



FALL 2014 GAME PLAN

Website: www.courageleaguesports.com



Whats's NEW?

TODDLER & YOUTH PROGRAMMING:

Team Roar! Introducing the CLS Pom Squad

Instructed by Dance Without Limits teacher, Madeline Ungs, and Captain of the Iowa Stormchasers, Emily Toribio, Team Roar! pom squad is for both girls and boys of various abilities. Performance opportunities will be available.

AGES: 2-6 YRS OLD DAY: Wednesday
DATES: Sept. 3rd-Nov. 26th TIME: 5-5:30 PM

AGES: 7-12 YRS OLD & 13 & OLDER DAY: Wednesday
DATES: Sept. 3rd-Nov. 26th TIME: 5:30-6 PM

Home School Adaptive P.E.

Starting in August, we will offer PE sessions for children with special needs who are receiving home schooling. Activities ranging from team sports to obstacle courses to rock climbing, and fun gym games will be covered!

AGES: 7-12 YRS OLD DATES: Aug. 20th- May 22nd
DAY/TIME: Wednesday, 10:30-11:30 AM
DAY/TIME: Friday, 10:45-11:45 AM

Adventures in Social Drama: Drum-Matic

The DRUM-MATIC program is for toddlers and youth interested in exploring the spectrum of musical expressions through singing, dancing and hand drumming.

AGES: 2-6 YRS OLD DAY: Monday
DATES: Sept. 8th-Nov. 24th TIME: 5-5:30 PM

AGES: 7-12 YRS OLD DAY: Monday
DATES: Sept. 8th-Nov. 24th TIME: 5:30-6 PM

Kids in Harmony

Music and movement program for all ability levels!

AGES: 1-6 YRS OLD DAY: Friday
DATES: Sept. 5th-Nov. 21st TIME: 9:15-9:45 AM

AGES: 7-10 YRS OLD DAY: Friday
DATES: Sept. 5th-Nov. 21st TIME: 9:45-10:30 AM

To Register Call Shelly Peterson @ 494-4618

Every Move Counts

Every child deserves to play and children with severe and profound disabilities are no exception. This program is built around the notion that "even the slightest engagement in physical activity can be beneficial to the lives of children with severe disabilities" when offered in a safe and decelerated atmosphere.

AGES: 7-12 YRS OLD & 13 & OLDER
DAY: Monday/Wednesday TIME: 5-5:45 PM
DATES: Sept. 3rd-Nov. 26th

Ch.A.A.M.P.S.

A unique program created exclusively for children with Autism. With a 1:1 or 2:1 ratio of children to volunteers, this program helps children incorporate into their lives the notions of structure and task completion by entertaining and engaging in sports and our EXERGAMING technology.

AGES: 7-12 YRS OLD & 13 & OLDER
DAY: Tuesday/Thursday TIME: 5-5:45 PM
DAY: Thursday TIME: 6:30-7:15 PM
DATES: Sept. 2nd-Nov. 25th

Courage League soccer in Ankeny is here!

All children ages 5 - 18 with special needs who want to play soccer are eligible.

SEASON 1

AGES: 5-11 YRS OLD DAY: Monday
DATES: Sept. 8th-Oct. 13th TIME: 6:15-7 PM

AGES: 12-18 YRS OLD DAY: Monday
DATES: Sept. 8th-Oct. 13th TIME: 7:15-8 PM

SEASON 2

AGES: 5-11 YRS OLD DAY: Saturday
DATES: Oct. 18th-Nov. 22nd TIME: 9-9:45 AM

AGES: 12-18 YRS OLD DAY: Monday
DATES: Oct. 18th-Nov. 22nd TIME: 10-10:45 AM

To register: Contact Ryan Penning @ 515-963-3574

Contact: Molly Wuebker, OTD, OTR/L, Program Director
Ph: 515-421-4020

E: molly@courageleaguesports.com

