



GRIMES FALL 2020 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.



COMMUNITY YOUTH PROGRAMMING

MONDAYS @ GRIMES

- Cubs-Lions: 4:30-5:30 p.m.
- Panthers/Adults: 5-6 p.m.
- Location: The U Sports complex
- \$45 per month

REGISTER

courageleaguesports.com

QUESTIONS

info@courageleaguesports.com

515-421-4021

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

This is not a school publication, nor is it in any way endorsed or sponsored by any school district. This publication is being provided only to inform you of other available community activities and opportunities.