

# TEAM SPORTS

This 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.

## FLAG FOOTBALL:

4 week sessions \$30

Urbandale Miracle League 9am-10am  
Saturdays: September 7,14,21,28

## FALL SOCCER:

4 week sessions \$30

Urbandale Miracle League 8am-9am  
Saturdays: September 7,14,21,28

Ankeny Miracle League 6:30pm-7:30pm  
Mondays: September 9,16,23,30

Indianola Wilder Elementary 8am-9am  
Saturdays: Oct: 5,12,19,26

West Des Moines Westridge 8am-9am  
Saturdays: Nov. 2,9,16,23

## POWER SOCCER LEAGUE:

Our wheelchair league...you do not need to be in a chair to participate. Open to all who have or may have limited mobility.

4 week sessions \$30

WDM Valley Community Center 6pm-7pm  
Thursdays Sept. 26, Oct. 3,10,17,24

# CHAAMPS SPORTS:

League specifically for those who have high functioning Autism, ADHD, Aspergers. This league is for those who want to compete but just need a different level.

## FLAG FOOTBALL:

4 week sessions \$30

Urbandale Miracle League 9am-10am  
Saturdays: September 7,14,21,28

## FALL SOCCER:

4 week sessions \$30

Urbandale Miracle League 8am-9am  
Saturdays: September 7,14,21,28

Ankeny Miracle League 6:30pm-7:30pm  
Mondays: September 9,16,23,30

Indianola Wilder Elementary 8:30am-9:30am  
Saturdays: Oct: 5,12,19,26

West Des Moines Westridge 9-10am  
Saturdays: Nov. 2,9,16,23

# WATCH ME.



## SPECIAL SWIMMERS:

Open to ALL Abilities

Water safety awareness, swim lesson and New this Fall  
Aquafit for age 12&up

4 week sessions \$75

Mondays or Wednesdays Evenings  
September, October, November  
30 min. sessions 4:30pm-7pm

# 2019 Fall Programs



## EVERYBODY Deserves to Play

QUESTIONS? [info@couragleaguesports.com](mailto:info@couragleaguesports.com)

CALL 515-421-4021

DISCOVER [couragleaguesports.com](http://couragleaguesports.com)

Sponsored by Rotary Club of Des Moines

# HOW IT WORKS

We offer year-round programs for all ages and abilities. Our programs are created with your person in mind. We adapt for all abilities, those using wheelchairs, walkers, developmental delays, autism, intellectual, emotional or chronic conditions.

We will be present in communities throughout Greater Des Moines. Offering a wide variety of adapted recreational programs. All programs include fitness, recreational games, sports, tumbling, super hero training, music and movement and more! In addition, we have a full line up of team sports opportunities.

## BY THE AGES... NOT THE ABILITY!

Courage League offers a comprehensive program for all ages and abilities.

### 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 build for our younger school age participants. We will work on social, core, balance, upper body development, basic sports skills, group games in a fun inviting way.

### COURAGE LIONS 11-14 YEARS

### COURAGE PANTHERS 15-20 YEARS

Programming adapted to enhance developing bodies with fitness, games and recreational activities plus programming for social skills.

### ACTIVE ADULTS

The need to stay active and moving does not stop as we get older and finding ways to be more active can be difficult. We have just the solution!

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.



## ACTIVE ADULTS DES MOINES

Tuesday, Wednesday, Thursdays 10-11am

### LOCATIONS:

Franklin Jr. High  
4801 Franklin Avenue

### TUESDAY EVENING:

(Karaoke Biking/programming)  
\$30/month includes all program times

5-6pm



## MONDAYS ANKENY/INDIANOLA

### LOCATIONS:

Prairie Ridge Church  
825 NW 36th St  
September  
November

Indianola Activity Center  
2204 W 2nd Ave  
October  
December

### CUBS/TIGERS

4:30-5:30

### LIONS/PANTHERS

5pm-6pm

\$45 per month (4 sessions)

## TUESDAYS DES MOINES

### LOCATIONS:

Franklin Jr. High  
4801 Franklin Avenue

### CUBS/TIGERS

4:30-5:30

### LIONS/PANTHERS

5pm-6pm

\$45 per month (4 sessions)

## WEDNESDAYS GRIMES

### LOCATIONS:

Community Center  
410 SE Main Street

### CUBS/TIGERS

5pm-6pm

### LIONS/PANTHERS

5:30pm-6:30pm

\$45 per month (4 sessions)

## THURSDAYS WEST DES MOINES/WAUKEE

### LOCATIONS:

Valley Community Center  
4444 Fuller Road

### CUBS/TIGERS

4:30-5:30

### LIONS/PANTHERS

5pm-6pm

\$45 per month (4 sessions)

Register online at [www.courageleaguesports.com](http://www.courageleaguesports.com)

Questions: [info@courageleaguesports.com](mailto:info@courageleaguesports.com)

515-421-4021

CCO payments are accepted and can be applied toward monthly fees