



# URBANDALE 2019/2020 WINTER 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

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

### COURAGE LIONS 11-14 YEARS

### COURAGE PANTHERS 15-20 YEARS

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



## BASKETBALL LEAGUES

### Location:

Webster Elementary  
12955 Aurora Ave

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

**Saturdays, March 7-28 • 8:30-9:30 a.m.**

**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.

**Saturdays, March 7-28 • 9:30-10:30 a.m.**

• 4 week sessions: \$50

**REGISTER**  
[courageleaguesports.com](http://courageleaguesports.com)

**QUESTIONS**  
[info@courageleaguesports.com](mailto:info@courageleaguesports.com)  
515-421-4021

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

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