Our Sports Program welcomes athletes of all skill levels, from those interested in learning a new recreational sport to athletes wishing to hone their craft for elite-level competition. And, while we have a long history of developing athletes who have gone on to compete and medal in the Paralympic Games, the majority of our athletes participate at the recreational level or to compete in local and regional competitions.

The Adaptive Fitness Center provides a well-equipped fitness facility designed for people of all abilities and offers a broad selection of fitness services and classes to help people remain active and achieve their fitness goals. Our facility is staffed with exercise physiologists, who lead individual and group fitness sessions to provide additional expertise in attaining a greater level of fitness.
ARCHERY
Take aim and learn the fundamentals of adaptive archery for fun or for competition. For individuals with all types of physical disabilities, including adaptations for people with visual impairments.
Season: May-September
When: Thursdays, 4:30PM-6PM
Where: Northside Archery Club
Contact: Demi, dmadden@sralab.org, 312-238-5010

BOCCIA
A sport of concentration and strategy, the Shirley Ryan AbilityLab Boccia program is open to athletes with upper extremity disabilities of all levels of experience - from beginner to advanced.
Season: November-April
When: Wednesdays, 11AM-1PM
Where: The Menomonee Club for Boys & Girls
Contact: Kyle, khitzelber@sralab.org, 312-238-5005

CYCLING
Adaptive cycling offered twice weekly year-round, both indoor on trainers and outdoor on Chicago's Lakefront Trail. Handcycles and leg-pedaled trikes provided. Enjoy recreationally, competitively, or both!
Outdoor Season: May-November
Tuesdays & Thursdays
10:30AM-2:30PM
Lincoln Park Wilson Lot
Indoor Season: December-April
Tuesdays & Thursdays
11AM-2PM
Fitness Center
Contact: Demi, dmadden@sralab.org, 312-238-5010

GOLF
Meeting weekly all summer, instruction is available for beginning, intermediate and advanced players who have a physical disability. Equipment is provided.
Season: May-September
When: Mondays, 11AM-1PM
       Wednesdays, 4PM-6PM
Where: Mondays, South Shore Country Club
       Wednesdays, Diversey Driving Range
Contact: Derek, ddaniels@sralab.org, 312-238-5008

MOUNTAIN BIKING
Adaptive mountain handcycles and trikes provided every Friday morning for an adventurous, unpredictable ride out on the trails.
Season: Outdoors year-round
When: Fridays, 9am-11:30am
Where: Big Marsh Park & Little Red Schoolhouse
Contact: Derek, ddaniels@sralab.org, 312-238-5008
ROCK CLIMBING
An array of opportunities for people with physical disabilities to enjoy the sport of climbing by providing instruction and adaptive equipment to support each individual's abilities. In collaboration with Adaptive Adventures.

Outdoor Season: June-August
- Mondays
  - 6PM-8:30PM
- Maggie Daley Park

Indoor Season: October-May
- Mondays
  - 6PM-8:30PM
- First Ascent Avondale

Contact: Demi, dmadden@sralab.org, 312-238-5010
Save the Date: Chicagoland Adaptive Climbing Expo
  - Saturday, June 4th, 2022

TENNIS
Clinics and opportunities for people with physical disabilities to enjoy the sport of tennis.

When: May
Where: TBD
Contact: Kyle, khitzelber@sralab.org, 312-238-5005

SLED HOCKEY
Anyone with a physical disability is welcome to join the sled hockey program. There is a competitive team for advanced athletes and a developmental team for up and coming athletes.

Season: August-April
When: Wednesdays, 9:30PM-10:45PM
  - Sundays, 9:00PM-10:30PM
Where: McFetridge Sports Complex
Contact: Derek, ddaniels@sralab.org, 312-238-5008

WHEELCHAIR BASKETBALL
Wheelchair basketball is played by people with varying physical disabilities that disqualify them from playing an able-bodied sport.

Season: September-April
When: Tuesdays, 6:30PM-8:30PM
Where: S.J. Gregory Auditorium
Contact: Pierre, pnealon@sralab.org, 312-238-5011

WHEELCHAIR RUGBY
Described as a combination of football, hockey and basketball in a wheelchair, any individual with impairments in three or more extremities may be eligible to play.

Season: September-May
When: Wednesdays, 7:30PM-10PM
  - Sundays, 9AM-1PM
Where: Northeast DuPage Special Recreation Association
Contact: Kyle, khitzelber@sralab.org, 312-238-5005

WHEELCHAIR SOFTBALL
Wheelchair softball is played on hard surface parking lots under the official rules of 16-inch slow pitch softball.

