

## BY THE AGES... NOT THE ABILITY!

Courage League offers a comprehensive program for all ages and abilities.  
Now in Ames!

April: 1, 8, 15, 22  
June: 3, 10, 17, 24  
August: 5, 12, 19, 26

### COURAGE CUBS 2-6 years

Activities designed to match the energy level of preschoolers. We do this through rhythmic music, basic tumbling activities, sensory stimulation and other adapted activities built to meet your child's needs.

### COURAGE TIGERS 7-10 years

Programs build for our younger school age participants. We will work on social, core, balance, upper body development, basic sports skills, group games in a fun inviting way.

### COURAGE LIONS 11-14 years

### COURAGE PANTHERS 15-20 years

Programming adapted to enhance developing bodies with fitness, games and recreational activities plus programming for social skills.

### ACTIVE ADULTS

The need to stay active and moving does not stop as we get older and finding ways to be more active can be difficult. We have just the solution! Our Active Adults programs provide opportunities for adults of all ages and ability levels to be active in a variety of ways while socializing with peers and making new friends.

## TEAM SPORTS

This league is for all abilities and ages, no matter your physical, cognitive or emotional challenge. If you have a desire to play with a team, this is your league.

Offered on Saturday mornings: 8am-9am  
Soccer

March 30, April: 6,13, 20  
Westridge Elementary School

April 27, May 4, 11,18  
Urbandale Miracle League Field and Indianola Wilder Elementary  
Baseball / Softball  
July 13,20, 27 August 8  
Urbandale Miracle League Field

## CHAAMPS SPORTS

Has your child with high functioning Autism, ADHD, Aspergers, been sidelined from games? Discouraged they can't keep up? This league is designed for kids who want to compete but just need it at a different level.

Offered on Saturday mornings: 9am-10am  
Soccer

March 30, April: 6,13, 20  
Westridge Elementary School

April 27, May 4, 11,18  
Urbandale Miracle League Field and Indianola Wilder Elementary  
Baseball / Softball  
July 13,20, 27 August 3  
Urbandale Miracle League Field

## SPECIAL SWIMMERS

Our endless pool and special swimmers program will be available starting in May. Programs include water safety/awareness. Beginning stroke classes, water sports, and a water walkers class (walk against the swim jets!)

Nightly sessions offered, find dates and times on our website.

## SCHOOL BREAK CAMPS

Week long summer camps available:

Ames, Ankeny Miracle League, Des Moines, Indianola, Urbandale Miracle League, Waukee, West Des Moines!  
More information on our website.

Community Groups, Schools and Organizations:

We will host groups in our locations from group homes, day habs, schools, seniors and more!

DID YOU KNOW: The consumer choice option from waivers is available for all our programs. Contact Melissa for more information or your case manager!

REGISTER:

[www.courageleaguesports.com](http://www.courageleaguesports.com) 515-421-4020

## 2019 SPRING/SUMMER PROGRAMS

### SPECIAL RECREATION PROGRAMS OF GREATER DES MOINES



# EVERYBODY DESERVES TO PLAY

**HOW TO PLAY**  
We have multiple ways to be a part of Courage League!



NOW SERVING GREATER  
DES MOINES AND AMES

CALL 515-421-4021  
DISCOVER [courageleaguesports.com](http://courageleaguesports.com)

Sponsored by Rotary Club of Des Moines

# WEEKLY SCHEDULE

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
		D	G	W	W	S
	S	E	R	E	M	P
	O	S	I	M	M	O
	U	M	M	O	O	R
	T	O	E	I	I	T
	H	I	S	N	N	S

## HOW IT WORKS

We offer year round programs for all ages and abilities. Our programs are created with your participant in mind. We adapt for those who are in wheelchairs or are living with a developmental disorder, autism, intellectual or emotional challenge, or chronic healthcare conditions.

Each day of the week we will be in communities around Greater Des Moines. We will be utilizing community recreation centers, schools and parks! Our goal is to bring our programs closer to you! Our programs will be offered in sessions on a monthly basis. These will run four weeks, for one hour per age group. You are welcome to sign up for multiple locations and multiple sessions.

Our programming will continue to offer a wide variety of activities, from music and movement, tumbling, sports, group games, super hero training and fitness programs. In addition, full team sports and Chaamps sports programming, pop up art programming, school break camps and much more!

Register online at [www.courageleaguesports.com](http://www.courageleaguesports.com)  
 You may reserve up to 3 sessions at a time.  
 Multiple location registration discounts are available.

Adult programming: \$30 per month/access to all adult programs  
 Child Programming: \$45 per session  
 (sibling/family discount available)

Waiver/CCO payments will still be accepted and can be applied toward session fees. Please contact us for more information.

