



# WINTER

Adaptive Sports, Recreation, & Leisure Programming for **Toddlers to Teens** with Special Needs



"We are blown away by the progress that our son has made in every area of his life since joining Courage League. So much confidence gained, it's just amazing. Thank you so much!" - **Parent of CLS Member**

## About Us

Founded in November of 2013 by Melissa Clarke-Wharff, Courage League Sports (CLS) was inspired by her son Jack, who suffered multiple strokes at the age of 8. Since then, Jack has worked tirelessly to recover from most of his injuries, but continues to have residual impairments. Preceding this incident, one thing has remained the same - Jack is a spirited and avid sports fan and the reason, along with many other families, behind the CLS vision that, "Every Child Deserves to Play".

## Meet the Staff

Melissa Clarke-Wharff, Executive Director  
P: 515-421-4020

E: [melissa@courageleaguesports.com](mailto:melissa@courageleaguesports.com)  
Molly Wuebker, OTD, OTR/L, Program Director  
P: 515-421-4020

E: [molly@courageleaguesports.com](mailto:molly@courageleaguesports.com)

Brittany Michael, BHS, Program Manager  
P: 515-421-4020

E: [brittany@courageleaguesports.com](mailto:brittany@courageleaguesports.com)

The UCSD neither endorses nor sponsors the organizations or activities represented in these materials. Flyers are being distributed through the school district as a courtesy to inform families of community activities, opportunities, and services available.

### Building Hours:

Monday - Thursday 9-7 PM      Saturday 10-4 PM  
Friday 9-3 PM      Sunday Closed

**Holiday Closings:** Dec. 24th-26th, Christmas  
January 1st, New Years Day

**Location:** 4405 121st St. Urbandale, IA 50323

## Our Mission:

Courage League Sports is an adaptive sports, recreation, and leisure facility specifically designed for children and adults not able to go "full speed" due to disability, illness, or emotional challenges.

\* CLS is a 501 c3, non-profit organization.

## Our Vision is simple...

"EVERY CHILD DESERVES TO PLAY"

## Membership Information:

Monthly Membership: \$55

10-Visit Punch Card: \$60

Group Rates: \$40/hr

Ask us about our scholarship information and how to use your Consumer Choice Options, Respite, and SCL

## Did you know that you can reserve gym space for:

- Group Home/Day Hab Visits
- Special Ed P.E. Visits
- Special Olympic Training
- School Break Camps
- Birthday/Holiday Parties
- Organizational Events
- And Much More!

## Birthday Parties

Every child deserves to play, especially on their birthday! CLS provides a structured party centered around your little one!

DAY: Saturdays

TIME: 12:30-2 PM,

\* Call us at: **515-421-4020** to learn more about our birthday rates. 1-2:30 PM, 1:30-3 PM

## Open Gym:

Supervised and structured gym time for participants and their families/caregivers, including play options for toddlers to teens with special needs. Please visit our website or Facebook page for our weekly open gym schedule.

**Website:** [www.courageleaguesports.com](http://www.courageleaguesports.com)  
Follow us on Facebook or Twitter





# WHAT'S NEW?



## Developmental Play

Is there life after therapy? The answer is YES. At CLS, our trained staff will help your child maintain the skills he/she has achieved from their therapy provider through participation in our Developmental Play program. The primary objective of this recreational program is to provide transitional programming that will bridge the gap between graduating from formal therapy and lifelong wellness.

Does your child have goals that target gross motor, core stability, balance, and social skills? Developmental Play will consist of small groups (maximum of 3 per group) in order to provide targeted programming for your child's growth and development. Must pre-register to attend this class by calling 515-421-4020.

**DAY: Mon OR Wed**

**TIME: 4:30-5 PM**

## Inner Warrior

Obstacle courses can often double as a fun activity that addresses multiple goals. Our new obstacle-based program includes activities that work to enhance basic tumbling skills, core strength, and flexibility. Our specialized warrior equipment consists of bars, balance beams, traverse rock walls, ropes & ladders - to name a few. Wheelchair & walker-friendly obstacle courses will also be available. During this program, participants will unleash their "Inner Warrior" by completing the different obstacle courses all while racing the clock to get the best time as well as establishing a fitness-is-fun mindset.

