

# ACCESS & ABILITY

Summer 2019 Events and Programs Newsletter



**CHD**  
Disability Resources



## 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!



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

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](http://CHD.org/DR)

## 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 1pm-2pm  
June 15, 22, 29  
July 6, 20, 27

WHO:  
Anybody with a physical disability that is 12 years old or older.

COST: DR Members: \$30 Non-Members: \$40 includes all sessions.

Must sign up ahead of time  
[CHD.org/DR](http://CHD.org/DR)  
(click on "pay your program fees online")  
or contact Jess at [JLevine@chd.org](mailto:JLevine@chd.org) (413) 788-9695

# 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 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 Water Skiing

CHD's Disability Resources is partnering with Leaps of Faith to bring you adaptive water skiing! This program provides access to adaptive water sports. Lunch is included!

When: Friday August 16, 2019

Where: Oxbow Marina  
180 Island Rd  
Northampton, Ma

Cost:  
Members and  
Non-Members: \$45

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



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# ADAPTIVE ROCK CLIMBING

## WHERE:

Central Rock Gym  
165 Russell St., Hadley, MA



## COST:

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

## WHEN:

4:30 - 6:15 PM  
Wednesday  
May 8, 22  
Tuesday  
June 4, 18  
July 16, 30  
August 13



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

Questions? Call Program Manager  
Jess at (413) 788-9695 or Email her  
at [JLevine@CHD.org](mailto:JLevine@CHD.org)

Must sign up and pay online  
at least a week before each program.

[CHD.org/DR](http://CHD.org/DR)

(click on "pay your program fees online")

## 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](http://CHD.org/DR) (click on "pay your program fees online")

# Be on the lookout for these exciting programs!

## TAP DANCE FOR KIDS AND TEENS



Join dance instructor Danielle for 6 weeks of tap dance for all abilities! This class is open to kids through early teens. Must bring your own tap shoes. If you are in need of hand tap shoes contact us.

**Where:** Ohana School of Performing Arts  
41 Sheridan St, Chicopee

**When:** July 11, 18, 25  
August 8, 15, 22

**Cost:** Members \$60  
Non-Members \$65

Cost is for all 6 weeks of class! (413) 788-9695

Must sign up ahead of time  
[CHD.org/DR](http://CHD.org/DR)  
(click on "pay your program fees online")  
or contact Jess at [JLevine@chd.org](mailto:JLevine@chd.org)

## 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:**  
Please check back for new dates starting in the Fall!



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

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

## ADAPTIVE SWIM

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





# SLED HOCKEY

Come see the Springfield Thunderbirds Sled Hockey Team!  
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 Jess at [JLevine@CHD.org](mailto:JLevine@CHD.org)



What is Sled Hockey and who can play?

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. 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. 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)



# 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](mailto:JLevine@CHD.org)



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

Go to [CHD.org/DR](http://CHD.org/DR) and click on "Make a Donation to CHD's DR Program".

Please contact Jess at [JLevine@CHD.org](mailto: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](mailto: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](mailto: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:

