



## WISCONSIN ADAPTIVE SPORTS ASSOCIATION • (414) 430-6543

### Not disabled sports... wheelchair and adaptive sports!

WASA currently provides wheelchair and adaptive sports for those with physical and visual impairments to over 100 athletes from 6 to 60 years old. From the beginner to the Paralympian and everything in between WASA provides an outlet to be fit, active and healthy. Join us whether you just want to recreate locally or travel competitively, WASA has a place for you. Come join the FUN! – It's just a Different Pair of Shoes!

### Yearly schedule

#### Summer (May – Aug.)

- Wheelchair Basketball – Adult
  - Wednesday night
- Wheelchair Basketball – Youth
  - Tuesday night
- Wheelchair Basketball – Skill workshop
  - Saturday afternoon
- Wheelchair Rugby
  - Thursday night
- Wheelchair Softball
  - Thursday night
- Handcycling
  - Thursday night
- Open Gym
  - Friday night

#### Fall (Sept. – Dec.)

- Wheelchair Basketball – Adult
  - Wednesday night
- Wheelchair Basketball – Youth
  - Tuesday and Thursday night (14-18 years)
  - Saturday morning (6-13 years)
- Wheelchair Rugby
  - Thursday night
- Open Gym
  - Friday night

#### Spring (Dec. – April)

- Wheelchair Basketball – Adult
  - Wednesday night
- Wheelchair Basketball – Youth
  - Tuesday and Thursday night (14-18 years)
  - Saturday morning (6-13 years)
- Wheelchair Rugby
  - Thursday night
- Open Gym
  - Friday night

### Who can play?

#### Open Gym:

EVERYbody, disABILITY or not, WASA invites you to learn, try & play adaptive sports in a fun, non-competitive environment. All ages and abilities welcome!

#### Adaptive Sport teams:

These sports are for many more than you think! You do not have to be a wheelchair user, we help you find which sport works best, qualifying injuries can be as little as:

- Permanent orthopedic impairments, such as but not limited to:
  - significant ligament instability/damage
  - arthritis, knee replacement
- Spinal Cord Injuries / Paraplegics
- Spina Bifida
- Cerebral palsy
- Muscular dystrophy
- Lower limb amputees
- Visual Impairments
- And many more...



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To sign up contact:

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