



Come and join Synergy in these great spring programs. For information on any of these programs please contact Jason Stubbeman at the office 630.384.8542 or email at [jasons@synergyaa.com](mailto:jasons@synergyaa.com). We look forward to having you spend your spring with us.

### **Synergy Track & Field**

Synergy Track and Field is for anyone with a primary physical disability. Come learn about the variety of events offered and then practice your skills in your chosen events. Competition opportunities will exist at the end of the season.

WHO: Children, Teens & Adults (ages 6 & older)

PLACE: **Addison Trail High School, Addison**

| <u>Code</u> | <u>Day</u> | <u>Time</u>  | <u>Date(s)</u> | <u>Fee</u> |
|-------------|------------|--------------|----------------|------------|
| 623800-1    | Sat        | 1:00-3:00 pm | 4/30-6/11      | \$80       |

### **Synergy Boccia**

Boccia is designed for those individuals who have cerebral palsy, muscular dystrophy, or a spinal cord injury resulting in quadriplegia or other physical challenges that limit range of motion in the arms and hands. Athletes may use a power or manual wheelchair. Coaches will go over rules, strategy and structure of the game and assist each individual in determining if adapted devices (ramps, head stick, etc.) are needed to make your experience successful.

WHO: Children, Teens & Adults (ages 6 & older)

PLACE: **Ackerman WDSRA Gym, Glen Ellyn**

| <u>Code</u> | <u>Day</u> | <u>Time</u>       | <u>Date(s)</u> | <u>Fee</u> |
|-------------|------------|-------------------|----------------|------------|
| 623803-1    | Sat        | 2:00-4:00 pm      | 4/2-6/4        | \$75       |
|             | (beginner) | (No program 5/28) |                |            |

| <u>Code</u> | <u>Day</u> | <u>Time</u>       | <u>Date(s)</u> | <u>Fee</u> |
|-------------|------------|-------------------|----------------|------------|
| 623803-2    | Sat        | 2:00-4:00 pm      | 4/2-6/4        | \$75       |
|             | (advanced) | (No program 5/28) |                |            |

[\*\*Register Online\*\*](#)



### **Synergy Archery**

Archery is an exciting lifetime sport that grows with you. Whether starting at a beginner level to learn the fundamentals of archery safety and basic technique or to further develop more advanced skills, Synergy Archery will provide you with the tools and support to reach your goals. This program is open to anyone with a primary physical disability and adaptive equipment is available.

**WHO:** Children, Teens & Adults (ages 11 & older)

**PLACE:** Addison Community Center, Addison

| <b>Code</b>       | <b>Day</b> | <b>Time</b>  | <b>Date(s)</b> | <b>Fee</b> |
|-------------------|------------|--------------|----------------|------------|
| 623804-1          | Mon        | 6:00-8:00 pm | 4/25-6/20      | \$55       |
| (No program 5/30) |            |              |                |            |

### **Synergy Swimming**

Synergy Adaptive Athletics is excited to offer adaptive swimming for youth and teens with physical or visual impairments. This program will focus on the basics of swimming through stroke technique. If you have spina bifida, an amputation, cerebral palsy, dwarfism, visual impairment or any physical disability, come out and give it a try. Any level of ability is welcome to attend. Instruction will be based on the current skill level and abilities of each athlete. The pool is accessible via a lift to get individuals in and out of the water. This class is instructed by Coach Eve Learn to Swim.

**WHO:** Children, Teens & Adults (ages 6 & older)

**PLACE:** Fountain View Recreation Center, Carol Stream

| <b>Code</b> | <b>Day</b> | <b>Time</b>   | <b>Date(s)</b> | <b>Fee</b> |
|-------------|------------|---------------|----------------|------------|
| 623805-1    | Sat        | 12:00-1:00 pm | 4/9-5/14       | \$50       |

### **Synergy Bowling - Visually Impaired**

Learn to bowl or refine your skills in Synergy's Adaptive Bowling program for individuals with visual impairments. Guide Rails are used to assist individuals with their roll.

**WHO:** Children, Teens & Adults (ages 8 & older)

**PLACE:** Fox Bowl, Wheaton

**FEE:** \$10 per week

[Register Online](#)