

# CHD's

## Adaptive Sports and Recreation Newsletter

Winter 2019/2020 Edition



### 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](http://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.



 **LOF ADAPTIVE SKIERS**

If interested, contact Jess at [JLevine@CHD.org](mailto:JLevine@CHD.org)

# 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:**  
**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](mailto:JLevine@CHD.org) if interested!**

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

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

**N.E.X.T FITNESS**

# ADAPTIVE ROCK CLIMBING



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

**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



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



**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”)**

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

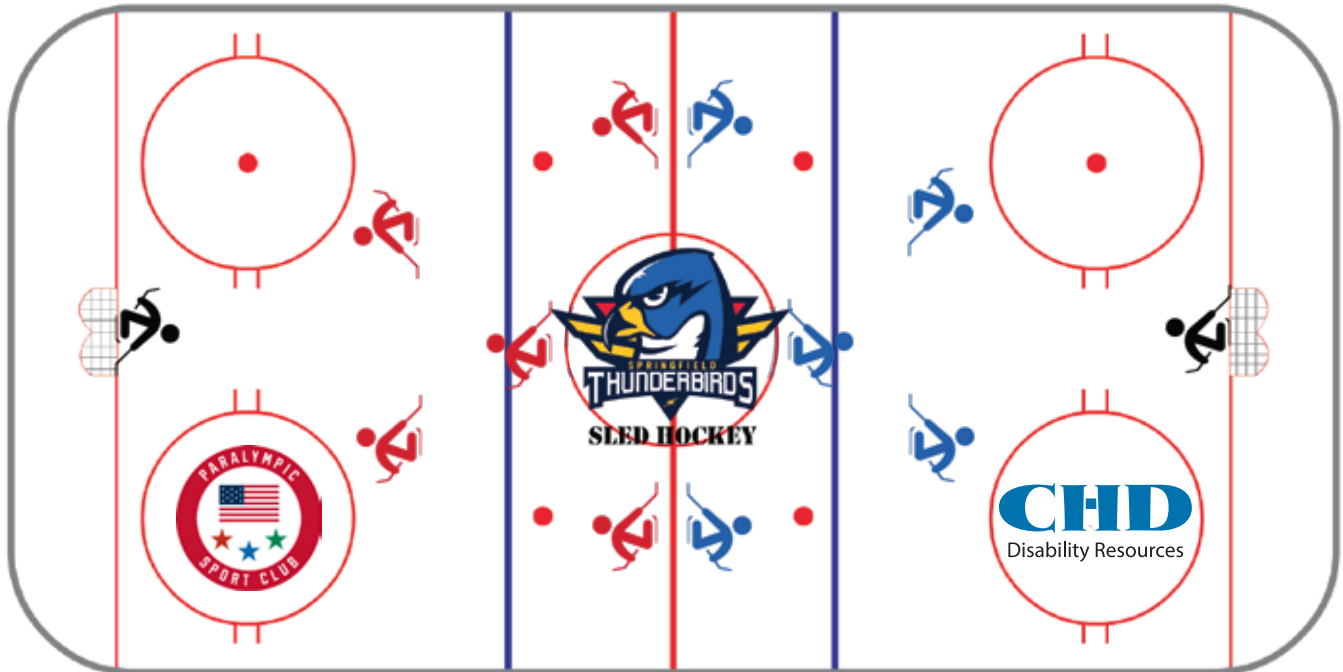


# COME JOIN THE SPRINGFIELD THUNDERBIRDS SLED HOCKEY TEAM!

**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**  
**AGES 4-16**



**ADULT RECREATION TEAM**  
**AGES 16+**



**COMPETITIVE  
TRAVEL TEAM**

**AGES 16+(DEPENDANT ON  
SKILL, MUST TRY OUT)**



For more information or to join,  
email Manager Jess at [JLevine@CHD.org](mailto: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!



Adapt Outdoors, LLC



Our Sponsors:



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Orthotic & Prosthetic Lab, Inc.



# Trailer Trash Show

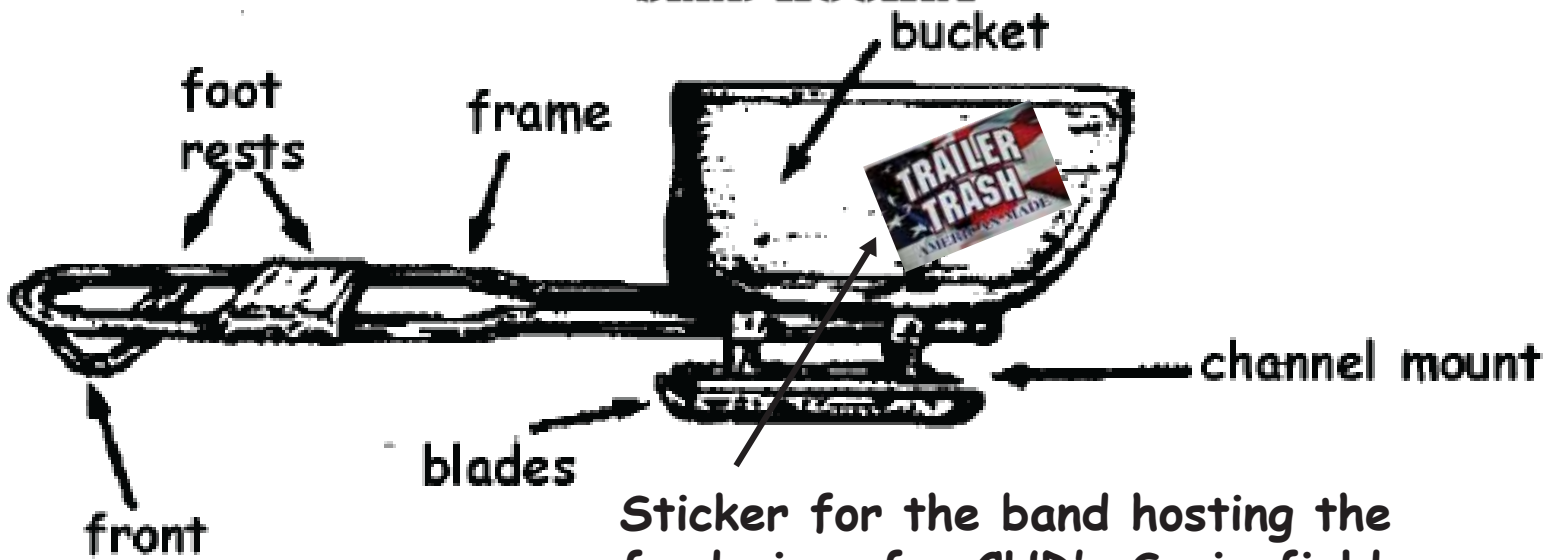
## Benefitting

# CHD

Disability Resources



**SLED HOCKEY**



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

Doors 7pm  
Show 8pm

18+

Friday, January 10, 2020  
Portuguese American Club  
149 Exchange St.  
Chicopee, Ma

\$10 in advance,

[2ndannualtrailertrashbenefit.eventbrite.com](http://2ndannualtrailertrashbenefit.eventbrite.com)

\$15 at the door (cash Only)

Cash Bar  
Food Truck  
Raffles

