

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR AND ADAPTIVE SPORTS
PROGRAM SCHEDULE



FALL 2024



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 are competing against athletes without disabilities.

In addition to team sports, we offer adaptive sports clinics for those who prefer a less competitive environment. With the exception of the women's basketball team, our sports programs and clinics are all 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
- 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, pickleball 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, arthrogyrosis, 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

Handcycling

The Mary Free Bed handcycling team is a great group of individuals who are dedicated to riding. The team meets 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.

Dates: March - October

Group Ride: 6 - 8 PM Wednesdays

Age: 16 and older

Practice Location: 1415 Maynard Ave. SW, Walker

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

Equipment: Each participant will need a handcycle. Limited supply available for loan, please inquire.

Adult Wheelchair Tennis

Adults with physical disabilities are coached in basic tennis skills and competitive play. No prior knowledge or experience playing tennis is required. 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 across the U.S.

Dates: April - October

Time: 6 - 8 PM Mondays

Location: MVP Crahen, 115 Crahen Ave. SW, Grand Rapids

Age: 18 and older

Cost: \$104, due at first practice, additional registration fee to USTA

Equipment: Limited supply available for loan per request

Para-Standing Tennis

This team is for adults with physical disabilities who wish to play standing up rather than use a sports wheelchair. This inclusive program provides practice and playing opportunities for adults of any skill level. No prior knowledge or experience playing tennis is required. Practices and matches are on a standard tennis court – no special equipment or modifications to the court are necessary. Practices are throughout the season and team participation includes travel to tournaments throughout the U.S.

Dates: April - October

Time: 6 - 8 PM Thursdays

Location: MVP Crahen, 115 Crahen Ave. SW, Grand Rapids

Age: 16 and older

Cost: \$104 due at first practice



Find us at 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 for the third year 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 - June

Time: 5 - 7 PM Wednesdays (skipping the last week of each month)

Age: 7 and older

Cost: \$125 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 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 **Thomas.Flynn@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 recreational and competitive athletes.

Season: September - April

Time: 8:30 - 9:50 AM Saturdays

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

Age: 18 and older

Cost: \$125 due at first practice; volunteering responsibilities throughout the season

Sled Hockey – Juniors | 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 recreational and competitive athletes.

Season: September - April

Time: 9:30 - 10:50 AM Saturdays

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

Age: 7 - 18

Cost: \$125 due at first practice; volunteering responsibilities throughout the season.

Wheelchair Basketball – Juniors | Mary Fred Bed Jr. Pacers

The Junior Pacers includes 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: 5:30 - 7:30 PM Tuesdays

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

Age: 7 - 18

Cost: \$125 due at first practice; volunteering responsibilities throughout the season

Must register for NWBA before attending a tournament. NWBA membership fees apply separately.

TEAMS



Wheelchair Basketball – Adult | Mary Free Bed Pacers

The Mary Free Bed Pacers 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 U.S.

Season: September - April

Time: 7:30 – 9 PM Tuesdays

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

Age: 18 and older

Cost: \$125 due at first practice; volunteering responsibilities throughout the season
Must register for NWBA before attending a tournament. NWBA membership fees apply separately.

Wheelchair Basketball – Adult | Mary Free Bed Rollin' Drive

The Mary Free Bed 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.

Season: September - April

Time: 6 - 7:30 PM Thursdays

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

Age: 18 and older

Cost: \$125 due at first practice; volunteering responsibilities throughout the season
Must register for NWBA before attending a tournament. NWBA membership fees apply separately.

Wheelchair Basketball – Adult Women | Mary Free Bed Women

The Mary Free Bed Women started in the 2022-23 season and is back for its third year! This team is for girls/women ages 14 - 17 who are rostered on the Mary Free Bed Junior Pacers Varsity Team and women 18 and up.

Season: September - April

Time: 6 – 8 PM Thursdays

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

Age: 14 - 17 for those rostered on the Jr. Pacers Varsity team and those 18 and older

Cost: \$125 due at first practice, volunteering responsibilities throughout the season.

Must register for NWBA before attending a tournament. NWBA membership fees apply separately.

TEAMS



Wheelchair Rugby (Grand Rapids Thunder)

The Grand Rapids Thunder is a 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 equally as physical and extreme as conventionally played rugby.

Season: September - March

Time: 7 – 9 PM Wednesdays

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

Age: 16 and older

Cost: \$125 due at first practice; volunteering responsibilities throughout the year

HOME 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 U.S. and Canada to participate in this exciting tournament. Expect rough, fast-paced play.

