

ACCESS & ABILITY



CHD
Disability Resources

Spring 2019 Events and Programs Newsletter

GET FIT WITH ADAPTIVE CROSS FIT

Adaptive Crossfit is geared towards those with physical impairments. Learn ways to strengthen your body along with pushing your personal limitations!



WHERE:
Catch Cross Fit at N.E.X.T Fitness
470 Shoemaker Ln, Agawam

WHEN:
Saturdays from 1pm-2pm
April 13 April 20
May 4 May 18 (tentative May 25)

WHO:
Anybody with a physical disability that is 15 years old or older.

COST: DR Members and Non-Members \$20 includes all sessions.

Must sign up
CHD.org/DR
(click on "pay your program fees online")
or contact Jess at JLevine@chd.org (413) 788-9695



Spring Programs

- Adaptive Rock Climbing
- Fishing
- Adaptive Crossfit
- Martial Arts
- Plus so much more!

Cast a Line with Our Fishing Program!

Together with Adapt Outdoors we are back for another season of fishing! Join us Wednesday evenings from 5pm to sundown. Fishing poles and bait will be supplied, but feel free to bring your own equipment as well. Food may be offered sporadically. You must register ahead of time to have an accurate head count. To sign up, contact Jess (413) 788-9695, JLevine@chd.org OR go to CHD.Org/DR

WHEN

Wednesdays 5pm to sundown
Session 1: April 24, May 1, 8, 15
Session 2: August 7, 14, 21, 28

LOCATION

West Springfield Fish and Game Club
329 Garden St, Feeding Hills, MA

COST

Per 4 week session: \$20 for members
\$40 for non-members

AGES

Open to all ages, family and friends!

THANK YOU TO OUR PARTNERS:



Adapt Outdoors, LLC

West Springfield Fish and Game Club



ADAPTIVE ROCK CLIMBING

- Open to anyone 4 years and up!
- Need to have some upper body strength
- Equipment included for everyone

WHEN:

4:30 PM - 6:30 PM
March 6, 13
April 3, 17
May 8, 22
June 4, 18 (Tuesdays)

WHERE:

Central Rock Gym
165 Russell St., Hadley, MA

COST:

DR Members - \$18/ session
Non-members - \$25/ session



Questions? Call Program Director Jess at (413) 788-9695

Must sign up and pay online at least a week before each program. CHD.org/DR
(click on "pay your program fees online")

MARTIAL ARTS

- Open to individuals ages 4 and up that have a physical disability, developmental disability, and/or visual impairment.
- Master Ken teaches about respect, focus, and coordination. He focuses on board breaking and learning the repetitive martial art movements.
- After each session, participants earn the next level belt or a stripe gets them closer to the next belt!

WHERE:

22 Center Street, Chicopee MA

WHEN:

Tuesdays
Starting April 2 for 8 weeks
Kids' session ages 4-13 5:45pm - 6:30pm
Young adults' session ages 14+ 6:30pm - 7:15pm



COST: DR Members - \$65 Non-members - \$75

Must sign up

CHD.org/DR

(click on "pay your program fees online")

or contact Jess at JLevine@chd.org (413) 788-9695

THERAPEUTIC SUMMER CAMP

In partnership with Western New England University, CHD's Disability Resources is offering a therapeutic summer camp for kids! Children Ages 6-14 of all abilities participate in this one-of-a-kind camp! Enjoy a supportive environment designed to help children increase their feelings of self-esteem and improve their social, physical and psychological competence! Various activities will be offered. Some of last years offerings included talent shows, outdoor water fun and games and chalk drawing!

When: June 24-28

Drop Off 8:30am, Pick up 3:30pm

Where: Drop off and Pick Up will be at the tennis courts at Western New England University

Cost: Members: \$160

Non-Members: \$180

Please register by June 10, 2019 at CHD.org/DR



WESTERN NEW ENGLAND UNIVERSITY | WNE
COLLEGE of PHARMACY and HEALTH SCIENCES
DIVISION of OCCUPATIONAL THERAPY

Summer 3 Day Camping Trip

Enjoy the great outdoors! 3 day 2 night camping trip to Bourne Scenic Park. Biking on the Cape Cod Canal, taking a canal cruise, cooking over the fire and swimming in the outdoor pools are just a few experiences to look forward to!

When: August 28-August 30 2019

Cost: \$220 per person. Includes camping, canal cruise, three meals, snacks, water, bike loan, transportation and two amazing staff members!

Who can participate: Open to everyone! Must be independent or have an assistant. Under 16 must have a parent or guardian. All parents, guardians and/or assistants must register as well.