**AGES: 7-12 YRS OLD & 13 & OLDER**

**DAY: Wednesday**

**TIME: 5-5:30 PM**

*"An obstacle course is a great tool for targeting multiple skills simultaneously, such as: sequencing & memory, sensory input, strength & balance, motor planning, bilateral coordination, auditory processing, attention to task, & pre-academia."* - Hoffman, 2011

## Music & Movement

### Dance Party

Through the use of our NEW OptiMusic technology, an audio-visual system that is played by interacting with colored light beams - any movement within the beams triggers music, videos, or pictures. Its adaptability enables it to serve as a musical instrument, a powerful communication tool and an invaluable teaching aid. It can be calming and stimulating, fun and creative, but best of all, it gives everyBODY a chance to move to their own beat!

**AGES: 7-12 YRS OLD & 13 & OLDER**

**DAY: Saturday**

**TIME: 10-10:30 AM**

### Hip Hoppers

Using popular, age-appropriate music, our inclusive OptiMusic technology system and easy-to-follow mini dance routines, our participants will move to their own beat while being immersed with ongoing skill development and maximum fun!

**AGES: 2-6 YRS OLD**

**DAY: Thursday**

**TIME: 5-5:30 PM**

### Bike Training Camp

Over the course of our Winter season, CLS will be offering up to three different bike training opportunities for our school-aged population with special needs. During this camp, participants will work on basic bike skills such as mounting/dismounting, balancing, walking/forward propulsion, coasting and maneuvering with and without pedals. Participants are required to bring their own bikes, whether it is a tricycle or two-wheeler. This program is available to members and punch card holders only. Please pre-register by calling 515-421-4020.

**AGES: 7-12 YRS OLD & 13 & OLDER**

**Session 1, Dec. 28th-31st**

**DAY: Monday-Thursday**

**TIME: 10:30 -11:30 AM**

**Session 2, Jan. 9th-30th**

**Session 3, Feb. 6th-Mar. 5th**

**DAY: Saturday**

**TIME: 9-10 AM**





# CUBS (2-6 YRS OLD)



## Courage Cubs Sports

With the help from our mascot "Rory the Lion", this introductory class will teach your toddler the skills necessary for floor hockey, basketball, kickball, and an assortment of field games, all while emphasizing teamwork, cooperation, and sharing. You may be able to take the class as a parent-child team at first before letting him/her branch out on their own to learn independence and make new friends.

**DAY: Monday/Tuesday**

**TIME: 5:30-6 PM**

## Courage Cubs Tumbling

A high energy, barrier-free class that addresses the key concepts of early gymnastics including balance, rolling, jumping, and beam and bar training, using our adaptive tumbling equipment and techniques.

**DAY: Wed/Thurs**

**TIME: 5:30-6 PM**

**DAY: Saturday**

**TIME: 11-11:45 AM**

## Sensory Drumming

Up-beat music, glow-in-the-dark drumsticks, clinked overhead, and bounced on exercise balls, are among the latest tools to tap into our group music and movement scene at CLS. This class combines motor movement with auditory and visual feedback, which makes it a great instrument for strengthening a variety of skills for toddlers with special needs.

**DAY: Tuesday**

**TIME: 5-5:30 PM**

## Hip Hoppers - NEW!

Music and movement combined provide a stimulating environment for socialization, speech development, and cognitive and motor coordination. Add LIGHTS to the mix, and now you've got a whole multi-sensory experience! Through the use of our NEW OptiMusic technology, an audio-visual system that is played by interacting with colored light beams, ALL toddlers will be able to move to their own beat while listening to popular, age-appropriate music.

**DAY: Thursday**

**TIME: 5-5:30 PM**



## Rock 'N Roar

Music is a universal language and a tool for those toddlers who might not otherwise be able to communicate their emotions. Led by Kids in Harmony - a music therapy provider, Rock 'N Roar was designed to forge unique connections in the brain, integrating the mind and body while enhancing your child's language, cognitive, emotional, social, and physical development.

**DAY: Monday**

**TIME: 5-5:30 PM**

## Tots in Action

Ready, Set, Action! Share in the delight as your child improves his/her gross motor skills, coordination, and listening skills. We combine movement and sports activities with music and our adaptive pediatric-sized equipment for this fun-filled class.

