

# RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS  
PROGRAM SCHEDULE

WINTER 2022



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 seven and older
- Have a physical 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 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



### Parafencing (West Michigan Marauders)

Join the Mary Free Bed wheelchair fencing team, sponsored by the West Michigan Fencing Academy. Michigan's first such team is in its third season and seeking new members. Registered under the United States Fencing Association, our team competes with others 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:** 7:30-9:30 p.m.

**Age:** 18 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 at [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 has sanctioned with the United States Power Soccer Association and will 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:** October through May

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

**Age:** 8 and older

**Cost:** \$104 due at first practice; 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. Contact Jeovani Pantoja with questions: 616.840.8221 or [jeovani.pantoja@maryfreebed.com](mailto:jeovani.pantoja@maryfreebed.com).



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

The Grand Rapids Sled Wings sled hockey team is ideal for people 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 at [usahockey.com](http://usahockey.com).*

*Must be a member before starting practice.*

### 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 ideal for people with lower limb-affected disabilities. This program is for both the recreational and competitive athlete.

**Dates:** Saturdays, September through April

**Time:** 9:20-10:50 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 [usahockey.com](http://usahockey.com). Must be a member before starting practice.*

## TEAMS



### 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're 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 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

### Adaptive Downhill Ski Clinic

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.

**Date:** Saturday, Feb. 5

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

**Age:** 5 and older

**Location:** Cannonsburg Ski and Ride Area, 6800 Cannonsburg Road NE, Belmont

### 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:** Tuesday, Dec. 14

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

**Age:** 12 and older

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

**Cost:** \$20, covers instruction, equipment and shooting



### Adaptive Yoga

Experience inner peace through the guidance of certified instructors with extensive adaptive yoga practice. This six-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, February 17 through March 24

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

**Location:** Mary Free Bed Rehabilitation Hospital, Meijer Conference Center, 350 Lafayette Ave. SE Grand Rapids

**Age:** 12 and older

**Cost:** \$45

### Youth Wheelchair Sports Sampler

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

**Dates:** Wednesdays, January 12 through February 16

**Time:** 5-5:45 p.m.

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

**Age:** 3-7

**Cost:** \$45

### Future Sled Wings

The "Future Sled Wings" Program offers practices for athletes interested in trying sled hockey. Ideally these practices are for younger players 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. Email Meg Bouman at [meg.bouman@maryfreebed.com](mailto:meg.bouman@maryfreebed.com) for more details, and to be added to the list.

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

**Ages:** 5-8

**Cost:** Free





## Adaptive Swim Lessons *(Offered Quarterly)*

Group adaptive swim lessons are offered for children with physical and cognitive disabilities. These are group lessons that include instruction 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:** 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 (Jan. 3-Feb. 7)	Tuesdays (Jan. 4-Feb. 8)	Mondays (Feb. 21-Mar. 28)	Tuesdays (Feb. 22-Mar. 29)
5-5:45 p.m.	5-5:45 p.m.	5-5:45 p.m.	5-5:45 p.m.
5:45-6:30 p.m.	5:45-6:30 p.m.	5:45-6:30 p.m.	5:45-6:30 p.m.
6:30-7:15 p.m.	6:30-7:15 p.m.	6:30-7:15 p.m.	6:30-7:15 p.m.
7:15-8 p.m.	7:15-8 p.m.	7:15-8 p.m.	7:15-8 p.m.

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

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:** 3 and older

**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 Rehabilitation Hospital pool,  
235 Wealthy St. SE, Grand Rapids

### Dates and Times

Wednesdays (Jan. 5-Feb. 9)	Thursdays (Feb. 23-Mar. 30)	Wednesdays (Jan. 6-Feb. 10)	Thursdays (Feb. 24-Mar. 31)
5-5:45 p.m.	5-5:45 p.m.	5-5:45 p.m.	5-5:45 p.m.
5:45-6:30 p.m.	5:45-6:30 p.m.	5:45-6:30 p.m.	5:45-6:30 p.m.
6:30-7:15 p.m.	6:30-7:15 p.m.	6:30-7:15 p.m.	6:30-7:15 p.m.
7:15-8 p.m.	7:15-8 p.m.	7:15-8 p.m.	7:15-8 p.m.



## Home Tournaments

### Wheelchair Basketball Tournament

The Mary Free Bed Invitational Adult Wheelchair Basketball Tournament presented by CareLinc is open to DI and DIII.

**Dates:** January 8-9

**Time:** TBD

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

**Cost:** Free admission

### Sled Wings Home Tournament and Adult League Weekend 2022 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 25-27

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

**Cost:** Free admission

## SAVE THE DATE: MAY 14, 2022

### Amway River Bank Run Handcycle and Wheelchair Races



## Connections to Consider

### Grand Rapids Eagles

The Grand Rapids Eagles Disabled Sports Team is a non-profit organization that provides athletic training for athletes 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 from power wheelchair users to full ambulation athletes. Current training opportunities include bowling, bocchia ball, swimming, power lifting, track and field, and more. Meetings are 6-7:30 p.m. Tuesdays from October through May.

Contact head coach Lori Moerdyk at 616.550.6806 or [lmoerdyk@gmail.com](mailto:lmoerdyk@gmail.com), or visit their Facebook page at [GREaglesdisabledsports](https://www.facebook.com/GREaglesdisabledsports).

### Kentwood Parks and Recreation

Kentwood Parks and Recreation provides adaptive recreation programs promoting 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](https://kentwood.us/parks) or contact Katelyn Bush at 616.656.5279 or [bushk@kentwood.us](mailto:bushk@kentwood.us).





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Mary Free Bed  
Wheelchair and Adaptive Sports

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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, contact Laura Dulay at [laura.dulay@maryfreebed.com](mailto:laura.dulay@maryfreebed.com) or 616.840.8729.

## Registration, Cancellation and Refunds:

To register for teams, classes, or clinics, visit the registration section at [maryfreebed.com/sports](http://maryfreebed.com/sports).

Questions? Contact the Wheelchair and Adaptive Sports Program at Mary Free Bed at 616.840.8356 or [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.

[maryfreebed.com/sports](http://maryfreebed.com/sports)

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