Season: May-September
When: Tuesdays, 6PM-Dusk
  - Saturdays, 12PM-2:30PM
Where: California Park
Contact: Pierre, pnealon@sralab.org, 312-238-5011
Sports For Kids Programs

The Tengelsen Family Foundation Sports for Kids Program provides participants between the ages of 7 and 21 with an opportunity to try a wide range of adaptive sports year-round.

The program offers recreational opportunities that introduce participants to adaptive sports and provide a fun instructional setting. Sports for Kids includes opportunities for everyone - from beginners to competitive athletes. All of the programs are centered on kids staying active and having fun. Participants that live in the City of Chicago are eligible for door-to-door transportation. Programs are hosted at multiple locations throughout Chicagoland and are free of charge.

Shirley Ryan AbilityLab offers individual and team sports. Teams practice weekly and travel to out-of-town competitions. Both experiences build sports skills, as well as independence. The programs are under the guidance of educated and trained coaching staff. Children of all skill levels are welcome in all programs.

Sports for Kids includes:
- Archery
- Cycling
- Judd Goldman Sailing
- Judo
- Karate
- Kayaking
- Lacrosse
- Paralympic soccer clinics
- Scuba diving
- Sports clinics
- Summer sports camps
- Tennis
- Wheelchair basketball
- Wheelchair softball
- Yoga

For more information, please visit sralab.org/sportsforkids or email sports@sralab.org
DAYS-OFF SCHOOL PROGRAMMING
In coordination with Chicago Public Schools days off from school, these program offerings are for youth between the ages of 7 and 17 who have a primary physical disability and are independent in their daily living skills. Depending on the season, the program offers outdoor and indoor adaptive sports and hands-on recreational activities.
Contact: Pierre, pmealon@sralab.org, 312-238-5011

JUDD GOLDMAN ADAPTIVE SAILING
When people are interested in learning to sail, we refer them to the Judd Goldman Adaptive Sailing Foundation. The goal of the program is to offer persons with disabilities the opportunity to “take the helm” on boats specifically designed for crews with disabilities. Visit juddgoldmansailing.org for more information about sailing classes and instruction.

JUDO
Judo, which translates as “the Gentle Way,” promotes the development of necessary physical skills such as movement, balance, muscle tone, and visual/spatial awareness to participants of all abilities. A great benefit to participation is the self-esteem and sense of purpose that the students gain through participation.
When: Saturdays, 5PM-6PM
Where: The Menomonee Club for Boys & Girls
Contact: Kyle, khitzelber@sralab.org, 312-238-5005

SEIDO KARATE
Thousand Waves Karate for Kids Program provides adapted Seido karate for kids focusing on peaceful conflict resolutions and self-defense. Karate emphasizes a progressive development of strength and aerobic capacity. Children learn to focus their minds and build their spirits.
When: Saturdays, 3:30PM-4:30PM
Where: The Menomonee Club for Boys & Girls
Contact: Kyle, khitzelber@sralab.org, 312-238-5005

SPORTS CAMP
The Youth Adaptive Sports Summer Camp is a 1-week experience for youth between the ages of 7 and 17 who have a primary physical disability and are independent in their daily living skills. The camp offers various adaptive sports and recreation opportunities such as sailing, kayaking, archery, cycling, a wheelchair softball day sponsored by the Chicago Cubs, and plenty more. Contact a Sports Coordinator for more information.
WHEELCHAIR BASKETBALL
The Chicago Skyhawks Junior wheelchair basketball teams are a developmental basketball program for youth with physical disabilities. Each child will participate in a designed sports wheelchair to equalize the playing field for each athlete that participates. Kids participate in one of two teams based on their age and ability level.

**Season:** September-April  
**When:** Saturdays, 9AM-12PM  
**Where:** Rainbow Beach Park  
**Contact:** Pierre, pnealon@sralab.org, 312-238-5011

WHEELCHAIR SOFTBALL
The Shirley Ryan AbilityLab-CPD Junior Cubs are part of the National Wheelchair Softball Association, a fast-paced and highly competitive junior division for wheelchair softball teams with players age 8–18 years old. The season begins in late May and culminates in a National Championship tournament held in early August. The junior division provides an opportunity for boys and girls with disabilities to enjoy the thrills and experiences of competitive, fast-paced, and action-packed softball. Just like their classmates in school who play in other competitive baseball and softball leagues, youth with disabilities have the opportunity to experience the joys, sense of belonging to a team, health benefits, and all the life experiences provided by playing athletics and team sports through wheelchair softball.