**DAY: Mon/Fri**

**TIME: 9:30-10:30 AM**

## Music & Movement

Whether your toddler is moving or drumming to their own beat, our music & movement classes such as **Hip Hoppers, Sensory Drumming, Team Roar! Pom Squad, & Rock 'N Roar** are "instrumental" in their ability to induce emotions and for children with Autism, specifically - emotions conveyed through music may be better than other forms of communication.

## Ch.A.A.M.P.S.

A unique program created exclusively for toddlers with Autism or who require extra supervision. With a 1:1 or 2:1 ratio of children to volunteers, this program helps children incorporate into their lives the notions of structure and task completion by entertaining and engaging in age-appropriate sport skills and our EXERGAMING technology all while using a visual schedule and applied behavior analysis principles to assist with transition periods. Space is limited.

**DAY: Tuesday**

**TIME: 4:30-5 PM**





# CUBS (2-6 YRS OLD)



1ST BASE

### CLS Adaptive Swimming

Back by popular demand! This class was designed to familiarize children with special needs, ages 3-6, to the water as a parent-child team. Children will orient to the aquatic environment, gain basic aquatic skills, and gain greater independence in their skills all while developing more comfort in and around water. Sessions will be held at Walnut Ridge Senior Living Center - equipped with an accessible ramp in a 90 degree heated pool at a depth of 3.6 feet - and will be led by an instructor certified in water safety and with 40 years of experience in swimming instruction. To register, call 515-421-4020! Space is limited.

Session 1, Jan. 5th-26th

Session 2, Feb. 2nd-23rd

**AGES: 3-6 YRS OLD (Along with Parent/Guardian)**

DAY: Tuesdays      TIME: 4:30-5 PM

**Where:** Walnut Ridge Senior Living Center  
1701 Campus Dr, Clive, IA 50325

**FEE: Member: \$75    Non-Member: \$99**

*"We had previously spent a lot of money on private swim lessons with very little progress. Through the CLS swim program, we have been amazed at the swimming skills that have emerged from our son and in a much shorter time!"*  
- Parent of CLS Member

### Team Roar! CLS Pom Squad

Cheer/pom squad for girls and boys with any form of intellectual, behavioral, medical, and/or physical disability who love to cheer! The Team Roar! Pom Squad offers friends, fun, music, dancing, cheering, and the opportunity to perform at community sporting events.

**DAY: Wednesday      TIME: 5-5:30 PM**

The benefits of CLS go well beyond physical fitness. Using play as the stimulus, our toddler programs promote the development of problem solving, cooperation, self-esteem, peer interaction and much more! Whether your toddler participates in our new social play group, RORY & FRIENDS, sports leagues, open gym or family fun nights, CLS provides a variety of play opportunities with an emphasis on the whole body - physically, mentally, and SOCIALLY.



### Rory & Friends

As children play, they learn to solve problems, to get along with others, and to develop large motor skills needed to grow and learn. This is especially important for children with special needs. The focus of our social playgroup is to help our participants experience the joys of having friends and grow in their ability to identify appropriate emotional expressions and social boundaries all while playing and having fun!

**DAY: Thursday      TIME: 4:30-5 PM**

### Rory's Yogis

Yoga is good for everyBODY and children with special needs are no exception. Our adaptive yoga program was designed to help children of all abilities gain strategies for calming down, to create body awareness, and to improve balance, coordination, and core strength through the use of adapted yoga poses and supportive props.

**DAY: Saturday      TIME: 10-10:30 AM**



# LIONS (7-12 YRS OLD)

*Presented by Iowa Clinic Healthcare Foundation*



## 1ST BASE

### Lion League

If you ask a child what the best thing at school is, the answer is usually "PE". At CLS, our Lion League program was created to extend the best part of your child's day. This adaptive recreational league is geared towards participants that are just looking to have fun while learning new skills and/or enhancing previously obtained skills related to the Winter sports of basketball & floor hockey, in addition to inclusive field games.

