** 8:30-9:50 a.m.

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

**Age:** 18 and older

**Cost:** \$104, 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](http://www.usahockey.com). Must be a member before starting practice.

## TEAMS

### Sled Hockey – Juniors (Grand Rapids Sled Wings)

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, September through April

**Time:** 9:30-10:50 a.m.

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

**Age:** 7-18

**Cost:** \$104, 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](http://www.usahockey.com). Must be a member before starting practice.

### Wheelchair Basketball – Juniors (Mary Free Bed Jr. Pacers)

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. This program is for both recreational and competitive athletes with physical disabilities who can operate a manual wheelchair independently.

**Dates:** Tuesdays, September through April

**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. Also, \$30 NWBA individual membership fee. Must register before attending practice.

### Wheelchair Basketball – Adult (Mary Free Bed Pacers)

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:** 7:30-9 pm

**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. Also, \$30 NWBA individual membership fee.

### Wheelchair Basketball – Adult (Mary Free Bed Rollin' Drive)

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:** Thursdays, September through April

**Time:** 6:30-8:30 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. Also, \$30 NWBA individual membership fee.

### Wheelchair Rugby (Grand Rapids Thunder)

The Grand Rapids Thunder is a wheelchair rugby team for those living with physical disabilities to upper and lower body extremities including amputees! 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 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 year.





## Clinics

### Parafencing 4-Week Clinic

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. This is only for participants with physical disabilities. Come by and check us out!

**Date:** TBD

**Time:** TBD

**Age:** 12 and older

**Location:** West Michigan Fencing Academy, 1111 Godfrey SW, Grand Rapids Suite N250 and N260

**Cost:** TBD - includes admittance to all four classes, professional instruction, and electrical equipment.

**Equipment:** Provided by West Michigan Fencing Academy

### Adaptive Functional Fitness Clinic

Mary Free Bed Wheelchair and Adaptive Sports is excited to host its first ever Functional Fitness Clinics. We welcome all different types of athletes with a variety of physical disabilities. Functional Fitness is fitness program that features constantly varied and functional movements using different workout methods. There will be professional coaches with the help of certified a recreational therapist for this clinic. Please join us on this journey!

**Date:** TBD

**Time:** TBD

**Age:** 18 and older

**Location:** TBD

**Cost:** TBD



### Adaptive Archery Clinic

In partnership with Kentwood Parks and Recreation, hosted 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, September 13

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

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

**Age:** 12 and older

**Cost:** \$20

**Equipment:** WMAC will provide equipment unless you want to bring your own.

### Adaptive Scuba Diving Clinic

In partnership with West Michigan Adaptive Diving and Moby's Dive Shop, we are happy to be back in the pool scuba diving! Whether you were a certified diver before your disability, or this will be your first time, all are welcome to experience the freedom of adaptive scuba diving.

**Date:** Nov. 20

**Time:** A.M. Session 10 a.m.-Noon; P.M. Session 1-3 p.m.

**Age:** 5 and older

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

**Cost:** \$20





### Adaptive Rock Climbing

Experience the excitement of rock climbing in this four-week class. All levels are welcome to participate. Variations of rope and rock climbing instruction will be offered by certified belayers. Different levels are offered, including entry-level walls and very challenging obstacles.

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

**Dates:** Thursdays, Nov. 11 and 18, Dec. 2 and 9

**Location:** Higher Ground Rock Climbing, 851 Bond Ave. NW, Grand Rapids, MI 49503

**Age:** 4 and older

**Cost:** \$50 for climbing, equipment and shoe rental

### Youth Wheelchair Sports Sampler

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

**Date:** TBD

**Time:** TBD

**Location:** Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids 49506

**Age:** 3-7

**Cost:** TBD

### 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:** TBD

**Time:** TBD

**Location:** Meijer Conference Rooms at Mary Free Bed Professional Office Building,

350 Lafayette Ave SE, Grand Rapids 49503

**Age:** 12 and older by the date of the class

**Cost:** TBD

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

### Future Sled Wings

The "Future Sled Wings" Program will hold practices for athletes interested in trying sled hockey. Ideally these practices will be for younger players ages 5-8 who want to play on the Sled Wings when they get older. This will be a great way to introduce the kids to the sport without the intimidation of older players being on the ice. Email Meg Bouman at [meg.bouman@maryfreebed.com](mailto:meg.bouman@maryfreebed.com) to be added to the list.

**Date:** TBD

**Time:** TBD

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

**Ages:** 5-8

**Cost:** Free



## Classes

### Adaptive Swim Lessons *(Offered Quarterly)*

Adaptive swim lessons are offered for children with physical and cognitive disabilities and include group instruction from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment.

**Age:** 3-18 (or still receiving school services)

**Session length:** 6 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

#### Dates and Times

##### **Mondays**

(Sept. 13-Oct. 18)

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

##### **Tuesdays**

(Sept. 14-Oct. 19)

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

##### **Wednesdays**

(Sept. 15-Oct. 20)

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

##### **Mondays**

(Nov. 1-Dec. 13)

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

##### **Tuesdays**

(Nov. 2-Dec. 14)

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

##### **Wednesdays**

(Nov. 3-Dec. 15)

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.



### Adaptive Private Swim Lessons *(Offered Quarterly)*

Private swim lessons are offered to children and adults with physical and cognitive disabilities. Lessons 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.

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

#### Dates and Times

##### **Thursdays**

(Sept. 16-Oct. 21)

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

##### **Thursdays**

(Nov. 4-Dec.16)

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

## Home Tournaments

### Wheelchair Rugby Home Tournament

Hosted by the Grand Rapids Thunder, this annual tournament, Thunderfest, showcases our wheelchair 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. 2 and Sunday, Oct. 3

**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:** TBD

**Time:** TBD

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

**Cost:** Free admission

### Wheelchair Basketball – Adults Home Tournament

The Mary Free Bed Invitational Adult Wheelchair Basketball tournament presented by CareLinc is open to DI, DII, DIII and women's teams.

**Dates:** TBD

**Time:** TBD

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

**Cost:** Free admission

## 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 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 Lori Moerdyk (Head Coach) at 616.550.6806, LMoerdyk@gmail.com, or on their Facebook page at GREaglesdisabledsports.

### Kentwood Parks and Recreation

Kentwood Parks and Recreation provides adaptive recreation programs promoting social, creative, educational opportunities for youth and adult with physical and developmental disabilities. For a listing of their most current classes, clinic and events, visit [www.kentwood.us/parks](http://www.kentwood.us/parks) or contact Katelyn Bush, CTRS at (616) 656-5279 or [bushk@kentwood.us](mailto:bushk@kentwood.us).



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](mailto:laura.dulay@maryfreebed.com) or 616.840.8729.





# CONNECT MOVE INSPIRE

Mary Free Bed  
Wheelchair and Adaptive Sports

Thank you to our program sponsors:

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Help someone get in the game! For Wheelchair & Adaptive Sports sponsorship information, please contact Laura Dulay: [laura.dulay@maryfreebed.com](mailto:laura.dulay@maryfreebed.com), 616.840.8729.

## Registration, Cancellation and Refunds:

**Register:** [maryfreebed.com/sports](http://maryfreebed.com/sports). **Questions?** Call 616.840.8356 or email [sports@maryfreebed.com](mailto: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.

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