

## United Cerebral Palsy of Michigan Adaptive Sports and Recreation Information

www.ucpmichigan.org

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Recreation	Source	Sport or recreation name	Link	Name of Article	Description	Adults	Kids	Phone Number	City	County
Adult Sled Hockey	Mary Free Bed Rehabilitation Center	Adult version of the Junior Sled Wings Hockey team.	<a href="http://www.maryfreebed.com/Rehab-Services/AdaptiveSports">http://www.maryfreebed.com/Rehab-Services/AdaptiveSports</a>	Adaptive Sports	Individuals with lower extremity disabilities, they are encouraged to partake in the sled hockey team.	X		616-242-0352	Grand Rapids, MI	Kent
Biking	Mary Free Bed Rehabilitation Center	Bikes for the Rest of Us	<a href="http://www.maryfreebed.com/Rehab-Services/AdaptiveSports">http://www.maryfreebed.com/Rehab-Services/AdaptiveSports</a>	Adaptive Sports	Introduces both children and adults with disabilities to adaptive biking.	X	X	616-242-0352	Grand Rapids, MI	Kent
Bocce Ball	Mary Free Bed Rehabilitation Center	Bocce Ball	<a href="http://www.maryfreebed.com/Rehab-Services/AdaptiveSports">http://www.maryfreebed.com/Rehab-Services/AdaptiveSports</a>	Adaptive Sports	Sponsored by Kentwood Parks and Recreation. Games held every Monday night from 6-7pm at Tommy Noto's.			616-656-5275	Grand Rapids, MI	Kent
Handcycling	Mary Free Bed Rehabilitation Center	Handcycling Team	<a href="http://www.maryfreebed.com/Rehab-Services/AdaptiveSports">http://www.maryfreebed.com/Rehab-Services/AdaptiveSports</a>	Adaptive Sports	Handcycling for individuals 16 years of age and older. Opportunity provided by Grand Rapids Wheelchair Sports Association.	X		616-334-3582	Grand Rapids, MI	Kent
Horseback Riding	Kent Special Riding Program	Horseback riding	<a href="http://www.ksrp.org/">http://www.ksrp.org/</a>	Therapeutic Horseback Riding for Handicappers	Large outdoor and smaller indoor riding areas. Part of Kent County 4-H and is part of the MSU Extension Program.	X		517-891-8066		Kent
Kayak and Canoeing	Mary Free Bed Rehabilitation Center	Adaptive Kayak/Canoeing Clinic	<a href="http://www.maryfreebed.com/Rehab-Services/AdaptiveSports">http://www.maryfreebed.com/Rehab-Services/AdaptiveSports</a>	Adaptive Sports	Individuals are assessed to see if adaptive equipment is needed. Participants must be at least 13 years of age and must have physician	X		616-242-0350	Grand Rapids, MI	Kent

Rock Climbing	Mary Free Bed Rehabilitation Center	Adaptive Rock Climbing Clinic	<a href="http://www.maryfreebed.com/Rehab-Services/AdaptiveSports">http://www.maryfreebed.com/Rehab-Services/AdaptiveSports</a>	Adaptive Sports	One clinic held every year at Grand Valley State University Climbing Center. Must have physician approval with registration form. Participants must be at least 13 years of age or older.	X		616-356-1861	Grand Rapids, MI	Kent
Skiing	Cannonsburg Challenged Ski Association	Adaptive Skiing	<a href="http://www.skiccsa.org/index.php?page=Home">http://www.skiccsa.org/index.php?page=Home</a>	Cannonsburg Challenged Ski Association	Held weekly between 6-8pm on Tuesday, Wednesday, Thursday and 1-3pm, 2-4pm, 3-5pm Sunday evenings. Cost is based on the age of the skier, when they ski, and if they need rentals.		X	616-874-3060	Ada, MI	Kent
Tennis	Mary Free Bed Rehabilitation Center	Tennis	<a href="http://www.maryfreebed.com/Rehab-Services/AdaptiveSports">http://www.maryfreebed.com/Rehab-Services/AdaptiveSports</a>	Adaptive Sports	No prior knowledge necessary. Available for individuals age 16 and older. Participants can play at a competitive level or on a traveling team. Must bring own tennis racket and chairs are available to borrow until you decide to purchase your own chair.	X		616-748-0468	Grand Rapids, MI	Kent

Horseback Riding	Becky Botsford Show Horses and Equine Sales	Horseback Riding	<a href="http://www.beckybotsfordequinesalespecialist.com/index.html">http://www.beckybotsfordequinesalespecialist.com/index.html</a>	Sales, Training, Boarding, and Lessons	Facility for individuals who wish to board their horses, learn how to ride horses, and engage in pet therapy. Instructors experienced in horse training and in working with people of all ages and abilities. People with special needs are welcome!	X	X	616-437-5809	Bailey, MI or Sparta, MI	Muskegon Kent
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