

**Parents and Guardians:**

You no longer have the option to register your athlete for the year.  
We now only offer registration per season.

## Mesa Adaptive Recreation 2018 Sports and Special Interest Classes Schedule

**“Let no one sit on the sidelines”**



All athletes competing in Special Olympics Arizona competitions must have a completed waiver, registration form and current Special Olympics Arizona physical on file with the City of Mesa prior to the first day of practice.

### HOW TO REGISTER

1. Register online at : <https://apm.activecommunities.com/mesaaz/home>

Please note the practice times and location.  
You may not get a call to verify enrollment.

### SEASON FEES / ATHLETE:

**\$24 for each sport session**

**\*With the exception of Bowling and Special Interest Classes\***

**Fees cover the costs of uniforms, equipment and travel to competitions**

### Adaptive Recreation Staff:

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mesa parks, recreation and community facilities

**Your place to play**

A CAPRA Accredited Agency

# MESA ADAPTIVE SPORTS SCHEDULE

## Winter - Spring 2018

For Individuals with Intellectual Disabilities ages 6 and older residing in or outside of Mesa.  
All schedules are subject to change based on the competition schedule as set by Special Olympics AZ.



### Adaptive Basketball - Adult (ages 16+)

Season Dates: January 8 – March 7th  
Practices: Monday & Wednesday, 6:00–7:30 p.m.  
Location: Mondays at Jefferson Gym - 120 S. Jefferson  
Wednesdays at Webster Gym - 202 N. Sycamore



### Adaptive Basketball - Jr. (ages 6-15)

Season Dates: January 10 – March 7th  
Practices: Wednesdays 6:00pm–7:00 p.m.  
Location: Stapley Junior High - 3250 E. Hermosa Vista Dr.



### Adaptive Cheerleading - (ages 6+)

Season Dates: January 9 – March 7th  
Practices: Tuesdays, 6:30–7:30 p.m.  
Location: Broadway Recreation Center - 59 E. Broadway Rd.



### Adaptive Track & Field West - Adult (ages 16+)

Season Dates: February 15 – May 5 (No practice 3/15)  
Practices: Thursdays, 6:30–7:30pm  
Location: Mesa High School - 1630 E. Southern Ave.



### Adaptive Track & Field West - Jr's. (ages 6-15)

Season Dates: February 15 – May 5 (No practice 3/15)  
Practices: Thursdays, 5:30pm–6:30pm  
Location: Mesa High School - 1630 E. Southern Ave.



### Adaptive Track & Field East - (All Ages)

Season Dates: February 15 – May 5 (No practice 3/15)  
Practices: Thursdays, 5:30–7:00pm  
Location: Skyline High School - 845 S. Crimson Rd.



### Adaptive Dragon Boat - Unified (ages 16+)

Season Dates: February 6th – March 28  
Practices: Tuesdays, 5:00–7:00pm  
Location: Tempe Town Lake Marina - 550 E. Tempe Town Lake, Tempe



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# MESA ADAPTIVE SPORTS SCHEDULE

## Adaptive Bowling 2018

For Individuals with Intellectual Disabilities ages 6 and older residing in or outside of Mesa.  
All schedules are subject to change based on the competition schedule as set by Special Olympics AZ.

### Adaptive Bowling West - Mesa AMF (ages 13+) - Session I

Season Dates: January 3 – May 16  
Practice: Wednesdays, 3:30–5:00 pm  
Location: Mesa AMF - 2115 E. Southern Ave.  
Cost: \$46.00 per session  
\$4.25 for 2 games + shoes paid onsite to the alley

### Adaptive Bowling West - Mesa AMF (ages 13+) - Session II

Season Dates: May 30 – December 19  
Practice: Wednesdays, 3:30–5:00 pm  
Location: Mesa AMF - 2115 E. Southern Ave.  
Cost: \$46.00 per session  
\$4.25 for 2 games + shoes paid onsite to the alley

### Adaptive Bowling Unified West - Mesa AMF (ages 8+) - Session I

Season Dates: January 6 – May 19  
Practice: Saturdays, 12:30–3:00 pm  
Location: Mesa AMF - 2115 E. Southern Ave.  
Cost: \$46.00 per session  
\$5.75 for 3 games + shoes paid onsite to the alley



### Adaptive Bowling Unified West - Mesa AMF (ages 8+) - Session II

Season Dates: June 2 – December 15  
Practice: Saturdays, 12:30–3:00 pm  
Location: Mesa AMF - 2115 E. Southern Ave.  
Cost: \$46.00 per session  
\$5.75 for 3 games + shoes paid onsite to the alley



### Adaptive Bowling - East Mesa Bowl (ages 13+) - Session I

Season Dates: May 30 – November 14  
Practices: Wednesdays  
4:00–5:30pm or 6:00–7:30pm  
Location: East Mesa Bowl - 260 E. Broadway Rd.  
Cost: \$46.00 per session  
\$3.75 for 2 games + shoes paid onsite to the alley

### Adaptive Bowling Junior (ages 6 –15)

Season Dates: September 10 – November 12  
Practices: Mondays, 4:45–6:00pm (Ages 6 - 15)  
Location: Mesa AMF - 2115 E. Southern Ave.  
Cost: \$24.00 per session  
\$4.25 / week for 2 games + shoes paid on-site to the bowling center.



