



ANKENY 2020 SPRING PROGRAMS

Courage League Sports is a non-profit adaptive sports and recreational facility that offers year-round programming for children and adults who aren't able to go full speed due to a physical, cognitive or emotional disability. By adapting the pace, equipment, or nature of an activity, Courage League can provide a safe and accessible environment where participants can go at their own speed.

BY THE AGES-NOT THE ABILITY

COURAGE CUBS 2-6 YEARS

NEW Tumbling: activities focusing on primitive reflexes, balance and yoga

NEW Sports: Kick, Catch, Throw: emphasis on these key activities

NEW Music and Movement: Introduction to instruments, simple dance and sing a-longs
(available only at our Ankeny, Des Moines Grimes and West Des Moines locations)

COURAGE TIGERS 7-10 YEARS

NEW Tumbling: activities for upper body, core, balance and primitive reflexes

NEW Track and Field Program coming in April

COURAGE LIONS 11-14 YEARS

COURAGE PANTHERS 15-20 YEARS

NEW Teen Night Challenge: Social and group games bringing teens together for friendship and fun.
(Ankeny and West Des Moines Locations)

NEW Track and Field and Tennis Sports

ACTIVE ADULTS 19+

NEW Yoga, Aerobic Drumming, personal Adapted Fitness Training and Karaoke Biking

NEW Evening Programs | Tuesdays (DSM) and Wednesdays (Grimes)



EVENING PROGRAMS

Location:
*Prairie Ridge Church
825 NW 36th St*

Mondays in March and May

Cubs/Tigers..... 4:30-5:30 p.m.

Lions/Panthers..... 5-6 p.m.

• \$45 per month (4 sessions)

SPORTS

SOCCER

Location:
Prairie Ridge Church

Can Play League is designed for participants who are unable to go "full speed" due to a physical, cognitive or emotional challenge.

CHAAMPS League is designed specifically for those with high functioning Autism, ADHD and Aspergers. This league is for those who want to compete but require a different level of play.

Mondays, Mar 2, 9, 23, 30 • 6-7 p.m.

• 4 week sessions: \$50

REGISTER
courageleaguesports.com

QUESTIONS
info@courageleaguesports.com
515-421-4021

*CCO payments are accepted
and can be applied toward
monthly fees*

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