

# ACCESS & ABILITY

Events and Programs • Winter 2018-2019



**CHD**  
Disability Resources

## WHO WANTS WINTER PROGRAMS?



### Adaptive Skiing

Adaptive skiing of all kinds available through our partnership with LOF. Come get some slope-side fun!

Where:  
Mount Southington  
396 Mt Vernon Rd  
Plantsville, CT

Cost:  
DR Members:  
\$20 Half Day (morning or afternoon)  
\$40 Full Day  
Non-Members:  
\$45 Half Day (morning or afternoon)  
\$65 Full Day

When:  
Wednesday January 30, 2019  
Morning: TBA  
Afternoon: TBA  
Thursday February 21, 2019  
Morning: TBA  
Afternoon: TBA

### Thunderbirds Sled Hockey

Open to kids and adults who are prevented from playing standup hockey. Friends and family are welcome to participate.

Location:  
MassMutual Center  
Dwight Street Entrance  
**OR**



### Adaptive Rock Climbing

Open to anyone 4 years and up!  
Must have some upper body strength  
Equipment included for everyone

Where: Central Rock Gym  
165 Russell St, Hadley

Cost: DR Members: \$18/session  
Non-Members: \$25/session

When: Wednesdays 5-6:30p  
November 28  
December 5, 19  
January 9, 23  
February 6, 20  
March 6, 20



Olympia Ice Center  
125 Capital Drive  
West Springfield



Cost:  
\$265 Online  
\$275 In Person  
2019 Membership to Disability Resources included.

When:  
September 16, 2018  
Thru April 2019  
See calendar for dates and times

**Must sign up and pay online at least a week before each program. CHD.org/DR** (click on "pay your program fees online")

# MARTIAL ARTS

- Open to individuals ages 4 and up that have a physical disability, developmental disability, and/or visual impairment.
- Master Ken teaches about respect, focus, and coordination. He focuses on board breaking and learning the repetitive martial art movements.
- After each session, participants earn the next level belt or a stripe that gets them closer to the next belt!

## WHERE:

22 Center Street, Chicopee MA

**COST:** DR Members - \$65 Non-members - \$75

**Must sign up at [CHD.org/DR](http://CHD.org/DR)**

(click on "pay your program fees online")



## WHEN:

Tuesdays-8 week program  
January 15-March 5, 2019

Kids' session ages 4-13

5:45pm - 6:30pm

Young adults/adults session ages  
14+

6:30pm - 7:15pm

Together with the WNEU OT Doctorate Program, we are offering two different play-based therapeutic pool programs. One for kids and adults with disabilities and another specifically for kids with autism.

## CHD/WNE AQUATIC SWIM PROGRAM

### Location:

Western New England University  
Alumni Healthful Living Center  
Evergreen Road, Springfield

### Cost:

Per 6 week session: \$25 for members/  
\$45 for non-members

### When:

Session 1:  
6:30pm-7:30pm  
Kids and Adults with Disabilities  
January 31-March 7, 2019

### Session 2:

5:30pm-6:30pm  
Autism Specific Program  
March 28-May 2, 2019



## 10 WEEK SPRINGFIELD COLLEGE SWIM PROGRAM

Springfield College swim-students in the adaptive PE program work 1:1 with the swimmers. This program is to help the students gain a better understanding of different abilities. This is also a program for swimmers to achieve specific goals and objectives throughout the 10 week program. Since this is a student run program, we expect the swimmers to attend all the sessions since this is a class for the students. Thank you for your understanding. \*Not intended to be swim lessons.

### WHEN:

6:30pm-7:30pm  
February 11-April 29, 2019  
(No program March 18)  
(AQUATHON! April 29)

### WHERE:

Art Linkletter Natatorium  
263 Alden St, Springfield, Ma

### COST:

DR Members - \$35/ session  
Non-members - \$50/ session

**Questions? Call Program Director Jess at (413) 788-9695**

**Must sign up and pay online at least a week before each program. [CHD.org/DR](http://CHD.org/DR)** (click on "pay your program fees online")

**\*\*\*Due to overwhelming demand, a participant may only participate in one swim program.**

**WNE Session 1, WNE session 2 OR Springfield College \*\*\***

## MENS GROUP



**When:** Wednesday December 12  
5:30pm-7:30pm  
Future dates to be discussed and added

**Where:** Shaker Bowl  
168 Shaker Rd. East Longmeadow

**Cost:** Free to join in  
Individuals may purchase food and beverages

Come join in on some camaraderie! Men 21 and older are invited to get together, socialize with other like minded individuals, let loose and have a great night out! Grab a drink and/or a bite to eat. You can help decide where you want to go for future group meetings. Sign up at [CHD.ORG/DR](http://CHD.ORG/DR) under "Pay Your Program & Membership Fees"



## BOWLING

Adaptive bowling takes place at Shaker Bowl, 168 Shaker Road in East Longmeadow. We have several bowling ramps and balls with no holes to use on the ramps. Volunteers assist by retrieving balls if participants are unable to lift them from the ball return themselves. We have access to light weight balls for those who are ambulatory and want to play. Bowling takes place year-round. Volunteer and staff availability vary per week. Open to the community. Only \$2.75 per game.

