

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 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

Scan to register



TEAMS



Mary Free Bed Overdrive (Power Soccer)

We're proud to announce we're sanctioned with the United States Power Soccer Association and compete across the nation! All skill levels are welcome – whether you're new to power soccer or you're a seasoned enthusiast. Practices will include drills, scrimmages and more!

Dates: October - May

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

Age: 8 and older

Cost: \$104 due at first practice

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. Please contact Jeovani Pantoja with additional questions at **616.840.8221** or jeovani.pantoja@maryfreebed.com.

West Michigan Marauders (Parafencing)

Join the Mary Free Bed Wheelchair Fencing Team, sponsored by the West Michigan Fencing Academy. Michigan's first wheelchair fencing team is in its fifth 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 check out this Paralympic sport!

Date: October - May

Time: 7:30 - 9:30 p.m. Mondays

Age: 16 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 USA Fencing Association membership fee, payable online at usafencing.org. Must be a member before starting practice

Equipment: Provided for new members.



Find us at maryfreebed.com/sports

TEAMS



Grand Rapids Junior Sled Wings (Youth Sled Hockey)

The Grand Rapids Junior Sled Wings are co-sponsored by Mary Free Bed 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: 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 usahockey.com. Must be a member before starting practice.

Grand Rapids Sled Wings (Adult Sled Hockey)

The Grand Rapids Sled Wings sled hockey team offers a sport ideal for individuals with lower limb-affected disabilities. This program is for both recreational and competitive athletes.

Dates: 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 usahockey.com. Must be a member before starting practice.

Mary Free Bed Junior Pacers (Youth Wheelchair Basketball)

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: 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, NWBA individual membership fee. **Must register before attending practice.***

TEAMS

Mary Free Bed Pacers (Adult Wheelchair Basketball)

Our Pacers team offers competitive wheelchair basketball for 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 U.S.

Dates: September - April

Time: 7:30 - 9:00 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)

Also, NWBA individual membership fee.

Mary Free Bed Rollin' Drive (Adult Wheelchair Basketball)

The Rollin' Drive 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: 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)

Also, NWBA individual membership fee.



Grand Rapids Thunder (Wheelchair Rugby)

The Grand Rapids Thunder is a wheelchair rugby team for those living with physical disabilities or 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: September through March

Time: 7 - 9:00 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)



Adaptive Archery Clinic

In partnership with Kentwood Parks and Recreation and hosted by West Michigan Archery Center, we are excited to offer seasonal archery clinics! All skill levels are welcome.

Date: Tuesday, Dec. 13

Time: 6 - 7 p.m.

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

Age: 12 and older

Cost: \$20 Fee covers instruction, equipment, and shooting.

Adaptive Downhill Ski Clinic

This clinic is in partnership with Kentwood Parks and Recreation, sponsored by Adaptive Ski Association of West Michigan. All ability levels are welcome and encouraged to attend. Registration is first-come, first-served.

Date: Saturday, Feb. 4

Time: Session 1: 10 a.m. - 12 p.m. | Session 2: 1 - 3 p.m.

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

Age: 5 and older





Adaptive Yoga

Experience inner peace through the guidance of certified instructors with extensive adaptive yoga practice. This 6-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: Nov. 7 - Dec. 12

Time: 6 - 7 p.m. Mondays

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

Age: 12 and older

Cost: \$46.58

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 8-week class. Instruction will cover tennis, basketball, softball, and other fun activities. Participants must be able to use their upper extremities to independently push a sports chair and follow direction. Many of our athletes can walk, but their abilities are limited when they compete against athletes without disabilities. A limited number of sports chairs are available upon request.

Date: Saturdays, January 7 – February 25

Time: 9:30-10:30am

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

Age: 3-7

Cost: \$60

Future Sled Wings

This program is designed for younger kids interested in trying sled hockey and playing on the Sled Wings team when they get older. It's a great way to learn the sport without the intimidation of older players being on the ice.

Dates: September - April

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

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

Ages: 5 - 8

Cost: \$51.40

Classes

Adaptive Group Swim Lessons *(Offered Quarterly)*

Offered for children with physical and cognitive disabilities, these group lessons include instructions from a certified water safety instructor. Participants learn swimming and safety in a positive, 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: \$50 due at time of registration. Registration is on a first-come basis.

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

Dates and Times

MONDAYS

Winter 1: Not Offered

Winter 2: February 20 - March 27

5:00 - 5:45 p.m.

5:45 - 6:30 p.m.

6:30 - 7:15 p.m.

7:15 - 8 p.m.

TUESDAYS

Winter 1: Not offered

Winter 2: February 21 - March 28

5:00 - 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)*

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 environment.

Age: 3 and above

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

Dates and Times

WEDNESDAYS

Winter 1: Not offered

Winter 2: February 22 - March 29

5:00 - 5:45 p.m.

5:45 - 6:30 p.m.

6:30 - 7:15 p.m.

7:15 - 8:00 p.m.

THURSDAYS

Winter 1: Not offered

Winter 2: February 23 - March 30

5:00 - 5:45 p.m.

5:45 - 6:30 p.m.

6:30 - 7:15 p.m.

7:15 - 8:00 p.m.



Register now at maryfreebed.com/sports

HOME TOURNAMENTS

Wheelchair Basketball Adults Home Tournament

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

Dates: December 3 - 4, 2022

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 24 - 26, 2023

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

Cost: Free admission

EVENTS

SAVE THE DATE: Wheelchair and Handcycle Racing – Amway River Bank Run

Date: Saturday, May 14, 2023

Junior Sled Wings vs. Griffins

This annual event showcases the skills of our Junior Sled Wings players as they square off against Griffins players (on sleds) at Griff's Ice House. Meet your favorite players and get their autographs prior to watching them tangle with the Junior Sled Wings.

Date: February 8, 2023 at 6 p.m.



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 to 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](https://www.facebook.com/GREaglesdisabledsports)).

Kentwood Parks and Recreation

Kentwood Parks and Recreation provides adaptive recreation programs that promote social, creative and educational opportunities for youth and adult with physical and developmental disabilities. For a listing of their most current classes, clinic and events, visit kentwood.us/parks or contact Katelyn Bush, CTRS, at 616.656.5279 or bushk@kentwood.us.



Special Olympics Michigan

If you're looking for a competitive team to join, consider the Special Olympics programs across the Southwest Region of Michigan. Special Olympics provides year-round training and athletic competition in a variety of Olympic type sports for children and adults with intellectual disabilities. Visit somi.org/southwest-region to find a regional team or competition near you!

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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 or 616.840.8729.

Registration, Cancellation and Refunds:

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

For questions, contact the Wheelchair and Adaptive Sports Program at 616.840.8356 or email 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.