

United Cerebral Palsy of Michigan Adaptive Sports and Recreation Information

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Updated April 2012

Recreation	Source	Sport or recreation name	Link	Name of Article	Description	Adults	Kids	Phone Number	City	County
Arts and Crafts	Westland Therapeutic Recreation Program	Arts and Crafts	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	Make special arts and crafts projects at these classes. Preregister three days before each session. If you want to attend only one or two classes during the session, just indicate which classes when registering. Preregistering ensures that supplies will be available. Open for ages 13 and up.	X	X	734-722-7620	Westland, MI	Wayne
Boy Scouts	Westland Therapeutic Recreation Program	Adaptive Boy Scouts	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	Join pack #5714 for special needs boy scouts.		X	734-783-2968	Westland, MI	Wayne
Cheerleading	Westland Therapeutic Recreation Program	Michigan Shining Stars Adapted Cheerleading with Cheer America	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	A drop in class for students with special needs that love learning cheerleading routines. Pom poms are provided; after completing at least 4 classes before the first parade. For ages 6-20.	X	X	734-722-7620	Westland, MI	Wayne

Cooking	Westland Therapeutic Recreation Program	Cooking Class	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	Individuals learn how to prepare healthy, low cost meals. Offered for ages 13 and up. Located at the Bailey Center. Discounted prices for Wayne County residents, but accepts non-residents as well.	X	X	734-722-7620	Westland, MI	Wayne
Exercise Class	Westland Therapeutic Recreation Program	Exercise Class	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	45 minutes of fun exercises. Exercises can be preformed in a chair or wheelchair if necessary. Dress in appropriate exercise apparel. Offered for ages 13 and up. Located at the Bailey Center. Discounted prices for Wayne County residents, but accepts non-residents as well.	X	X	734-722-7620	Westland, MI	Wayne
Golf	Westland Therapeutic Recreation Program	Golf	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	Learn the basics of golfing. The course is designed for people with special needs that want to learn at their own pace. No experience required. For ages 16 and up.	X		734-595-4661	Westland, MI	Wayne
Night for Me	Westland Therapeutic Recreation Program	Night for Me	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	Each Night for Me is held at a different location. Separate areas for ages 3-12 and 13 and up where individuals partake in activities at each of these locations.	X	X	734-722-7620	Westland, MI	Wayne

Swimming	Westland Therapeutic Recreation Program	Swimming at the Dyer Orthopedic Pool	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	Recreational swimming at the heated therapeutic Dyer pool. Fully accessible pool and locker room. Individuals that require assistance must bring an aide or family member. Located on Marquette Road between Wayne and Newburgh	X	X	734-722-7620	Westland, MI	Wayne
Swimming	Westland Therapeutic Recreation Program	Swim Lessons	http://www.cityofwestland.com/parksrecreation/the-ra.html	Therapeutic Recreation Program	Students taught using Red Cross Swim Program. Class is taught by a water safety instructor with swim instruction experience in the Dyer Orthopedic Pool.	X	X	734-722-7620	Westland, MI	Wayne