**DAY: Mon-Thur** **TIME: 5:30-6:30 PM**

### Every Move Counts

Every child deserves to play and children with severe and profound disabilities are no exception. This program is built around the notion that "even the slightest engagement in physical activity can be beneficial to the lives of children with severe disabilities" when offered in a safe and decelerated atmosphere.

**DAY: Mon-Thur** **TIME: 5:30-6:30 PM**

### Ch.A.A.M.P.S.

A unique program created exclusively for youth with Autism or who require extra supervision. With a 1:1 or 2:1 ratio of children to volunteers, this program helps children incorporate into their lives the notions of structure and task completion by entertaining and engaging in sports and our EXERGAMING technology all while using a visual schedule and applied behavior analysis principles to assist with transition periods. Space is limited.

**DAY: Tues & Thurs** **TIME: 6-6:30 PM & 6:30-7 PM**

### Bike Training Camp - NEW!

Over the course of our Winter season, CLS will be offering up to three different bike training opportunities for our school-aged population with special needs. During this camp, participants will work on basic bike skills such as mounting/dismounting, balancing, walking/forward propulsion, coasting and maneuvering with and without pedals. Participants are required to bring their own bikes, whether it is a tricycle or two-wheeler. This program is available to members and punch card holders only. Please pre-register by calling 515-421-4020.

#### Session 1, Dec. 28th-31st

DAY: Monday-Thursday TIME: 10:30 -11:30 AM

#### Session 2, Jan. 9th-30th

#### Session 3, Feb. 6th-Mar. 5th

DAY: Saturday TIME: 9-10 AM

### Developmental Play - NEW!

The primary objective of this recreational program is to provide transitional programming that will bridge the gap between graduating from formal therapy and lifelong wellness.

Does your child have goals that target gross motor, core stability, balance, and social skills? Developmental Play will consist of small groups (maximum of 3 per group) in order to provide targeted programming for your child's growth and development. Must pre-register to attend this class by calling 515-421-4020.

**DAY: Mon OR Wed** **TIME: 4:30-5 PM**



**MEET CHADWICK:** Chadwick, age 8, was diagnosed with Autism at an early age and has a personality as bright as his auburn red hair! Initially at CLS, Chadwick participated in the Ch.A.A.M.P.S. program, created exclusively for children with Autism; but now, has progressed to the Lion League program and is able to attend for an entire hour of programming! Better yet, Chadwick's brother participates in the classes too which has positively impacted their relationship. Additionally, Chadwick keeps busy & has fun participating in Rory's Riders, Swimming Lessons & Developmental Play through CLS.



# LIONS (7-12 YRS OLD)

Presented by Iowa Clinic Healthcare Foundation



## 1ST BASE

### Inner Warrior - **NEW!**

Obstacle courses can often double as a fun activity that addresses multiple goals. Our new obstacle-based program includes activities that work to enhance basic tumbling skills, core strength, and flexibility. Our specialized warrior equipment consists of bars, balance beams, traverse rock walls, ropes & ladders - to name a few. Wheelchair & walker-friendly obstacle courses will also be available. During this program, participants will unleash their "Inner Warrior" by completing the different obstacle courses all while racing the clock to get the best time as well as establishing a fitness-is-fun mindset.

**DAY: Wednesday**

**TIME: 5-5:30 PM**

### Dance Party - **NEW!**

Through the use of our NEW OptiMusic technology, an audio-visual system that is played by interacting with colored light beams - any movement within the beams



triggers music, videos, or pictures. Its adaptability enables it to serve as a musical instrument, a communication tool and an invaluable teaching aid. It can be calming

and stimulating, fun and creative, but best of all, it gives everyBODY a chance to move to their own beat!

**DAY: Saturday**

**TIME: 10-10:30 AM**

### Giant Game Board Fitness - **NEW GAMES!**

Board games get a lot more fun when they are super-sized. CLS has created a collection of human-sized board games using our participants as game pieces! Each game will incorporate different adaptive fitness components turning classic favorites into live-action fun. Please PASS GO and collect a healthy lifestyle for your child. You won't be **SORRY!**

**DAY: Monday**

**TIME: 5-5:30 PM**

### Rock 'N Roar

Music is a universal language and a tool for those children who might not otherwise be able to communicate their emotions. Led by



Kids in Harmony, Rock"N Roar was designed to forge unique connections in the brain, integrating the mind and body while enhancing your child's language, cognitive, emotional, social, and physical development.

