

# RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS  
PROGRAM SCHEDULE

SUMMER 2022



Mary Free Bed  
Wheelchair and Adaptive Sports

# CONNECT MOVE INSPIRE

Mary Free Bed Wheelchair & Adaptive Sports offers classes, clinics and teams that 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 competing against athletes without disabilities. In addition to fast paced and challenging team sports, we offer classes and 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, to propel on the ice using sled hockey sticks or independently steer a power chair for power soccer. 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, ziplining 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 adult and child 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



### Wheelchair Lacrosse (Frenzy)

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

**Season:** May - August

**Practice:** 6 - 7:30 p.m. Mondays

**Age:** 15 and older

**Location:** Walker Ice and Fitness,  
4151 Remembrance Rd. NW, Grand Rapids

**Cost:** \$104, due at first practice; volunteering responsibilities throughout the season

**Equipment:** All necessary equipment available on loan.

### Handcycling

The Mary Free Bed Handcycling Team is made up of 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 are 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:** \$104, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season

### Adult Wheelchair Softball

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 p.m. Tuesdays

**Tournaments:** The team travels to one tournament per month June through August, including our home tournament.

**Age:** 18 and older

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

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

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



Find us at [maryfreebed.com/sports](http://maryfreebed.com/sports)

## TEAMS

### Junior Wheelchair Tennis

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 exercises, 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.

**Season:** June 6 - Aug. 15

**Time:** 5 - 6 p.m. Mondays

**Location:** MVP Athletic Club - Crahen, 115 Crahen Ave. NE, Grand Rapids

**Age:** 7 - 18 years

**Cost:** \$104 due at first practice (checks payable to Mary Free Bed)

**Equipment:** Limited supply of sports chairs 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 in our Adult Wheelchair Tennis program. 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.

**Season:** April - October

**Time:** 6 - 8 p.m. Mondays

**Location:** MVP Athletic Club - Crahen, 115 Crahen Ave. NE, Grand Rapids

**Age:** 18 and older

**Cost:** \$104 due at first practice (checks payable to Mary Free Bed), \$44 registration to USTA

**Equipment:** Limited supply of sports chairs available for loan

## Home Tournaments

### Mary Free Bed Wheelchair Softball Tournament

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

**Dates:** June 18 - 19

**Time:** TBD (tournament schedule will be released after team registration is completed)

**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, ITF 3 and USTA II sanctioned event, welcomes more than 80 wheelchair tennis 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.

**Dates:** July 7 - 10

**Time:** 9 a.m. - 6 p.m.

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

**Cost:** Free for spectators





## Classes



### Adaptive 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 years (or still receiving school services)

**Session length:** Six weeks, 45 - minute sessions

**Cost:** \$46.44 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 (June 6 – July 18*)	Session 2 (July 25 – Aug. 29)	Session 1 (June 7 – July 19 *)	Session 2 (July 26 – Aug. 30)
5:00 - 5:45 p.m.	5:00 - 5:45 p.m.	5:00 - 5:45 p.m.	5:00 - 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 - 8:00 p.m.	7:15 - 8:00 p.m.	7:15 - 8:00 p.m.	7:15 - 8:00 p.m.

\*No class the week of July 4

#### TUESDAYS

Session 1 (June 7 – July 19 *)	Session 2 (July 26 – Aug. 30)
5:00 - 5:45 p.m.	5:00 - 5:45 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.
7:15 - 8:00 p.m.	7:15 - 8:00 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

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

**Cost:** \$154.80 due at time of registration. Registration is on a first-come basis

#### SATURDAYS

Session 1 (June 11 – Sept. 3*)	9:00 - 9:45 a.m. 9:45 - 10:30 a.m.	10:30 - 11:15 a.m. 11:15 - 12:00 p.m.
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#### WEDNESDAYS

Session 1 (June 8 – July 20 *)	Session 2 (July 27 – Aug. 31)
5:00 - 5:45 p.m.	5:00 - 5:45 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.
7:15 - 8:00 p.m.	7:15 - 8:00 p.m.

#### THURSDAYS

Session 1 (June 9 – July 21 *)	Session 2 (July 26 – Aug. 30)
5:00 - 5:45 p.m.	5:00 - 5:45 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.
7:15 - 8:00 p.m.	7:15 - 8:00 p.m.

