

United Cerebral Palsy of Michigan Adaptive Sports and Recreation Information

www.ucpmichigan.org

Updated April 2012

Recreation	Source	Sport or recreation name	Link	Name of Article	Description	Adults	Kids	Phone Number	City	County
Basketball	Michigan State University	Wheelchair Basketball	http://www.imsports.msu.edu/adaptive/index.html#club	Adaptive Recreation	Wheelchair basketball is scheduled to play in the IM Circle Gymnasium.	X		517-355-9301	East Lansing, MI	Ingham
Fitness	Michigan State University	Fitness - Swimming	http://www.imsports.msu.edu/adaptive/index.html#club	Adaptive Recreation	Michigan State University has 3 recreational pools which have both an aquatic lift and access to the locker rooms. Pool is open to the public with the purchase of a public pool usage pass.	X		517-355-9301	East Lansing, MI	Ingham
Fitness	Michigan State University	Fitness - Working Out	http://www.imsports.msu.edu/adaptive/index.html#club	Adaptive Recreation	IM West has a motomed, which is designed for individuals who cannot handle the weight machine's pulley system. IM East has a well equipped fitness center, accessible racket ball courts, and an indoor track. University lawyers state that wheelchair users must exercise in their wheelchair.	X		517-355-9301	East Lansing, MI	Ingham
Goal Ball	Michigan State University	Fitness - Goal Ball	http://www.imsports.msu.edu/adaptive/index.html#club	Adaptive Recreation	Adaptive activity for participants that are blind. If you are not blind, you wear a blindfold. A point is given when the ball passes the opposing team.	X		517-355-9301	East Lansing, MI	Ingham

Music Activities	Michigan State University: College of Music	Dance and Singing	http://www.cms.msu.edu/el/special/CommunityDanceChorus.php?el_special_commdance	Community Music School	Music activities for the adult community with all levels of abilities. Music training or previous experience not necessary. Every other Monday 7:30-8:30pm. Cost is \$108. Begins January 23.	X		517-355-7661	East Lansing, MI	Ingham
Music Therapy	Michigan State University: College of Music	Adult Recreational Music Therapy	http://www.cms.msu.edu/el/special/musicTherapy_adult.php?el_special_adult	Community Music School	Music therapy group for adults of all ability levels. Sessions held Wednesdays 4-5pm. \$272 per semester (16 weeks) beginning January 25.	X		517-355-7661	East Lansing, MI	Ingham
Music Therapy	Michigan State University: College of Music	Early Childhood Music Therapy	http://www.cms.msu.edu/el/special/clubKazoo.php?el_special_early	Community Music School	Ages 0-3 in need of extra support in areas of speech and language, motor development, self-expression and socialization and who like music. Wednesdays from 2:15-3pm. \$272 per semester (16 weeks). Begins January 25. Enroll online		X	517-355-7661	East Lansing, MI	Ingham
Music Therapy	Michigan State University: College of Music	Group Music Therapy	http://www.cms.msu.edu/el/special/musicTherapy_group.php?el_special_group	Community Music School	Groups of four or more. Individualized treatment plans.	X	X	517-355-7661	East Lansing, MI	Ingham
Music Therapy	Michigan State University: College of Music	Individual Music Therapy	http://www.cms.msu.edu/el/special/musicTherapy_individual.php?el_special_individual	Community Music School	Specific music therapy interventions are developed and implemented based on individualized goals and objectives. Arranged therapy session times at \$52 per hour.	X	X	517-355-7661	East Lansing, MI	Ingham

Singing	Michigan State University: College of Music	Singing for Speech	http://www.cms.msu.edu/el/special/singingSpeech.php?el_special_speech	Community Music School	Sessions for children in special need of opportunities to enhance language development. \$272 per semester. Enroll online.		X	517-355.7661	East Lansing, MI	Ingham
Sports Skills Program	Michigan State University College of Education: Department of Kinesiology	Sports Skills Program	http://www.educ.msu.edu/kin/research/ssp.asp	Sports Skills Program for Persons with Disabilities	MSU undergraduate students provide coaching and instruction in sports skills to children (aged 6 and older) and adults with disabilities who reside in the Greater Lansing area.	X	X	517-353-3866	East Lansing, MI	Ingham