

<p><b>Adaptive Cycling</b> <i>For youth &amp; adults</i> <i>Various Twin Cities locations</i></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"> <li>• \$55 bike fitting *required for utilizing CK bikes/equipment</li> <li>• \$/ride</li> <li>• \$250 summer loan</li> <li>• Thursdays June – August</li> </ul>	<p><b>Bowling</b> <i>For adults 16+</i> <i>Park Tavern, St. Louis Park</i></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"> <li>• Mondays, 1-3:00pm</li> <li>• \$75/session</li> <li>• Fall session: Sept-November</li> <li>• Winter session: January-March</li> </ul>	<p><b>Golf</b> <i>For youth &amp; adults</i> <i>4 Twin Cities Metro locations</i></p> <p>Learn a lifetime sport that can be played with family and friends. Offered June – August.</p> <p>Skill Development (1:1, Lessons)</p> <ul style="list-style-type: none"> <li>• Eagle Lake Youth Golf Center, Plymouth</li> <li>• Oak Glen, Stillwater</li> <li>• The Loop, Chaska</li> </ul> <p>Focus on Play (No Lessons):</p> <ul style="list-style-type: none"> <li>• Braemar Golf Course, Edina</li> <li>• Island Lake Golf &amp; Training, Shoreview</li> </ul>
<p><b>Wheelchair Basketball</b> <i>For youth &amp; adults</i> <i>CKRI Golden Valley - Gymnasium</i></p> <p>Six competitive youth and adult wheelchair basketball teams. You do not need to be an everyday wheelchair user to play wheelchair sports.</p> <ul style="list-style-type: none"> <li>• Developmental, prep, junior varsity, and adult teams</li> <li>• Sept – April</li> <li>• Travel required for some teams.</li> </ul>	<p><b>Rock Climbing</b> <i>For youth (ages 6+) &amp; adults</i> <i>Vertical Endeavors, Bloomington</i></p> <p>Learn to climb, move your body, and reach new heights!</p> <ul style="list-style-type: none"> <li>• Fall session: Oct-Nov</li> <li>• Spring session: May-June</li> <li>• Youth, ages 6-21 6:15-7:30pm</li> <li>• Adults, 7:45-9:00pm</li> <li>• 6 sessions each</li> <li>• \$200</li> </ul>	<p><b>Wheelchair Softball – Rolling Twins</b> <i>For adults</i> <i>Todd Anderson Field, Northwoods Park, Brooklyn Park</i></p> <p>Learn basic and advanced skills playing competitive wheelchair softball.</p> <ul style="list-style-type: none"> <li>• May – August</li> <li>• Adults- \$115</li> <li>• Travel required for adults.</li> </ul>
<p><b>Swim Team</b> <i>For youth &amp; adults</i> <i>St Thomas Anderson Aquatic Center</i></p> <p>Learn race strokes, turns and strategy in this competitive team sport.</p> <ul style="list-style-type: none"> <li>• Winter session: January-March</li> <li>• Spring session: April-June</li> <li>• Sundays, 3:00-4:30pm</li> <li>• \$125</li> </ul>	<p><b>MNUFC Power Soccer Team</b> <i>For youth &amp; adults</i> <i>CKRI Golden Valley - Gymnasium</i></p> <p>Sport played in power wheelchairs. Competition, strategies and drills each session. Competitive and Development team. Competitive team travels to tournaments.</p> <ul style="list-style-type: none"> <li>• Sept-June</li> <li>• \$350</li> </ul>	<p><b>Ski and Snowboard</b> <i>For youth &amp; adults</i> <i>Twin Cities Metro</i></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"> <li>• January-March</li> <li>• 200 lb weight limit (for safety)</li> <li>• \$375</li> </ul>
<p><b>Track and Field</b> <i>For youth &amp; adults</i></p> <p>Compete against yourself and others in wheelchair racing, running, shot put, discus and javelin. Athletes can qualify for Nationals. Practices outdoors.</p> <ul style="list-style-type: none"> <li>• April – July</li> <li>• \$115</li> </ul>	<p><b>Adaptive Tennis</b> <i>For youth &amp; adults</i> <i>Hidden Valley Lake Park, New Hope</i></p> <p>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"> <li>• Summer Session: June-August</li> <li>• Winter Session: October-December</li> <li>• Youth &amp; Adults</li> <li>• \$70-\$110</li> </ul>	<p><b>Wheelchair Lacrosse</b> <i>For ages 16+</i> <i>Hidden Valley Lake Park, New Hope</i></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"> <li>• June – August</li> <li>• Youth &amp; 16+</li> <li>• \$100-\$115 depending on session</li> </ul>

<p><b>Wheelchair Rugby</b> <i>For adults, ages 17+</i> <b>CKRI Golden Valley Gym</b></p> <p>A fast and competitive sport for people with 4 affected limbs. Beginners welcome.</p> <ul style="list-style-type: none"> <li>• Must tryout</li> <li>• Sundays, Oct – May</li> <li>• \$350</li> </ul>	<p><b>Intro to SCUBA clinics</b> <i>For ages 12+ and adults</i> <b>Golden Valley Pool &amp; Stillwater Pool</b></p> <p>Experience breathing underwater and feeling weightlessness with adaptive scuba!</p> <ul style="list-style-type: none"> <li>• March 4, May 6, October 7, December 2 from 7-8pm</li> <li>• April 29, June 24 Stillwater Pool</li> <li>• \$55/clinic</li> <li>• Work one-on-one with HSA certified diving instructors</li> </ul> <p><i>Permission from doctor/physician required</i></p>	<p><b>Waterskiing</b> <i>For ages 10+ and adults</i> <b>Lake Owasso, Shoreview Medicine Lake, Plymouth</b></p> <p>Get out on the water and enjoy MN's favorite pastime! Standup and sit skiers – equipment and instruction provided.</p> <ul style="list-style-type: none"> <li>• \$20/lesson</li> <li>• July – August</li> </ul>
<p><b>No Boundaries Camp: Intro to Adaptive Sports: National Sports Center- Blaine MN</b> <b>June 27-28, 2025</b></p> <p>This two-day camp is geared towards youth athletes interested in trying wheelchair sports. Athletes can expect to play wheelchair basketball, softball, pickleball, and much more! Sports will be led by highly qualified coaches and organizations.</p>	<p><b>Eagle Lake Adaptive Golf Clinic</b> <i>For youth (ages 6+) and adults</i> <b>Eagle Lake Youth Golf Center, Plymouth</b> <b>TBD 2025</b></p> <p>A 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><b>Adaptive Rec Fridays</b> <i>For youth, ages 5+</i> <b>Brooklyn Park, MN, TBD 2025</b></p> <p>In partnership with Brooklyn Park Recreation and Park's Adaptive Rec Friday's summer series returns with three half day sessions this summer.</p> <ul style="list-style-type: none"> <li>• Softball</li> <li>• Basketball</li> <li>• Cycling</li> </ul>

**Register online at:**

[www.allinahealth.org/adaptivesports](http://www.allinahealth.org/adaptivesports)

*Scholarships available based on financial need*

**For more information, contact:**

Sports & Recreation  
Courage Kenny Rehabilitation Institute  
612-775-2277  
[CKRISportsRecreation@allina.com](mailto:CKRISportsRecreation@allina.com)

**To volunteer, contact:**

Volunteer Services- Sports & Recreation  
Courage Kenny Rehabilitation Institute  
612-775-2728  
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