Mondays 9am-11am, Tuesdays 12:30pm- 2:30pm

## WINTER SOCIAL

Get out of the cold and into some fun! Bring your favorite dish to share, play some bingo and meet up with friends. There will be prizes to be won!



**When:** January 16, 2019 5:30-7pm

**Where:** 85 Interstate Drive  
West Springfield, Ma

**Cost:** \$5 member and non-member

Must sign up by emailing [JLevine@CHD.ORG](mailto:JLevine@CHD.ORG) or [CHD.ORG/DR](http://CHD.ORG/DR) under "Pay Your Program & Membership Fees"





# December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
<p><b>02</b> Sled Hockey Olympia Ice Center Jr/Rec 4pm-4:40pm Travel 4:40pm-5:20pm</p>  <p>Happy Hanukkah!</p>	<p><b>03</b> Bowling-Shaker Bowl 9am-11am</p>	<p><b>04</b> Bowling-Shaker Bowl 12:30pm-2:30pm</p>	<p><b>05</b> Adapt. Rock Climbing Hadley Central Rock 5:00pm-6:30pm</p> 	<p><b>06</b> Dance &amp; Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm</p>	<b>07</b>	<b>08</b>
<p><b>09</b> Sled Hockey Olympia Ice Center Jr/Rec 4pm-4:40pm Travel 4:40pm-5:20pm</p> 	<p><b>10</b> Bowling-Shaker Bowl 9am-11am</p> 	<p><b>11</b> Bowling-Shaker Bowl 12:30pm-2:30pm</p>	<p><b>12</b> Mens Group Social Night Shaker Bowl 168 Shaker Rd East Longmeadow 5:30pm-7:30pm</p>	<p><b>13</b> Dance &amp; Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm</p> 	<b>14</b>	<p><b>15</b> Thunderbirds Sled Hockey Travel Team Away Games: Boston</p>
<p><b>16</b> Sled Hockey NO PRACTICE</p> 	<p><b>17</b> Bowling-Shaker Bowl 9am-11am</p>	<p><b>18</b> Bowling-Shaker Bowl 12:30pm-2:30pm</p>	<p><b>19</b> Adapt. Rock Climbing Hadley Central Rock 5:00pm-6:30pm</p> 	<p><b>20</b> Dance &amp; Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm</p>	<b>21</b>	<b>22</b>
<p><b>23</b> Sled Hockey MassMutual Center Jr/Rec 5pm-6pm Travel 6pm-7pm</p> <p><b>30</b> Sled Hockey MassMutual Center Travel Only 6:15pm-7:15pm</p>	<p><b>24</b> Bowling-Shaker Bowl 9am-11am</p> <p><b>31</b> <i>New Years Eve!</i></p>	<p><b>25</b> Merry Christmas!</p> 	<b>26</b>	<p><b>27</b> Dance &amp; Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm</p> 	<b>28</b>	<b>29</b>

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm	04	05
06 Thunderbirds Sled Hockey Travel Team Away Games: Exeter, NH NO PRACTICE	07 Bowling-Shaker Bowl 9am-11am	08 Bowling-Shaker Bowl 12:30pm-2:30pm	09 Adapt. Rock Climbing Hadley Central Rock 5:00pm-6:30pm 	10 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm 	11	12
13 Sled Hockey MassMutual 5pm-6pm Jr./Rec 6pm-7pm Travel	14 Bowling-Shaker Bowl 9am-11am	15 Bowling-Shaker Bowl 12:30pm-2:30pm Martial Arts 22 Center Street Chicopee Kids 5:45pm-6:30pm Young Adults 6:30pm-7:15pm	16 Winter Social 85 Interstate Dr West Springfield 5:00pm-7:00pm 	17 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm	18	19
20 Sled Hockey NO PRACTICE	21 Bowling-Shaker Bowl 9am-11am 	22 Bowling-Shaker Bowl 12:30pm-2:30pm Martial Arts 22 Center Street Chicopee Kids 5:45pm-6:30pm Young Adults 6:30pm-7:15pm	23 Adapt. Rock Climbing Hadley Central Rock 5:00pm-6:30pm	24 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm	25	26
27 Sled Hockey Olympia Ice Center Jr/Rec 4pm-4:40pm Travel 4:40pm-5:20pm	28 Bowling-Shaker Bowl 9am-11am	29 Bowling-Shaker Bowl 12:30pm-2:30pm Martial Arts 22 Center Street Chicopee Kids 5:45pm-6:30pm Young Adults 6:30pm-7:15pm 	30	31 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm Aquatic Swim WNEU Session 1 6:30pm-7:30pm		

# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01	02 Sled Hockey Fundraiser! Trailer Trash at Kaptain Jimmy's See flyer for details.
03 Sled Hockey MassMutual 5pm-6pm Jr./Rec 6pm-7pm Travel	04 Bowling-Shaker Bowl 9am-11am 	05 Bowling-Shaker Bowl 12:30pm-2:30pm	06 Adapt. Rock Climbing Hadley Central Rock 5:00pm-6:30pm	07 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm  Aquatic Swim WNEU Session 1 6:30pm-7:30pm	08	09
10 Sled Hockey Olympia Ice Center Jr/Rec 4pm-4:40pm Travel 4:40pm-5:20pm	11 Bowling-Shaker Bowl 9am-11am  Springfield College Swim Program 6:30pm-7:30pm	12 Bowling-Shaker Bowl 12:30pm-2:30pm Martial Arts 22 Center Street Chicopee Kids 5:45pm-6:30pm Young Adults 6:30pm-7:15pm	13	14 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm  Aquatic Swim WNEU Session 1 6:30pm-7:30pm	15	16
17 Sled Hockey Olympia Ice Center Jr/Rec 4pm-4:40pm Travel 4:40pm-5:20pm	18 Bowling-Shaker Bowl 9am-11am  Springfield College Swim Program 6:30pm-7:30pm	19 Bowling-Shaker Bowl 12:30pm-2:30pm Martial Arts 22 Center Street Chicopee Kids 5:45pm-6:30pm Young Adults 6:30pm-7:15pm	20 Adapt. Rock Climbing Hadley Central Rock 5:00pm-6:30pm	21 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm  Aquatic Swim WNEU Session 1 6:30pm-7:30pm	22	23
24 Thunderbirds Sled Hockey Travel Team Away Games: Montpelier, VT NO PRACTICE	25 Bowling-Shaker Bowl 9am-11am  Springfield College Swim Program 6:30pm-7:30pm	26 Bowling-Shaker Bowl 12:30pm-2:30pm Martial Arts 22 Center Street Chicopee Kids 5:45pm-6:30pm Young Adults 6:30pm-7:15pm 	27	28 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm  Aquatic Swim WNEU Session 1 6:30pm-7:30pm		

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01	02 Sled Hockey Showdown/ Cammer Cup Military Appreciation Game See flyer for details.
03 Sled Hockey MassMutual 5pm-6pm Jr./Rec 6pm-7pm Travel	04 Bowling-Shaker Bowl 9am-11am	05 Bowling-Shaker Bowl 12:30pm-2:30pm  Martial Arts 22 Center Street Chicopee Kids 5:45pm-6:30pm Young Adults 6:30pm-7:15pm	06 Adapt. Rock Climbing Hadley Central Rock 5:00pm-6:30pm	07 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm  Aquatic Swim WNEU Session 1 6:30pm-7:30pm	08 Thunderbirds Sled Hockey Travel Team Playoffs: Exeter, NH	09 Thunderbirds Sled Hockey Travel Team Playoffs: Exeter, NH
10 Thunderbirds Sled Hockey Travel Team Playoffs: Exeter, NH NO PRACTICE	11 Bowling-Shaker Bowl 9am-11am  Springfield College Swim Program 6:30pm-7:30pm	12 Bowling-Shaker Bowl 12:30pm-2:30pm  	13	14 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm	15	16
17 Sled Hockey NO PRACTICE	18 Bowling-Shaker Bowl 9am-11am  Springfield College NO Swim Program	19 Bowling-Shaker Bowl 12:30pm-2:30pm	20 Adapt. Rock Climbing Hadley Central Rock 5:00pm-6:30pm	21 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm	22	23
24 Sled Hockey NO PRACTICE 31 Sled Hockey Olympia Ice Center Jr/Rec 4pm-4:40pm Travel 4:40pm-5:20pm	25 Bowling-Shaker Bowl 9am-11am  Springfield College Swim Program 6:30pm-7:30pm	26 Bowling-Shaker Bowl 12:30pm-2:30pm	27  	28 Dance & Movement- 85 Interstate Drive West Springfield 5:30pm-6:30pm  Aquatic Swim WNEU Session 2 5:30pm-6:30pm	29	30