## MONDAYS INDIANOLA/NORWALK

### LOCATIONS:

Indianola Activity Center 2204 W 2nd Avenue, Indianola  
 Norwalk Lakewood Elementary 9210 HappyHollow Drive, Norwalk

April: 1, 8, 15, 22  
 June: 3, 10, 17, 24  
 August: 5, 12, 19, 26  
 April: 29 May: 6, 13, 20  
 July: 8, 15, 22, 29

**ACTIVE ADULTS:** \$30 per month  
 10am-11:00am Indianola Activity Center

**YOUTH PROGRAMS:** \$45 per session  
 Cub League (age 2-6) Tiger League (age 6-11) 4:30pm-5:30pm  
 Lion League (age 12-17) 5:30pm-6:30pm

**SATURDAY SPORTS:** \$45 per session  
 April 27, May 4, 11, 18 Wilder Elementary School, Indianola  
**Teams Sports Soccer** 8:30am-9:30am  
**Chaamps Sports Soccer** 9:30am-10:30am

**SUMMER CAMP:** \$30 per session  
 June 17, 19, 21 McCord Park, Indianola  
 Cub League (age 2-6) Tiger League (age 6-11) 8:30am-9:30am  
 Lion League (age 12-17) 9:30am-10:30am

We will be in Ames in April, June, and August as well!

## WEDNESDAYS GRIMES

### LOCATIONS:

Grimes Community Center 410 SE Main Street, Grimes  
 The U 1350 SE Gateway Drive, Grimes

April: 3, 10, 17, 24  
 June: 5, 12, 19, 26  
 August: 7, 14, 21, 28  
 May: 1, 8, 15, 22  
 July: 10, 17, 24, 31

**ACTIVE ADULTS:** \$30 per month  
 10am-11:00am The U, Grimes

**YOUTH PROGRAMS:** \$45 per session  
 Grimes Community Center  
 Cub League (age 2-6) Tiger League (age 6-11) 4:30pm-5:30pm  
 Lion League (age 12-17) 5:30pm-6:30pm

**ACTIVE ADULTS DANCE/ CHEER TEAM** : 6:15pm-7:00pm



GROW.

DEVELOP.

## TUESDAYS DES MOINES

### LOCATIONS:

Pioneer Columbus Community Center  
 2100 SE 5th, Des Moines

April: 2, 9, 16, 23  
 June: 4, 11, 18, 25  
 August: 6, 13, 20, 27  
 April: 30 May: 7, 14, 21  
 July: 9, 16, 23, 30

**ACTIVE ADULTS:** \$30 per month  
 10am-11:00am Pioneer Columbus Community Center

**YOUTH PROGRAMS:** \$45 per session  
 Cub League (age 2-6) Tiger League (age 6-11) 4:30pm-5:30pm  
 Lion League (age 12-17) 5:30pm-6:30pm

**SUMMER CAMP:** \$30 per session  
 June: 10, 12, 14 and July: 15, 17, 19  
 Cub League (age 2-6) Tiger League (age 6-11) 8:30am-9:30am  
 Lion League (age 12-17) 9:30am-10:30am

## THURSDAYS WEST DES MOINES/WAUKEE

### LOCATIONS:

Valley Community Center  
 4444 Fuller Road, West Des Moines

April: 4, 11, 18, 25  
 June: 6, 13, 20, 27  
 August: 8, 15, 22, 29  
 May: 2, 9, 16, 23  
 July: 11, 18, 25 August: 1

**ACTIVE ADULTS:** \$30 per month  
 10am-11:00am Valley Community Center

**YOUTH PROGRAMS:** \$45 per session  
 Cub League (age 2-6) Tiger League (age 6-11) 4:30pm-5:30pm  
 Lion League (age 12-17) 5:30pm-6:30pm

**SATURDAY SPORTS:** \$45 per session  
 March 30, April 6, 13, 20 Westridge Elementary School  
**Teams Sports Soccer** 8:00am-9:00am  
**Chaamps Sports Soccer** 9:00am-10:00am

**SUMMER CAMP:** \$30 per session  
 June: 24, 26, 28 and July: 29, 31, and August 2  
 Jaycee Park Shelter 5608 Center Street West Des Moines  
 Cub League (age 2-6) Tiger League (age 6-11) 8:30am-9:30am  
 Lion League (age 12-17) 9:30am-10:30am

**Waukee Sessions:**  
 May: 2, 9, 16, 23  
 July: 11, 18, 25 August: 1

## FRIDAYS WEST DES MOINES

Active Adults and Community Partners Programming  
 Valley Community Center 10am-12pm

BELIEVE.

PLAY.