

# RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS  
PROGRAM SCHEDULE



FALL 2022



Mary Free Bed  
Wheelchair and Adaptive Sports

# CONNECT MOVE INSPIRE

Mary Free Bed Wheelchair & Adaptive Sports offers classes, clinics and teams that provide fun opportunities 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



### 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 Millenium 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

**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 fourth 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!

**Season:** October - May

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

**Age:** 12 and older

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

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

*Also, \$75 for a 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.



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



## Power Soccer Team (Mary Free Bed Overdrive)

Mary Free Bed Wheelchair and Adaptive Sports is proud to announce that we are 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!

**Season:** October - May

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

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

**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 footguards will be provided to participants on a first-come, first-served basis. Please contact Jeovani Pantoja with additional questions at 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 offers a sport ideal for individuals with lower limb-affected disabilities. This program is for both the recreational and competitive athlete.

**Season:** September - April

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

**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 [www.usahockey.com](http://www.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 a sport ideal for individuals with lower limb-affected disabilities. This program is for both the recreational and competitive athlete.

**Season:** September - April

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

**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.*



## TEAMS

### Wheelchair Basketball – Juniors (Mary Fred 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.

**Season:** September - April

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

**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.

**Season:** September - April

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

**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.

**Season:** September - April

**Time:** 6:30 - 8:30 p.m. Thursdays

**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.

**Season:** September - March

**Time:** 7 - 9 p.m. Wednesdays

**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.

## TOURNAMENTS

### Wheelchair Rugby Home Tournament

Hosted by the Grand Rapids Thunder, this annual tournament 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. 8 and Sunday, Oct. 9

**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

**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

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

**Cost:** Free admission







## Adaptive Functional Fitness Class

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

**Date:** Sept. 19 - Oct. 24 (6 weeks)

**Time:** 5:30 - 6:30 p.m. Mondays

**Age:** 16 and up

**Location:** Meijer Conference Rooms at Mary Free Bed Professional Building, 350 Lafayette Ave. SE, Grand Rapids

**Cost:** \$51.75

## Adaptive Scuba Diving Clinic

In partnership with West Michigan Adaptive Diving and Moby's Dive Shop, we're 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:** TBD

**Time:** AM Session 10 a.m. - 12 p.m., PM Session 1 - 3 p.m.

**Age:** 5 and up

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

**Cost:** \$20.70

## 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, Sept. 13

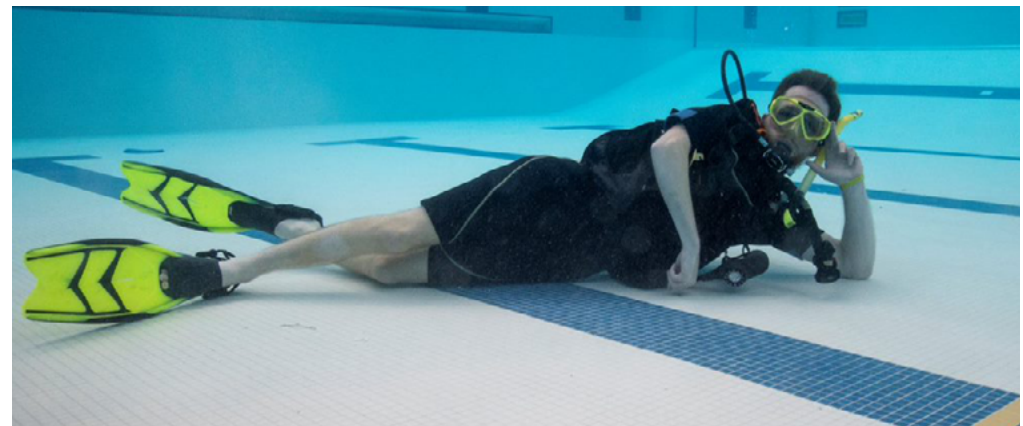
**Time:** 6 - 7 p.m.

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

**Age:** 12 years or older

**Cost:** \$20.70

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





### 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.

**Date:** Dec. 1, 8 & 15 (3 weeks)

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

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

**Age:** 4 and older

**Cost:** \$31.05

### 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.

**Date:** Nov. 7 - Dec. 12 (6 weeks)

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

**Location:** Meijer Conference Rooms at Mary Free Bed Professional Building, 350 Lafayette Ave. SE, Grand Rapids

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

**Cost:** \$46.58

### 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:** Sept. 17 - March 18

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

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

**Ages:** 5 - 8

**Cost:** \$51.75



# Classes

## Adaptive Swim Lessons *(Offered Quarterly)*

Adaptive swim lessons are offered for 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:** 3-18 (or still receiving school services)

**Session length:** 6 weeks, 45-minute sessions

**Cost:** \$51.50 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

#### SESSION 1

<b>Mondays</b> (Sept. 12 - Oct. 17)	<b>Tuesdays</b> (Sept. 13 - Oct. 18)
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 p.m.	7:15 - 8 p.m.

#### SESSION 2

<b>Mondays</b> (Oct. 24 - Nov. 28)	<b>Tuesdays</b> (Oct. 25 - Nov. 29)
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 p.m.	7:15 - 8 p.m.



## Private Swim Lessons

Private swim lessons are offered to children and adults with physical and cognitive disabilities. Lessons include 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:** 6 weeks, 45-minute sessions

**Cost:** \$154.80 due at the 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

#### SESSION 1

<b>Thursdays</b> (Sept. 14 - Oct. 19)	<b>Thursdays</b> (Sept. 15 - Oct. 20)
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 p.m.	7:15 - 8 p.m.

#### SESSION 2 - *Cost for this session \$129.80*

<b>Wednesdays</b> (Oct. 26 - Nov. 30*)	<b>Thursdays</b> (Oct. 27 - Dec. 1*)
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 p.m.	7:15 - 8 p.m.
<i>*Skip Nov. 23</i>	<i>*Skip Nov. 24</i>



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

# 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

This non-profit organization provides athletic training for kids 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 include bowling, bocchia ball, swimming, track & field, power lifting 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](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 [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).





# CONNECT MOVE INSPIRE

Mary Free Bed  
Wheelchair and Adaptive Sports

Thank you to our program sponsors:



Michael and Christina  
Roslonic 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.