

## 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
Archery	Michigan Sports Unlimited, Inc.	Archery	<a href="http://www.misportsunlimited.com/programs/archery.asp">http://www.misportsunlimited.com/programs/archery.asp</a>	Access to Recreation - without limitations	Many adaptive archery equipment. Indoor shooting range and a computer simulated hunting experience available.	X		989-771-5530	Saginaw, MI	Saginaw
Baseball	Michigan Sports Unlimited, Inc.	Baseball	<a href="http://www.misportsunlimited.com/programs/baseball.asp">http://www.misportsunlimited.com/programs/baseball.asp</a>	Access to Recreation - Without Limitations	In collaboration with the Miracle League of Michigan working toward adaptive baseball opportunities. Offers a completely wheelchair accessible field. Michigan Sports Unlimited is working with the All Children Experience Sports baseball team.	X	X	989-771-5530	Saginaw, MI	Saginaw
Basketball	Michigan Sports Unlimited, Inc.	Basketball	<a href="http://www.misportsunlimited.com/programs/basketball.asp">http://www.misportsunlimited.com/programs/basketball.asp</a>	Access to Recreation - Without Limitation	New Tri-City basketball team being created in Bay City, MI. Practices held at Bay County Community Center in Bay City, MI and Center Courts in Saginaw, MI. There are also basketball clinics instructing athletes the basic rules of the game and the fundamentals of the sport.	X		989-497-3075	Saginaw, MI	Saginaw

Cheerleading	Mid Michigan Gymnastics, Gemz Cheer and Dance	Special Needs Cheer Program	<a href="http://www.allstargemz.com/index.php?componentName=ClassScheduleDeluxe&amp;scid=43773&amp;action=view&amp;classid=2856&amp;offset_Class=0">http://www.allstargemz.com/index.php?componentName=ClassScheduleDeluxe&amp;scid=43773&amp;action=view&amp;classid=2856&amp;offset_Class=0</a>	Special Needs Cheer Team	Program open to all ages and both genders attending to those with special needs. Program meets once a week for 45 minutes, September through April. Registration before August. Participants will learn a cheer routine and perform at local events.	X	X	989-692-0394 989-692-0395	Freeland, MI	Saginaw
Cycling	Michigan Sports Unlimited, Inc.	Handcycling	<a href="http://www.misportsunlimited.com/programs/cycling.asp">http://www.misportsunlimited.com/programs/cycling.asp</a>	Access to Recreation - Without Limitations	Offers handcycles to try and/or use at the gym. Michigan Sports Unlimited has a "try before you buy" policy.	X		989-714-1313	Saginaw, MI	Saginaw
Fitness	Michigan Sports Unlimited, Inc.	Fitness	<a href="http://www.misportsunlimited.com/programs/fitness.asp">http://www.misportsunlimited.com/programs/fitness.asp</a>	Access to Recreation - Without Limitation	Full line of excellent fitness equipment designed specifically for people with physical disabilities. Access to the gym is Monday through Friday from 9am-9pm or by appointment.	X		989-771-5530	Saginaw, MI	Saginaw
Golf	Michigan Sports Unlimited, Inc.	Golf	<a href="http://www.misportsunlimited.com/programs/golf.asp">http://www.misportsunlimited.com/programs/golf.asp</a>	Access to Recreation - Without Limitations	In collaboration with Michigan Adaptive Golf to provide adaptive golf opportunities.	X		989-771-5530	Saginaw, MI	Saginaw
Kayaking	Michigan Sports Unlimited, Inc.	Kayaking	<a href="http://www.misportsunlimited.com/programs/kayaking.asp">http://www.misportsunlimited.com/programs/kayaking.asp</a>	Access to Recreation - Without Limitations	Adaptive rowing clinics held at the Bay City Rowing Club. Expert instruction to provide an excellent rowing experience.	X		(989) 771-5530	Saginaw, MI	Saginaw

Shooting	Michigan Sports Unlimited, Inc.	Shooting	<a href="http://www.misportsunlimited.com/programs/shooting.asp">http://www.misportsunlimited.com/programs/shooting.asp</a>	Access to Recreation - Without Limitation	For individuals interested in shooting rifles, pistols, shotguns and more. Michigan Sports Unlimited works closely with Duncan's Outdoors to provide an opportunity to target practice with various methods of shooting depending on the individual's level of functioning in a state-of-the-art shooting facility	X		989-771-5530	Saginaw, MI	Saginaw
Skiing	Michigan Sports Unlimited, Inc.	Downhill Skiing	<a href="http://www.misportsunlimited.com/programs/downhill.asp">http://www.misportsunlimited.com/programs/downhill.asp</a>	Access to Recreation - Without Limitation	In collaboration with Michigan Adaptive Sports and Northern Michigan Adaptive Sports in snow skiing.	X		989-771-5530	Saginaw, MI	Saginaw
Soccer	Michigan Sports Unlimited, Inc.	Powersoccer	<a href="http://www.misportsunlimited.com/programs/soccer.asp">http://www.misportsunlimited.com/programs/soccer.asp</a>	Access to Recreation - Without Limitations	Powersoccer is a competitive sport that individuals use their power chairs to propel an oversized inflated rubber ball across the end line of a regulation size basketball court.	X		989-771-5530	Saginaw, MI	Saginaw
Waterskiing	Michigan Sports Unlimited, Inc.	Waterskiing	<a href="http://www.misportsunlimited.com/programs/waterskiing.asp">http://www.misportsunlimited.com/programs/waterskiing.asp</a>	Access to Recreation - Without Limitation	Several waterski clinics available. Also available are waterskiis to borrow or try out.	X		989-771-5530	Saginaw, MI	Saginaw