



# WEST DES MOINES/WAUKEE 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.

#### 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*



## PROGRAMS

### Location:

*Valley Community Center  
4444 Fuller Road*

### Thursdays, January-March

**Cubs/Tigers..... 5-6 p.m.\***

**Lions/Panthers..... 5:30-6:30 p.m.\***

*\* 4:30-5:30 p.m. Jan. and Feb. only*

*• \$45 per month (4 sessions)*

## BASKETBALL LEAGUES

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

### Location:

*Westridge Elementary  
5500 EP True Pkwy*

**Saturdays, Jan. 4-25 • 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.

### Location:

*Lakewood Elementary  
9210 Happy Hollow Dr*

**Saturdays, Jan. 4-25 • 9:30-10:30 a.m.**

*• 4 week sessions: \$50*

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.