# PLAYERS WANTED:

# SLED HOCKEY



SEPTEMBER 2018- APRIL 2019 SEASON

YOUTH TEAM • ADULT RECREATION TEAM • COMPETITIVE TRAVEL TEAM



Sled hockey is very similar to “stand-up hockey” in terms of concept and rules. The main difference is that participants sit on a sled, which has two skate blades and a runner in the front to form a tripod. Players use two short hockey sticks with a blade on one end and a pick on the other to propel themselves across the ice. Good sportsmanship, team camaraderie and strength building are just a few benefits of playing sled hockey.

## WHO CAN PLAY SLED HOCKEY

Anybody that is prevented from playing stand up hockey can play. It is a sport that equalizes the playing field by having everyone on sleds. If a participant lacks in upper body strength or control, a pusher, someone that pushes and guides the sled, can be used to propel them. We have three teams based on age and competition level.

**Juniors**  
(ages 4 -17)

**Adult Recreation**  
(18+ noncompetitive play)

**Adult Travel**  
(18+ competitive league)



## COMMITMENT

The sled hockey season is September 2018- April 2019. All teams practice once a week. The Junior and Recreation team play one or two scrimmages a year and an end of the year tournament. The Travel team is part of the New England Sled Hockey League and play 7 games throughout the season. It is required for travel team players to play in all the games and to go to most practices.

## FEES & EQUIPMENT

Total cost per player per year is \$175 in person for Junior Players (\$165 online), and \$275 in person for Adult Recreation and Travel Players (\$265 online). This fee includes a membership to CHD's Disability Resources which allows members access to other sports and social activities at a discount. A separate USA Hockey registration fee through USA is \$40 per player. Thanks to generous donors, sled hockey players do not need to supply their own equipment. We have a supply of sleds, helmets, pads, etc. available for team use.



**Must sign up at [CHD.org/DR](http://CHD.org/DR) (click on “pay your program fees online”)**

For more information, contact Jessica Levine at (413)788-9695 / [JLevine@CHD.ORG](mailto:JLevine@CHD.ORG)





**CHD**  
SLED HOCKEY

**TRAILER TRASH, IN SUPPORT OF  
CHD'S SPRINGFIELD THUNDERBIRD  
SLED HOCKEY TEAM, TAKE OVER  
KAPTAIN JIMMY'S IN AGAWAM!**



**ALL PROCEEDS TO BENEFIT THE  
SPRINGFIELD THUNDERBIRDS SLED HOCKEY TEAM**

**RAFFLES INCLUDING A 50/50 AND GREAT PRIZES  
\$10 IN ADVANCED, \$15 AT THE DOOR GETS YOU IN**

**CASH BAR**

**FEBRUARY 2, 2019**

**DOORS 7:00PM SHOW AT 8:00PM**

**AGES 21 PLUS**

**CHD'S DISABILITY RESOURCES PROVIDES SPORTS, RECREATION AND SOCIAL ACTIVITIES  
FOR ALL AGES AND ABILITIES.**

**THE SPRINGFIELD THUNDERBIRDS SLED HOCKEY TEAM IS ONE OF THESE AMAZING  
PROGRAMS. PLEASE VISIT CHD.ORG/DR FOR MORE INFORMATION.**

**TICKETS CAN BE PURCHASED ONLINE AT:  
CHD.ORG/DRTRAILERTRASHCONCERT**



# THUNDERBIRDS



# SLED HOCKEY



VS.



**SATURDAY, MARCH 2<sup>ND</sup>**

**7:05 P.M.**

**MILITARY APPRECIATION NIGHT**



**CHD**  
positively life changing

This offer is NOT available at the MassMutual Center Box office • Free parking in the Civic Center Garage (based on availability)

A sled hockey double header:  
Cammer Cup from 4 -5 PM

And Thunderbirds Sled Hockey versus  
Wounded Warrior Sled Hockey team  
from 5-6 PM. \*Times subject to change\*

**\$15** defense zone ticket (\$19 full price)  
with a portion of each ticket sold going  
back to the team as a fundraiser!

To order tickets scan QR Code or for  
more information visit:

<https://springfieldthunderbirds.formstack.com/forms/sledhockey>

Or contact Matthew McRobbie  
413-417-2290

[mmcrobbe@springfieldthunderbirds.com](mailto:mmcrobbe@springfieldthunderbirds.com)

Deadline to order: Wed., 2/27