RSVP online by July 1, 2019! CHD.org/DR (click on "pay your program fees online")

Be on the lookout for these exciting programs!

TAP DANCE FOR KIDS AND TEENS



Coming this Summer! Locations, dates and times are to be determined! Stay updated at CHD.ORG/DR or on our Facebook Page, [Facebook.Com/CHDDR](https://www.facebook.com/CHDDR)

Aquathon Fundraiser!

The Aquathon is a great opportunity for Disability Resources Swimmers that are currently enrolled in the Springfield College Swim Program to show off the amazing skills they have obtained throughout the past months while also helping to raise critical funds to support our program!

How can you help? Sponsor a swimmer by donating a one-time gift or a dollar amount for each skill completed. Go to CHD.org/DR, click on "Make a Donation to CHD's DR Program" and select "Sponsor Aquathon Athletes"

The annual Aquathon has helped purchase a new adaptive bike, bowling ramps and other equipment to help support our programs!

Come route on the swimmers on Monday, April 29, 2019 from 6:15pm-7:15pm!

Where: Springfield College
Linkletter Natatorium
263 Alden St. Springfield, Ma



ADAPTIVE SWIM

This successful program fills up fast! This season is underway so be on the lookout for next Falls registration dates!



SLED HOCKEY

Sled hockey is very similar to "stand-up hockey" in terms of concept and rules. The main difference is that participants sit on a sled, which has two skate blades and a runner in the front to form a tripod. Players use two short hockey sticks with a blade on one end and a pick on the other to propel themselves across the ice. Good sportsmanship, team camaraderie and strength building are just a few benefits of playing sled hockey.

WHO CAN PLAY SLED HOCKEY

Anybody that is prevented from playing stand up hockey can play. It is a sport that equalizes the playing field by having everyone on sleds. If a participant lacks in upper body strength or control, a pusher, someone that pushes and guides the sled, can be used to propel them. We have three teams based on age and competition level.

Juniors
(ages 4 -17)

Adult Recreation
(18+ noncompetitive play)

Adult Travel
(18+ competitive league)

Come see the Springfield Thunderbirds Sled Hockey Team! Whether it's the Junior, Recreation or Travel team, we have what's right for you! Try out a sled, join the program!

Keep an eye out for Summer Ice Times! If interested in trying out Sled Hockey or for more information including schedule and locations, please email Ryan at RKincade@CHD.org



Come to Amelia Park in Westfield for their annual Sled Hockey Invitational! A great weekend of hockey with players from around the country and Canada! It's free to watch!

The Springfield Thunderbirds Sled Hockey Team will have 2 teams playing this year. The Jr./Rec team and the Travel team will have games throughout the weekend!

April 26-28 Times TBA

Dance and Movement

An adaptive dance program where every child can participate regardless of ability. We integrate various components that may not be seen in a traditional dance and movement program. The participants will show off their dance skills in various performances throughout the season.



Come support our performers! They will be dancing in their end of the year recital on June 21 and 22 at Pioneer Valley Performing Arts in South Hadley. Tickets will be around \$20. For more information on the dance program please email Jess at JLevine@CHD.org



CHD's Disability Resources Program wouldn't exist without YOU!

Go to CHD.org/DR and click on "Make a Donation to CHD's DR Program".

Please contact Jess at JLevine@CHD.org to schedule a donation drop off or if you have any questions.

Help support the Springfield Thunderbirds Sled Hockey Team!

A portion of the sweatshirt \$\$ goes towards our sled hockey program. Our program provides new players with sleds, sticks and all protective gear for free. This money will also go towards ice time for our program.

\$40 per sweatshirt (Very warm sweatshirts!)



Currently Sold Out!

Please Email Jess at JLevine@CHD.org if interested in purchasing a sweatshirt! We will let you know when we order the next batch!



Gently used helmets, chest pads, elbow pads, shin pads and gloves are welcomed donations.

Please contact Jess at JLevine@CHD.org to schedule a donation drop off.

VOLUNTEERS NEEDED!

We are looking for volunteers for our programs including belayers for rock climbing, community volunteers to teach a program, help with our adult social programs and fishing volunteers to name a few.



Please contact Jess if interested in volunteering.
JLevine@chd.org
(413) 788-9695

STAY CONNECTED WITH US!



@CHD's Disability Resource Program (DRP)



@CHDDisabilityr

We want your feedback on programs and ideas for future programming!
Contact Jess to let her know!



Adapt Outdoors, LLC



Our Sponsors:

