

Courage Kenny Rehabilitation Institute

Sports and Recreation Information 2021-2022

www.allinahealth.org/adaptivesports/

<p>Adaptive Cycling For youth & adults Various Twin Cities locations</p> <p>Meet Thursday nights at various Twin Cities Bike Trails. Have fun and bike 2 to 20 + miles each night.</p> <ul style="list-style-type: none"> • \$40 bike fitting *required for utilizing CK bikes/equipment • \$10/ride • \$150 summer loan • June – August 	<p>Bowling For adults 16+ Park Tavern, St. Louis Park</p> <p>Bowling offers rewarding challenges while improving hand-eye coordination, balance, strength and concentration. Adaptive equipment available.</p> <ul style="list-style-type: none"> • Mondays, 1-4:00pm • \$50/session • Fall session: Sept-November • Winter session: January-April 	<p>CK Riders - Adaptive Horseback Riding For youth ages 5-21 Washington County Fairgrounds, Lake Elmo</p> <p>Riding is widely recognized as one of the most beneficial forms of recreational therapy for people with disabilities.</p> <ul style="list-style-type: none"> • \$150/6 one-hour sessions • Spring session: May - June • Summer Session: July - August <p><i>Permission from parent/guardian and by doctor/physician is required</i></p>
<p>Golf For youth & adults -Eagle Lake Youth Golf Center, Plymouth -Braemar Golf Course, Edina -Island Lake Golf & Training, Shoreview -Oak Glen Golf Course, Stillwater (not offered in 2022)</p> <p>Learn a lifetime sport that can be played with family and friends. Adaptive carts available.</p> <ul style="list-style-type: none"> • June – August • League play at Braemar and Island Lake 	<p>Wheelchair Basketball For youth & adults CKRI Golden Valley - Gymnasium</p> <p>Six competitive youth and adult wheelchair basketball teams. Some travelling teams. Our players strive to be great athletes.</p> <ul style="list-style-type: none"> • Developmental, prep, junior varsity, and adult teams • Sept – April 	<p>Rock Climbing For youth (ages 8+) & adults Vertical Endeavors, Bloomington</p> <p>Learn to climb, move your body, and reach new heights!</p> <ul style="list-style-type: none"> • Fall & spring sessions • 6 sessions each • \$140
<p>Wheelchair Softball For youth & adults Todd Anderson Field, Northwoods Park, Brooklyn Park</p> <p>Learn basic and advanced skills playing competitive wheelchair softball.</p> <ul style="list-style-type: none"> • May – August • Youth – Varsity and Prep teams • \$105 	<p>Power Soccer For youth & adults CKRI Golden Valley - Gymnasium</p> <p>Competition, strategies and drills each session. Follows USPSA guidelines.</p> <ul style="list-style-type: none"> • Sept-June • \$300 	<p>Ski and Snowboard For youth & adults Twin Cities Metro Ski Hills</p> <p>One-on-one downhill ski and snowboard lessons for all abilities. Developmental Race Team offered for interested athletes.</p> <ul style="list-style-type: none"> • January-March • 200 lb weight limit (safety) • \$350
<p>Track and Field For youth & adults St. Louis Park High School Track</p> <p>Compete against yourself and others in wheelchair racing, running, shot put, discus and javelin.</p> <ul style="list-style-type: none"> • March – July • Practices start indoors and move outdoors • \$105 	<p>Adaptive Tennis For youth and adults Hidden Valley Lake Park - New Hope</p> <p>Learn to play tennis- Adaptive tennis is the perfect activity for people of any ability. Great sport to play with friends and family!</p> <ul style="list-style-type: none"> • Adult and Youth teams • June – July • \$70 	<p>Swim Team For youth & adults St Thomas Anderson Aquatic Center</p> <p>Learn race strokes, turns and strategy in this competitive team sport.</p> <ul style="list-style-type: none"> • Winter session: January-March • Spring session: May-June • Sundays, 3:00-5:00pm

<p>Wheelchair Rugby <i>For adults, 17+</i></p> <p>A fast and competitive sport for people with 4 affected limbs. Beginners welcome.</p> <ul style="list-style-type: none"> • Must tryout • Sundays, Oct – May • \$265 	<p>Wheelchair Lacrosse <i>For adults 16+</i> Hidden Valley Lake Park - New Hope</p> <p>This sport packs a punch and involves speed, finesse and teamwork. Wheelchair lacrosse is physical, high-demand, lightning-fast fun.</p> <ul style="list-style-type: none"> • June – August • \$105 	<p>Waterskiing <i>For youth 10+ & adults</i> Lake Owasso, Shoreview (not offered in 2022) & Medicine Lake, Plymouth</p> <p>Get out on the water and enjoy MN's favorite pastime! Stand and sit skiers – equipment and instruction provided.</p> <ul style="list-style-type: none"> • \$20/night • July – August
<p>Intro to SCUBA clinics <i>For youth (ages 12+) & adults</i> CKRI Golden Valley Pool</p> <p>Experience breathing under water and feeling of weightlessness with adaptive scuba!</p> <ul style="list-style-type: none"> • Monday evenings, 1/month • \$45/clinic • Work one-on-one with HSA certified diving instructors <p><i>Permission from doctor/physician required</i></p>	<p>Patrice Cooper Adaptive Golf Clinic <i>For youth (ages 6+) and adults</i> Eagle Lake Youth Golf Center -Plymouth June 4, 2022</p> <p>A free clinic designed for individuals to come and try adaptive golf. Open to anyone with a physical or cognitive disability. All ages are welcome! Adaptive Golf Experts from our Courage Kenny Golf Programs will be on hand to teach the latest skills for adaptive golf.</p>	
<p>Discover Abilities Adaptive Sports Clinics, presented by Coloplast University of MN – RecWell Center</p> <ul style="list-style-type: none"> • FREE to register! • Wheelchair Tennis/Basketball, Rock Climbing, Adaptive Fitness <p>Discover Abilities Adaptive Sports clinics will introduce participants to the world of adaptive sports on campus throughout the year. Attendees will learn about different adaptive sports, get hands on experience with adaptive equipment, and have fun!</p> <p><i>allinahealth.org/DiscoverYourSport</i></p>	<p>No Boundaries Camp: Intro to Paratriathlon, with Dare2Tri <i>For all ages</i> (not offered in 2022)</p> <p>This two day camp is geared towards athletes of all ages interested in learning more about Paratriathlon. Paratriathlon events include, swimming, cycling, running/pushing. Athletes will be exposed to aspects of Paratriathlon with expert coaches from Dare2Tri, including transitions, techniques, training, equipment and more!</p>	<p>Celebration of Courage June</p> <p>Annual program raising support for CK Sports & Recreation celebrating the power of sports and athletes of all abilities.</p> <p><i>Allinahealth.org.CelebrationofCourage</i></p>

Register online at:

www.allinahealth.org/adaptivesports

For more information, contact:

Sports & Recreation
 Courage Kenny Rehabilitation Institute
 612-775-2277
CKRISportsRecreation@allina.com

To volunteer, contact:

Volunteer Services- Sports & Recreation
 Courage Kenny Rehabilitation Institute
 612-775-2728
Volunteerservice@allina.com

**Courage Kenny Rehabilitation Institute – Northland
Sports & Recreation Information 2021-2022
Information and hotline: 218-726-4834**

<http://www.allinahealth.org/Duluth-Northland-sports-schedule/>

<p>Adaptive Yoga <i>For youth & adults</i> Duluth YMCA and Hermantown YMCA Virtual sessions offered</p> <p>Sessions introduce those living with a disability to the benefits of yoga by practicing mind-body concepts and practical exercises.</p> <ul style="list-style-type: none"> • In-person and/or virtual sessions offered • Tuesdays or Thursdays 	<p>Adaptive Climbing <i>For youth & adults</i> CSS Burns Wellness Center, Duluth</p> <p>Participate and learn basic and advanced adaptive climbing techniques and equipment.</p> <ul style="list-style-type: none"> • 6 week session • Beginners and returners sessions 	<p>Adaptive Swimming lessons and water safety instruction <i>For youth</i> Hermantown YMCA /Essentia Wellness Center</p> <p>A partnership with the Duluth YMCA.</p> <ul style="list-style-type: none"> • \$70 (7 week session) • Fall: Oct - Dec • Spring: April – May • Wednesdays: 5:00 – 5:30 PM
<p>Adaptive Archery <i>For youth & adults</i> Chalstrom’s Archery Center</p> <p>Life-long sport perfect for families. Adaptive equipment and highly skilled instructors make archery possible for people with a wide range of abilities.</p> <ul style="list-style-type: none"> • Beginner, Intermediate and adult levels • 45 minute classes 	<p>Power Wheelchair Soccer <i>For youth & adults</i> Washington Center Gymnasium</p> <p>Learn the game with our team of recreational players. Show up in your power chair and be ready to have fun!</p> <ul style="list-style-type: none"> • April – May • 6 week session 	<p>Fishing Tournament <i>For adults</i> Fish Lake, Duluth</p> <p>Bring your fishing equipment and join one of our boat captains for a fun day of fishing on the water. Overnight camping also available.</p> <ul style="list-style-type: none"> • Saturday in June • 7:30 am – 5:30 pm
<p>Cycling - Roll With It! <i>For youth & adults</i> Eastern Lake Walking Trail</p> <p>Cycling is a sport for all abilities. Bring your own bike or use one of our tandem bicycles, hand cycles or recumbent trikes. Instructors are ready to teach you how to ride.</p> <ul style="list-style-type: none"> • 6 week session • Wednesdays, June- July 	<p>Recreational Sailing <i>For youth & adults</i> Park Point Pier/Boat launch</p> <p>Specialized boats are adapted to accommodate a wide range of abilities. Norlin Mark II, 2.4 meter boats, multi-hulls and some large cruisers are available. An accessible launching dock and hydraulic lift are used to assist sailors in and out of boats.</p> <ul style="list-style-type: none"> • 8 week session • Tuesdays, June- Aug 	<p>Kayaking Classes <i>For youth & adults</i> UMD Boat Shed on Park Point</p> <p>See the view of the Twin Ports from St. Louis Bay, Duluth. Individualized instruction and adaptations for sitting balance, grip and more that ensures a comfortable, successful experience.</p> <ul style="list-style-type: none"> • 8-week session • Thursdays, June- Aug

<p>Adaptive Water Skiing Clinic <i>For youth 7+ & adults</i> location: Pike Lake</p> <p>Join in! Get out on the water and enjoy Minnesota's favorite past time! Sit skiers, equipment and instruction provided. REGISTER EARLY!</p> <ul style="list-style-type: none"> • \$20 per family per event • Wednesdays in July and August • 12 participant families max 	<p>South and North Shore Kayak Adventures <i>For youth & adults</i> Locations: South Shore Sea Caves, Meyer's Beach or Split Rock Lighthouse, Beaver Bay, MN</p> <p>Load up your kayak or sign up to use one of our adaptive kayak equipment and join us on a professionally guided trip of Lake Superior.</p> <ul style="list-style-type: none"> • \$80 per trip • Split Rock Lighthouse • South Shore Sea Caves 	<p>Curling <i>For youth & adults</i> Duluth Curling Club</p> <p>An introductory clinic for athletes of all abilities to experience first-hand this exciting and challenging Olympic and Paralympic sport. Register for one night or all five.</p> <ul style="list-style-type: none"> • \$5 per session • 1 Friday per month Nov-March • 5:00-6:30 PM
<p>Alpine Ski and Snowboard <i>For youth & adults</i> Spirit Mountain, Duluth, MN and Giant's Ridge, Biwabik, MN</p> <p>For beginning- to intermediate-level skiers. One-to-one instruction available in stand-up, visually impaired, bi-, dual- and mono-skiing.</p> <p>*Weight limit maximum: 170 lbs. for bi-, dual- and mono skiing</p>	<p>Great Lake Mono Ski Madness Race and Nordic Camp <i>For youth & adults</i> Spirit Mountain Duluth, MN</p> <p>Bringing together Alpine and Nordic skiers and instructors from across the Midwest to work with beginner to advanced level mono-skiers to improve their mono-skiing skills.</p> <ul style="list-style-type: none"> • Race clinic option available 	<p>Dog Sledding Adventure Day <i>For youth (ages 7+) & adults</i> Positive Energy Outdoors (15 minutes north of Duluth)</p> <p>Join us for a day of winter fun, including sled dog team and draft horse rides.</p> <ul style="list-style-type: none"> • \$30 per family • Sunday in March • 10:30 AM – 1:00 PM
<p>Shoot for Fun September</p> <p>Annual fundraising shooting event supports services offered by Courage Kenny Rehabilitation Institute – Northland. <i>Allinahealth.org/courage-kenny-rehabilitation-institute/courage-kenny-foundation/events/shoot-for-fun</i></p>	<p>Celebration of Courage June</p> <p>Annual program raising support for CK Sports & Recreation celebrating the power of sports and athletes of all abilities. <i>Allinahealth.org.CelebrationofCourage</i></p>	

Register online at

<http://www.allinahealth.org/Duluth-Northland-sports-schedule/>

For more information, contact:

Mark Hanna and Eric Larson
Sports & Recreation Program Coordinators
Courage Kenny Rehabilitation Institute - Northland
218-726-4834 ext. 2 or 4
E-mail: mark.hanna@allina.com; eric.larson@allina.com

To volunteer, contact:

Volunteer Coordinator - Beth Albrecht
Courage Kenny Rehabilitation Institute - Northland
Elizabeth.Albrecht2@allina.com
218 -726-4734 ext. 3