Dates: October 19 - 20

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 traveling from all over the United States to compete.

Date: November 2 - 3

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.

Date: December 7 - 8

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

Cost: Free admission

Power Soccer Home Tournament

The Mary Free Bed Power Soccer Tournament has the distinction of being the first power soccer tournament in Michigan. Teams from across the Midwest will be competing in our home tournament. Teams are made up of kids and adults. Come join us for a great weekend!

Date: November 9-10

Location: Forest Hills Central Middle School
5810 Ada Drive SE Grand Rapids, Mi 49301

Cost: Free for spectators

Find us at maryfreebed.com/sports

CLASSES

Adaptive Group Swim Lessons *(Offered Quarterly)*

Group lessons are offered for school-aged children with physical and cognitive disabilities. Participants learn swimming and safety in a positive and fun environment. Lessons include instructions from a certified water safety instructor. A volunteer assists the instructor and participants.

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

MONDAYS

Session 1	Session 2
Sept. 9 – Oct. 14	Nov. 4 – Dec. 16
5:00 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8 PM	7:15 - 8 PM

TUESDAYS

Session 1	Session 2
Sept. 10 – Oct. 15	Nov. 5 – Dec. 17
5:00 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8 PM	7:15 - 8 PM

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 and quiet environment.

Age: 3 and older

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.

WEDNESDAYS

Session 1	Session 2
Sept. 11 – Oct. 16	Nov. 6 – Dec. 18
5:00 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8 PM	7:15 - 8 PM

THURSDAYS

Session 1	Session 2
Sept. 12 – Oct. 17	Nov. 7 – Dec. 19
5:00 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8 PM	7:15 - 8 PM



Saturday Adaptive Private Swim Lessons *(Offered Quarterly)*

Private lessons are offered for children and adults with physical and cognitive disabilities and include instruction from a certified water safety instructor. Participants learn swimming and safety in a positive, calm environment in order to meet their goals. Hours and dates may run differently than the traditional swim lessons during the week.

Age: 3 and older

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.

SATURDAYS

Session 1	Session 2
Sept. 14 – Oct 19	Nov. 9 – Dec. 21
9:00 - 9:45 AM	9:00 - 9:45 AM
9:45 - 10:30 AM	9:45 - 10:30 AM
10:30 - 11:15 AM	10:30 - 11:15 AM
11:15 AM - 12 PM	11:15 AM - 12 PM

Register now at maryfreebed.com/sports

CLASSES

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 six-week class. Instruction will cover tennis, basketball and softball.

Date: Sept. 14, 21, 28. Oct. 5, 12, 19

Time: 10:45 AM - 11:45 AM

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

Age: 3 - 7

Cost: \$60

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: First Session will be Sept 9-October 14th and the second Session will be Nov 11-Dec 16

Time: 6-7pm

Location: Mary Free Bed Professional Office Building, Meijer Conference Room, 350 Lafayette Ave SE, Grand Rapids

Age: 12 and older by the date of the class

Cost: \$47

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 three 6-week sessions for athletes interested in trying sled hockey. These practices will be for younger players ages 5 - 8 who want to play on the Sled Wings when they get older. We'll require USA Hockey memberships for any of the futures who want to play in games (with the "novice" group). Participants can sign up for one session or all sessions.

Session 1

Dates: Oct. 19, 26 Nov. 2, 16, 23

Time: 9:30 - 10:50 AM

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

Ages: 5 - 8

Cost: \$30

Session 3

Dates: Feb. 8, 15, 22 Mar. 1, 8, 15

Time: 9:30 - 10:50 AM

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

Ages: 5 - 8

Cost: \$30

Session 2

Dates: Dec. 14, 21 Jan. 4, 11, 18, 25

Time: 9:30 - 10:50 AM

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

Ages: 5 - 8

Cost: \$30

Register now at maryfreebed.com/sports

Functional Fitness for Persons with Visual Impairment

Mary Free Bed Wheelchair and Adaptive Sports is excited to bring you a six-week adaptive Functional Fitness class for Person with Visual Impairment. This class will be a fast-paced circuit workout consisting of aerobic exercises, strength exercises and interval training. Led by a certified personal trainer (NASM certified), exercises will be modified and adapted for each participant whether sitting or standing. Adaptive equipment will be available for participants. Volunteers will be available to assist participants

Date: Thursdays, Sept 5th to Oct. 10th

Time: 6 PM- 7 PM

Age: Age: 13 and older

Location: Mary Free Bed Professional Office Building, Meijer Conference Room, 350 Lafayette Ave SE, Grand Rapids

Cost: \$50

Adaptive Scuba Diving Clinic

Whether you're a first timer or experienced diver, all are welcome to enjoy the freedom of adaptive scuba diving.