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# MESA ADAPTIVE SPORTS SCHEDULE

## Summer – Fall 2018

For Individuals with Intellectual Disabilities ages 6 and older residing in or outside of Mesa.  
All schedules are subject to change based on the competition schedule as set by Special Olympics AZ.



### Adaptive Aquatics

Season Dates: July 21 – October 13  
Practices: **Juniors** (ages 8–15) - Saturdays, 9am–10am  
**Seniors** (ages 16–21) - Saturdays, 10am–11am  
**Adults** (ages 22+) - Saturdays, 11am–12pm  
Location: Brimhall Pool - 4949 E. Southern Ave. Mesa  
Note: Athletes will be required to purchase a team swim suit. Cost approx. \$35.00–\$50.00 (scholarships are available)



### Adaptive Bocce Ball

Season Dates: August 16 – October 11  
Practices: Thursdays, 6:45–8:00pm  
Location: Tower Point Resort - 4860 E. Main St.  
Note: Please bring plenty of water to drink



### Adaptive Golf

Season Dates: August 21 – October 27  
Practices: Tuesdays, 7:00–8:15pm (Ages 8+)  
Location: Greenfield Lakes Golf Course - 2484 E. Warner Rd. Gilbert  
Note: Please bring plenty of water to drink



### Adaptive Soccer

Season Dates: September 18 – December 8  
Practices: Wednesdays  
6:00–7:00pm (Ages 6–15)  
7:00–8:00pm (Ages 16+)  
Location: Quail Run Sports Complex - 4155 E. Virginia St. Mesa  
Note: Please wear appropriate soccer attire, such as shorts, sweats and gym shoes.



### Adaptive Unified Basketball

Season: November 12 – March 16, 2019  
Practices: Mondays & Wednesdays, 6:30–8:30pm (Ages 16+)  
Location: Jefferson Gym - 120 S. Jefferson  
Note: Please wear appropriate basketball attire, such as shorts, sweats and gym shoes



### Adaptive Floor Ball

Season: December 5 – February 10  
Practices: Tuesdays, 6:00–8:00pm (Ages 16+)  
Location: Broadway Recreation Center - 59 East Broadway Rd.



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# MESA ADAPTIVE SPECIAL INTEREST CLASSES

For Individuals with Intellectual Disabilities ages 6 and older residing in or outside of Mesa.

## Adaptive Cooking Class

**Cost:** \$55

**Dates:** Session I: 3/28 – 5/2, Session II: 10/15-11/17 (Wednesdays)

**Time:** 6:00-8:00pm

**Location:** Stapley Junior High - 3250 E. Hermosa Vista Dr.

**Note:** Participants will learn kitchen safety while cooking up some delicious food each week. (Ages 16+)

## Adaptive Off Broadway

**Cost:** \$25

**Dates:** Session I: 2/22 – 6/8, Session II: 9/20-11/15 (Thursdays)

**Time:** 6:00-7:30pm

**Location:** Red Mountain High School - 7301 E. Brown Rd.

**Note:** This theater class is designed for individuals with intellectual disabilities. Participants will learn theater techniques and also participating in games and roll playing activities while preparing for a production to be performed. (Ages 8+)

## Adaptive Tennis Class

**Cost:** \$24

**Dates:** 2/27– 4/17 (Tuesdays)

**Time:** 5:00-6:00pm

**Location:** Mesa Tennis Center - 4125 E. McKellips Rd.

**Note:** A program designed to help improve your tennis skills while having fun with your friends. (Ages 8+)

## Adaptive Archery Clinic

**Cost:** \$5

**Dates:** Saturday, February 3rd (one day clinic)

**Time:** 1:00-2:30pm

**Location:** Mesa High School - 1630 E. Southern Ave.

**Note:** Participants will experience a fun and safe introduction to recreational target archery. This is a one day clinic. Equipment will be provided. (Ages 16+)

## Pamper Yourself Girls Day Out

**Cost:** \$5

**Dates:** Saturday, March 3rd (one day clinic)

**Time:** 9:00-12:00pm

**Location:** Mesa Parks and Recreation Office - 200 S. Center St. Bldg. 1

**Note:** Join us on a trip to Avalon Cosmetology School. Options for services include haircut for \$10, Manicure for \$10, and Pedicure for \$20. Please make sure you bring tip money. (Ages 10+)



For more information on Mesa Adaptive Special Interest classes, please contact Jacquie Gallo at 480-644-4948 or [Jacquie.gallo@mesaz.gov](mailto:Jacquie.gallo@mesaz.gov).