



# DES MOINES 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:**

Franklin Jr. High  
4801 Franklin Avenue

**Tuesdays, April-June**

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

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

• \$45 per month (4 sessions)

## ACTIVE ADULTS

**Location:**

Franklin Jr. High  
4801 Franklin Avenue

**Tue., Wed. and Thurs .... 10-11 a.m.**

**Tuesdays ..... 5-6 p.m.**

(Karaoke Biking/programming)

• \$30/month includes all program times

**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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