**DAY: Monday**

**TIME: 5:30-6 PM**

### Ninja Power

An adaptive kickboxing class that works to enhance balance, agility, strength, and the art of awesomeness. Basic punching skills, kicking, core and cardio exercises will be covered. Non-contact sport with a huge impact! Light sabers included!

**DAY: Tuesday**

**TIME: 5-5:30 PM**

**DAY: Saturday**

**TIME: 10:30-11 AM**

### Team Roar! CLS Pom Squad

Cheer/pom squad for girls and boys with any form of intellectual, behavioral, medical, and/or physical disability who love to cheer! The Team Roar! Pom Squad offers friends, fun, music, dancing, cheering, and the opportunity to perform at community sporting events. Ask us about our Special Olympics Cheer/Dance Opportunities!

**DAY: Wednesday**

**TIME: 5-5:30 PM**

### Karaoke Cycling

Research indicates that cycling has shown significant benefits in cardiovascular endurance, agility, and motor planning among individuals with various disabilities. Through the use of our web racing technology, adaptive recumbent bikes, arm cycles and karaoke machine, our program allows participants of all ability levels to feel the burn while belting out their favorite tunes!

**DAY: Wednesday**

**TIME: 4:30-5 PM**



# LIONS (7-12 YRS OLD)

Presented by Iowa Clinic Healthcare Foundation



## 1ST BASE

### Homeschool Adaptive PE

This program was designed by experts in adaptive physical education and combines fun with a comprehensive curriculum that will give your child the foundation for a strong body and mind! During this program, students will meet new friends while participating in activities ranging from team sports to obstacle courses to rock climbing, and fun gym games!

**DAY: Wednesday/Fridays**    **TIME: 10:30-11:30 AM**

### Aerobic Drumming

Channeling dreams of rock glory and tapping ("literally") into a healthier lifestyle, this program combines pounding drumsticks on exercise balls and an adaptive core to cardio workout all while jamming out to different genres of music. And to complete the rockstar fantasy, CLS has glow-in-the-dark drumsticks, and Boomwhackers (percussion tubes that produce a rainbow of colors and sounds) for a real night show effect.

**DAY: Thursday**    **TIME: 5-5:30 PM**

### Lion Pride

As children play, they learn to solve problems, to get along with others, and to develop the fine and gross motor skills needed to grow and learn. This is especially important for youth with special needs. The focus of our social group class is to help our participants experience the joys of having friends and grow in their ability to identify appropriate emotional expressions and social boundaries all while playing and having fun!

**DAY: Thursday**    **TIME: 4:30-5 PM**

### Rory's Yogis

Yoga and Pilates are good for everyBODY and youth with special needs are no exception. Our adaptive yoga/ Pilates program was designed to help children of all abilities gain strategies for calming down, to create body awareness, and to improve balance, coordination, and core strength through the use of adapted yoga poses and supportive props.

**DAY: Saturday**    **TIME: 10-10:30 AM**

### ABOUT OUR SWIMMING INSTRUCTOR:

- Jude Braune, Aquatic Council of AAHPERD, Sp Ed & Rec Therapy Degree, 40 years of swimming instruction

### CLS Adaptive Swimming

#### Water Safety

Back by popular demand! This class was designed to familiarize children with special needs, ages 7-12, with the aquatic environment, gain basic aquatic skills, and gain greater independence in their skills all while developing more comfort in and around water.

#### Water safety skills

include:

- Getting wet
- Water entry/exit
- Blowing bubbles
- Submerging their face
- Exploring the pool
- Front and back floats
- Underwater exploration
- Kicking on their front/back
- Arm movement
- Bobbing
- Rolling Over

**DAY: Tuesdays**    **TIME: 5-5:30 PM**

**Where: Walnut Senior Living Center**

**Location: 1701 Campus Dr, Clive, IA 50325**

**Member Fee: \$75/4-week session**

**Non-Member Fee: \$99/4-week session**

### Roar 'N Wave Sports

At no additional cost to our members, this program "dives" into a variety of different water sports, games, and fitness activities - all of which, are considered as a low-risk form of recreation due to water's buoyancy. Previous swimming experience required.