Date: A separate email will be sent when a date becomes available.

Time: Morning Session 10 AM - 12 PM | Afternoon Session 1 - 3 PM

Age: 5 and up

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

Cost: \$25

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 September 10

Time: 6:00 - 7:00 PM

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

Age: 12 years or older

Cost: \$25

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

LEE MONTGOMERY ATHLETE ASSISTANCE FUND

Applications open from August 1 – September 1



The Lee Montgomery Athlete Assistance Fund (LMAAF), established in 2022 by the generosity of The Meijer Foundation, seeks to support and empower athletes with physical disabilities who are training competitively in adaptive sports and looking to take their game to the next level. This Fund will enable new athletes to explore the world of wheelchair and adaptive sports or support seasoned athletes in reaching next-level sports opportunities. The goal of the LMAAF is to give all individuals an opportunity to become the best athletes they can be, both on and off the field.

Requests for assistance can be up to \$1,000*. Eligible expenditures include:

- Pay-to-play fee for athletes to join a WAS team
- Housing assistance, including meals, activities and supervision for campers to participate in Mary Free Bed Junior Wheelchair Sports Camp. This applies to the costs for the camper only. Family costs are not eligible.
- Specialty sports and/or training camp fees outside of MFB WAS offerings
- Sport-specific fees for athletes playing wheelchair sports at the collegiate level
- Fees and costs related to trying out for a Paralympic or Junior National sports team
- Note: Travel expenses are not eligible expenditures.

ELIGIBILITY REQUIREMENTS

To be eligible to apply for assistance to participate on a WAS sports team, you must:

- Have actively participated in at least one WAS team (even if you have never played before)
- Be in good standing with the WAS program and/or teams
- Live in the United States

For spring submission, to be eligible to apply for assistance to participate in Junior Wheelchair Sports Camp, you must:

- Be diagnosed with a physical disability due to orthopedic or neurological medical condition and use, or require, a wheelchair to be successful in sports and recreational activities
- Live in the United States and be more than 45 miles one way from the Junior Wheelchair Sports Camp location

To be eligible to apply for assistance to participate in an elite/specialty sports camp, you must:

- Have actively participated in at least one WAS team for at least one year
- Be in good standing with the WAS program and/or teams
- Live in the United States

To be eligible to apply for assistance to try out for a Paralympic team, you must:

- Have actively participated on a WAS team for at least two years
- Be in good standing with the WAS program and/or teams
- Live in the United States (open to all states)

***IMPORTANT NOTE:** Funds cannot be paid directly to the individual requesting assistance. They will be paid to the approved camp or program. In the case of membership fees, a participant may only be reimbursed once receipt of payment is received.

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, boccia ball, swimming, power lifting, track & field 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**, or visit the Eagles' Facebook page (GREaglesdisabledsports).



Kentwood Parks and Recreation

Kentwood Parks and Recreation provides adaptive recreation programs that promote 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**.



West Michigan Special Hockey Association (WMSHA)

The West Michigan Special Hockey Association (WMSHA) is a non-profit organization that provides ice hockey to physically and/or cognitively disabled children and adults in West Michigan. WMSHA is open to any player over the age of five, male or female, who is physically able to play at any level but is unable to participate in any other organized hockey program.

The program is free, except for a small registration fee. All hockey equipment, ice time, coaching staff and on-ice helpers are provided. No skating or hockey experience necessary. The group plays at the Patterson Ice Center in Grand Rapids on Sunday afternoons from October to March. For more information, visit **westmipatriots.com** or **facebook.com/WMSHAPatriots**. Contact us via email at **admin@westmipatriots.com**.

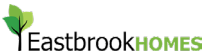
CONNECT MOVE INSPIRE

Mary Free Bed
Wheelchair and Adaptive Sports

Thank you to our program sponsors:



Michael and Christina
Roslonic Family



Richard and Lori
Hinkley 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 and 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 online, please visit the registration section at www.maryfreebed.com/sports.

For any questions, please contact the Wheelchair and Adaptive Sports Program at Mary Free Bed at 616-840-8356 or email 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 facebook/MaryFreeBedSports instagram/mfb_was

616.840.8356 | 235 Wealthy St. SE | Grand Rapids, MI 49503 | maryfreebed.com

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