



2019/2020 WINTER PROGRAMS

We offer year-round programs for all ages and abilities. We adapt for all abilities, those using wheelchairs, walkers, developmental delays, autism, intellectual, emotional or chronic conditions.

We are present in communities throughout the Greater Des Moines area. All programs include fitness, recreational games, sports, tumbling, super hero training, music, movement and more. In addition, we have a full line up of team sports opportunities.

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.

ACTIVE ADULTS 19+

Our Active Adults program provides opportunities for adults of all ages and ability levels to be active in a variety of ways while socializing with peers and making new friends.

REGISTER
courageleaguesports.com

QUESTIONS
info@courageleaguesports.com
515-421-4021

CCO payments are accepted
and can be applied toward
monthly fees



MONDAYS: ANKENY AND NORWALK

December/January
Prairie Ridge Church
825 NW 36th St

February/March
Lakewood Elementary
9210 Happy Hollow Dr

Cubs/Tigers..... 4:30 - 5:30 p.m.
Lions/Panthers..... 5-6 p.m.
• \$45 per month (4 sessions)

TUESDAYS: DES MOINES

Franklin Jr. High
4801 Franklin Avenue

Cubs/Tigers.....4:30 - 5:30 p.m.
Lions/Panthers.....5-6 p.m.
• \$45 per month (4 sessions)
Special Olympics Dance Team6-7 p.m.
(January-March)

WEDNESDAYS: GRIMES

Community Center
410 SE Main Street

Cubs/Tigers..... 5-6 p.m.
Lions/Panthers..... 5:30-6:30 p.m.
• \$45 per month (4 sessions)

THURSDAYS: WEST DES MOINES/WAUKEE

Valley Community Center
4444 Fuller Road

Cubs/Tigers..... 5-6 p.m.
Lions/Panthers..... 5:30-6:30 p.m.
• \$45 per month (4 sessions)

ACTIVE ADULTS

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



BASKETBALL

CAN PLAY LEAGUE is for all abilities and ages, no matter your physical, cognitive or emotional challenge. If you have a desire to play with a team, this is YOUR league.

SATURDAY SPORTS BASKETBALL: \$50

Ankeny @ Northeast Elementary
Nov. 30 | Dec. 7,14,21 • 8-9 a.m.

WDM @ Westridge Elementary
Jan. 4,11,18,25 | Feb 1,8 • 8-9 a.m.

Norwalk @ Orchard Hills
Jan. 25 | Feb. 1,8,15 • 9-10 a.m.

Urbandale @ Webster Elementary
March 7,14,21,28 • 9-10 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.

SATURDAY SPORTS BASKETBALL: \$50

Ankeny @ Northeast Elementary
Nov. 30, Dec. 7,14,21 • 9-10 a.m.

WDM @ Westridge Elementary
Jan. 4,11,18,25 | Feb. 1,8 • 9-10 a.m.

Norwalk @ Lakewood Elementary
Feb. 1,8,15,22 • 9-10 a.m.

Urbandale @ Webster Elementary
March 7,14,21,28 • 9-10 a.m.



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.

SPECIAL OLYMPICS

SPECIAL OLYMPICS BASKETBALL SKILLS

Practice: Westridge Elementary School
Sat., Jan. 4 and 11 • 8:30-9 a.m.

Skills Competition: Jan. 30 • 9:30 a.m.

SPECIAL OLYMPICS TEAM BASKETBALL

Practice: Westridge Elementary School
Jan. 4,11,18,25 | Feb. 1,8 • 9-10 a.m.

TEAM COMPETITION

Drake University | Feb. 15
and Iowa City | March 14

FEE: \$50

SPECIAL OLYMPICS DANCE

Practice: Franklin Jr. High
Tue., Jan. 7-March 10 • 6-7 p.m.

DANCE COMPETITION

Iowa City | March 14

FEE: \$30



SPECIAL SWIMMERS

Sessions include water safety awareness and swim lesson. **NEW: Aquafit** for age 12+

Mondays or Wednesdays Evenings in
January, February and March

4 week sessions, each session is 30 minutes
4:30-7 p.m.

FEE: \$75



**OPEN
TO ALL
ABILITIES**