**DAY/TIME: Thur, 6-7 PM**

**Non-Member Fee: \$99/4-week session**

**FREE TO MEMBERS!**

**Session Dates: Feb. 4th-25th**

**Where: Lifetime Fitness**

11911 Hickman Rd, Urbandale, IA 50323

**Sign-ups are required for staffing and safety!**



# PANTHERS (13 & OLDER)



## 1ST BASE

### Panther League

If you ask a teenager what the best thing at school is, the answer is usually "PE". At CLS, our Lion League program was created to extend the best part of your teen's day. This adaptive recreational league is geared towards participants that are just looking to have fun while learning new skills and/or enhancing previously obtained skills related to the Winter sports of basketball & floor hockey, in addition to inclusive field games.

**DAY: Mon-Thur**

**TIME: 5:30-6:30 PM**

### Every Move Counts

Every teen deserves to play and children with severe and profound disabilities are no exception. This program is built around the notion that "even the slightest engagement in physical activity can be beneficial to the lives of children with severe disabilities" when offered in a safe and decelerated atmosphere. Please refer to our SEVERE & PROFOUND page for more information on this program.

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A unique program created exclusively for teens with Autism or who require extra supervision. With a 1:1 or 2:1 ratio of children to volunteers, this program helps children incorporate into their lives the notions of structure and task completion by entertaining and engaging in sports and our EXERGAMING technology all while using a visual schedule and applied behavior analysis principles to assist with transition periods. Space is limited.

**DAY: Tues & Thurs**

**TIME: 6-6:30 PM & 6:30-7 PM**

Research concludes that complimentary services involving sports, exercise, and other physical activities can be a useful adjunct to traditional behavioral interventions for children with Autism (Dawson & Rosanoff, 2009).

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# PANTHERS (13 & OLDER)



1ST BASE

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**DAY: Thursday**

**TIME: 5-5:30 PM**

## Club Courage

Social club for teens with special needs in order to help foster friendships as well as build a network of parents to support the daily challenges that arise from having a teen with special needs. Social club activities will include team building in large to small groups. Please call 515-421-4020 to sign up!

**DAY: Thursday**

**TIME: 6:30-7:30 PM**

### TEEN NIGHTS

**DATES: Dec. 3rd, Jan. 7th, Feb. 4th**

#### ELEMENTS OF CLUB COURAGE

- Visual Referencing*
- Strengthening Verbal Expressions*
- Reading Facial Expressions & Gestures*
- Recognizing Emotions in Self & Others*
- Problem Solving*
- Participation in Cooperative Games*

## Rory's Yogis

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- Rolling Over

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**Non-Member Fee:** \$99/4-week session

### Roar 'N Wave Sports

At no additional cost to our members, this program "dives" into a variety of different water sports, games, and fitness activities - all of which, are considered as a low-risk form of recreation due to water's buoyancy. Previous swimming experience required.

DAY/TIME: Thur, 6-7 PM

**Non-Member Fee:** \$99/4-week session

**FREE TO MEMBERS!**

**Session Dates: Feb. 4th-25th**

**Where: Lifetime Fitness**

11911 Hickman Rd, Urbandale, IA 50323

**Sign-ups are required for staffing and safety!**



# CLUB & TEAM SPORTS



Seasonal club play is an option for participants with special needs who are interested in controlled and organized sport-specific play. This option of play provides participants who have had success at the recreational level an opportunity to step up their game! Sessions will include 15-20 minutes of drill and station work, with the remaining time allotted for scrimmaging.

## Indoor Kickball

Adaptive kickball league for kids who desire a fun, athletic challenge consisting of skill work and controlled scrimmaging. Skills such as pitching, kicking, and base running/rolling will be practiced whether in a standing or seated position.

**DAY:** Tuesdays

**TIME:** 6:30-7 PM

## Standing & Wheelchair Basketball

Play-to-score basketball club with opportunities for 3-on-3 or 5-on-5 basketball scrimmages. Sessions will consist of 15-20 minutes of drill and station work and end with controlled scrimmaging where players will be able to apply their newly or previously acquired basketball skills into a real game situation.