\*No class the week of July 4



Register now at [maryfreebed.com/sports](https://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 2, 9, 16, 23, 30

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

**Location:** MVP Athletic Club - Crahen, 115 Crahen Ave. NE, Grand Rapids

**Age:** 7 and older

**Cost:** \$36.23

## Clinics

### Adaptive Archery

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, June 14

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

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

**Cost:** \$20.80

### Adaptive Canoe and Kayak Clinic

*Offered in partnership with Kentwood Parks and Recreation*

**Date:** Wednesday, June 15

**Times:** Session 1: 10:30 - 11:45 a.m. | Session 2: 12:30 - 1:45 p.m.

**Location:** Millennium Park (DeVos Family Boat House),  
1415 Maynard Ave. SW, Walker

**Cost:** \$20

### Adaptive Sailing Clinic

**Date:** Friday, June 10

**Times:** **Session 1:** 9 a.m. - 12 p.m. | **Session 2:** 1 p.m. - 4 p.m.

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

**Cost:** \$20



Register now at [maryfreebed.com/sports](http://maryfreebed.com/sports)





### 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 living with varying disabilities who wants to learn more about golf and the use of adaptive equipment in the sport. Please bring your golf clubs if you have them. If you don't own golf clubs, clubs will be provided. Lunch will be provided after the event.

**Date:** Tuesday, June 11

**Time:** 10 a.m. - 12 p.m.

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

**Cost:** Free

### Adaptive Zipline Clinic

In partnership with Indian Trails Camp/IKUS Life Enrichment Services, Mary Free Bed Wheelchair and Adaptive Sports is excited to bring back our adaptive ziplining clinic. Experience unknown heights through the excitement of ziplining! Highly-trained staff send participants propelling down an inclined cable, attached to a free-moving pulley. There's also a rock wall for those that want a bigger challenge! Participants must be seven or older by the date of the clinic.

**Date:** Saturday, Aug. 6

**Times:** Session 1: 10 - 11 a.m. | Session 2: 11 a.m. - 12 p.m.

Session 3: 1 - 2 p.m. | Session 4: 2 - 3 p.m.

**Location:** Indian Trails Camp/Ikus Life Enrichment Services, 0-1859 Lake Michigan Dr. NW, Grand Rapids

**Cost:** \$20.80

### Adaptive Waterski Clinic

*Offered in partnership with Kentwood Parks and Recreation*

**Date:** Friday, July 22 and Friday, August 12

**Times:** Session 1: 9 - 11:30 a.m. | Session 2: 12:30 - 3 p.m.

**Age:** 5 years old by date of the clinic; any participant 5-17 years old must be accompanied by an adult.

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

**Considerations:** Participants must be able to swallow thin liquids safely. If you are over 6 feet tall or 200 lbs., please contact us at **616.840.8358**.

**Cost:** \$20







## Connections to Consider

### Special Events

#### Junior Wheelchair Sports Camp

This five-day event offers kids 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, handball, softball and sled hockey, try handcycling, make new friends and much more.

**Dates:** July 25 - 29

**Time:** 8:30 a.m. - 4 p.m.

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

**Age:** 7-18

**Cost:** Free to day campers, \$200 for overnight campers who live more than 45 miles one way from GVSU.

**Register:** [maryfreebed.app.neoncrm.com/np/clients/maryfreebed/event.jsp?event=286&](https://maryfreebed.app.neoncrm.com/np/clients/maryfreebed/event.jsp?event=286&)

#### Grand Rapids Eagles

This non-profit organization provides athletic training for athletes age seven and older with cerebral palsy, muscular dystrophy, spina bifida, visual impairments, spinal cord injuries and other physical disabilities. This is a great opportunity to participate in team sports and make friends.

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

Contact head coach Lori Moerdyk at 616.550.6806, [LMoerdyk@gmail.com](mailto:LMoerdyk@gmail.com), or visit their Facebook page ([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 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).





# CONNECT MOVE INSPIRE

Mary Free Bed  
Wheelchair and Adaptive Sports

Thank you to our program sponsors:



Michael and Christina  
Rosloniec 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 & Adaptive Sports sponsorship information, please 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).

For questions, contact the Wheelchair and Adaptive Sports Program at 616.840.8356 or email [sports@maryfreebed.com](mailto:sports@maryfreebed.com).

Payment is due at the time of registration. Refunds will be issued only 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.