11 WEEK SPRINGFIELD COLLEGE SWIM PROGRAM

Springfield College swim-students in the adaptive PE program work 1:1 with the swimmers. This program is to help the students gain a better understanding of different abilities. This is also a program for swimmers to achieve specific goals and objectives throughout the 11 week program. Since this is a student run program, we expect the swimmers to attend all the sessions since this is a class for the students. Thank you for your understanding.

*Not intended to be swim lessons.

**WHEN:**
Wednesdays 6:30pm-7:30pm
February 05-April 22, 2020
(No program March 18)
(AQUATHON! April 22, 2020)

**WHERE:**
Art Linkletter Natatorium
263 Alden St, Springfield, Ma

**COST:**
DR Members - $40/ session
Non-members - $55/ 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”)

Adaptive Skiing

Be on the lookout for our Adaptive Skiing dates! No matter your ability or expertise, LOF will get you up on the mountain for some slope-side fun!

Dates, times and prices will be coming soon!

Where:
Mount Southington
396 Mt Vernon Rd
Plantsville, CT

When:
TBA

Cost:
DR Members:
TBA
Non-Members:
TBA

Transportation may be available if there’s enough interest.

If interested, contact Jess at JLevine@CHD.org
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:**
A new session will begin in March. Occasional FREE pop-up classes this winter if there’s enough interest!
Contact Jess at JLevine@CHD.org if interested!

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

**COST:**
DR Members: $40
Non-Members: $50
includes all sessions.

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Adaptive Rock Climbing

**WHERE:**
Central Rock Gym
165 Russell St., Hadley, MA

**WHEN:**
4:30 - 6:00 PM
Wednesdays
January 15, 29
February 12, 26
March 11, 25
April 8, 22

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

**COST:**
DR Members - $18/session
Non-members - $25/session

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

Must sign up ahead of time
CHD.org/DR
(click on “pay your program fees online”)
or contact Jess at JLevine@chd.org (413) 788-9695
COME JOIN THE
SPRINGFIELD THUNDERBIRDS
SLED HOCKEY TEAM!

WHEN: Practice Sunday
Evenings starting
September 29, 2019
through April 2020

WHERE: MassMutual
Center, Springfield and/or
Olympia Ice Rink, West
Springfield

COST: Junior Team: $200
Adult Rec. and Travel Team $300

Sled Hockey follows the rules of regular “Stand Up” hockey and is for ALL abilities!

JUNIOR TEAM  ADULT RECREATION TEAM  COMPETITIVE TRAVEL TEAM
AGES 4-16  AGES 16+  AGES 16+ (DEPENDANT ON SKILL, MUST TRY OUT)

For more information or to join,
email Manager Jess at JLevine@CHD.org or call (413)788-9695
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!
Trailer Trash Show Benefitting CHD Disability Resources

2nd Annual

SLEDDING HOCKEY

Sticker for the band hosting the fundraiser for CHD's Springfield Thunderbird Sled Hockey Team.

Doors 7pm  
Show 8pm  
Friday, January 10, 2020  
Portuguese American Club  
149 Exchange St.  
Chicopee, Ma  
$10 in advance,  
$15 at the door (cash Only)  

Cash Bar  
Food Truck  
Raffles  

2ndannualtrailertrashbenefit.eventbrite.com