**DAY:** Thursday

**TIME:** 6:30-7 PM

## Power Basketball

Power wheelchair sports participation has been on the rise in recent years. To the joy of many athletes with physical or intellectual disabilities, a number of power chair sports are springing up throughout the country. After a successful Power Soccer season, CLS is now bringing **Power Basketball** into the mix.

**DAY:** Monday

**TIME:** 6:30-7 PM

2ND BASE

3RD BASE

## TEAM BASKETBALL

**DATES:** Jan. 23rd-Feb. 13th

**TIMES:** Saturday Afternoons

**AGE GROUPS:** 7-12, & 13+




**Member Fee:** FREE, \$10 Team Shirt

**Non-Member Fee:** \$25/season

**Register:** 515-421-4020 OR

[brittany@couragleaguesports.com](mailto:brittany@couragleaguesports.com)

### Play Options

-  Standing 3-On-3
-  Wheelchair Basketball
-  Push Basketball

Registration  
Sign-Up and  
Play Day at CLS:  
December 12th @  
Noon - 1:30 PM

### VOLUNTEER COACHES

- Parents, want to coach your child's team? If interested, let us know! Training and lesson plans will be provided.

**Courage League Sports** is excited to introduce our second season of adaptive sports participation - **TEAM SPORTS**.

**TEAM SPORTS** will be held at Courage League Sports. Each season will run for 6 weeks with practice and games on Saturdays.

Each team will participate in 30 minutes of drill and station work followed by 30 minutes of a timed and scored game - all of which, will be adapted based on the needs of each team and athlete. The term "adapted" may refer to adapting the rules of the sport, equipment or orthotic device, or simply, the instructional methods. Teams will be put together based on age and ability levels.



# COURAGE ADVENTURES: BEYOND OUR WALLS



## Rory's Riders

CLS is excited to continue our partnership with Menagerie Stables of Altoona in offering adaptive recreational horseback riding and horsemanship lessons for the purpose of contributing positively to the cognitive, physical, emotional, and social well-being of children with special needs. Because, horseback riding rhythmically moves the rider's body in a manner similar to a human gait, riders with physical disabilities often show improvement in flexibility, balance, and core strength. Not to mention, the positive effects on self-esteem and self-confidence. This program will be led by Deanna Mundt who has 8 years of experience working with children with special needs and providing therapeutic riding lessons.

### Session Dates: Jan. 7th-28th & Feb. 11th-Mar. 3rd

**AGES: 3-6 YRS OLD (Along with Parent/Guardian)**

DAY: Thursdays      TIME: 5:30-6:30 PM

**AGES: 7-12 YRS OLD & 13+**

DAY: Thursdays      TIME: 6:30-7:30 PM

**Where:** Menagerie Stables  
4175 64th St. Altoona, IA

**FEE: Member: \$75 Non-Member: \$99**

## CLS Adaptive Swimming

Back by popular demand! The **WATER SAFETY** class was designed to familiarize children with special needs to the water. Children will orient to the aquatic environment, gain basic aquatic skills, and gain greater independence in their skills all while developing more comfort in and around water.

### Water safety skills

include:

- Getting wet
- Water entry/exit
- Blowing bubbles
- Submerging their face
- Exploring the pool
- Front and back floats
- Underwater exploration
- Kicking on their front/back
- Arm movement
- Bobbing
- Rolling Over

For ages 7-12 & 13+, CLS is offering an adaptive water sports & water games class called **ROAR 'N WAVE SPORTS** that is at no additional cost to our members. This program "dives" into a variety of different water sports, games, and fitness activities - all of which, are considered as a low-risk form of recreation due to water's buoyancy. Previous swimming experience required. Please refer to your child's age group for specifics on dates/times.

## Family Fun Events

In addition to our outdoor recreational opportunities like our **CLS sledding days** (stay tuned throughout the winter season for updates), CLS will be have 1, Friday Family Fun Night each month. Please see the dates and special themes below.

### Winter Party

DAY: Friday      DATE: December 4th      TIME: 6-7:30 PM

### Bike Night

DAY: Friday      DATE: January 15th      TIME: 6-7:30 PM

### March Madness Night

DAY: Friday      DATE: February 19th      TIME: 6-7:30 PM