**Season:** May-August  
**When:** Saturdays, 9AM-12PM  
**Where:** California Park  
**Contact:** Pierre, pnealon@sralab.org, 312-238-5011

- All programs are co-ed.  
- Coaching and equipment is provided.  
- All athletes need to be registered with the Adaptive Sports Program and have a medical form and signed waiver on file in order to participate.  
- Please visit [www.sralab.org/sports-fitness](http://www.sralab.org/sports-fitness) for practice-specific information or contact one of our Sports Coordinators.
Goldman Functional Fitness
Structured around your individual goals, these sessions seek to help you advance in your fitness journey. Sessions are conducted by one of our expert Exercise Physiologists, and tailored to your functional or performance objectives. These include, but are not limited to seated/standing balance, walking gait, strength and endurance, and running.
**When:** Daily  
**Cost:** $45 - 45-Minute Session,  
5-pack: $212.50, 10-pack: $400

Telefitness
One-on-one interactive virtual exercise program for individuals who are looking to maximize their functional fitness and training outcomes under the guidance and care of one of our expert Exercise Physiologists. The program is designed to help increase motivation, activity, improve physical ability, and enhance personal fitness goals all from the comfort of home.
**When:** Daily  
**Cost:** $40 - 45-Minute Session

Flex-ability - Virtual
The Flex-ability class is a full-body stretch routine for participants of different ability levels. The goal of this exercise routine is to help people safely improve functional range of motion in all major joints. This stretch routine will allow participants to maintain the flexibility needed to perform many basic and instrumental activities of daily life, promote better posture, reduce joint pain, and decrease the risk of injury.
**When:** Mondays 9AM-9:45AM  
**Cost:** $110 11-week session or $10 drop-in fee

Nordic Poles Agility
Learn balance, strengthening and gait exercises as you safely navigate through agility courses, and small obstacles using Nordic poles. Nordic Poles Agility class improves your walking endurance, balance, posture and agility by adding poles to produce a great full body workout.
**When:** Seasonal  
**Cost:** $110 11-week session or $10 drop-in fee

Parkinson's PWR! Class
PWR! Moves Exercise is specifically designed to help individuals diagnosed with Parkinson’s Disease to use exercise for symptom management. Participants use a combination of seated or standing exercises that emphasize high-intensity, exaggerated movement and address postural awareness, balance, strength, flexibility, breathing and vocal expression. This routine may help improve posture and reduce rigidity.
**When:** In-Person Mondays & Wednesdays  
10AM-10:45AM or  
Virtual Tuesdays & Thursdays  
10AM-10:45AM  
**Cost:** $165 11-week session or $10 drop-in fee

Pulmonary Rehabilitation Maintenance Program Phase III
Phase III is designed for graduates from the Phase II program at Shirley Ryan Abilitylab, to assist pulmonary participants continue to exercise in an independent manner under appropriate supervision. During this 11-week program, participants engage and perform in aerobic, strength, and breathing exercises to optimize their physical performance.
**When:** Mondays & Wednesdays 1PM-2PM  
**Cost:** $165 for 11 weeks and a required $35 one time initiation fee

FITNESS CENTER
Hours of Operation: Monday-Friday 6:15AM-7PM
All fitness programming is by appointment only. Drop-in fitness opportunities are not offered.
Note: The only wheelchair-accessible entrance to the building is at 303 East Ohio Street. If you are being dropped off by a taxi or PACE Paratransit, give them the Ohio Street address.
Please visit www.sralab.org/sports-fitness or call 312-238-5001 for registration information.
Meet the Staff

Sports

Derek Daniels  
**Director of Adaptive Sports & Fitness Programs, Therapeutic Recreation and Volunteer Services**

Derek holds a bachelor’s degree in Therapeutic Recreation along with a Master’s degree in Sports Management. He enjoys staying active whether it’s playing sports, coaching or just riding his bike. “My favorite part of my job is cultivating a community and providing access for everyone’s Ability to shine!”

Pierre Nealon  
**Sports Coordinator**

Pierre has been involved with recreation for the past twelve years with the Chicago Park District. He is a big sports fan, having played many up to this point. He has coached ages 8-13 in sports such as football, baseball, basketball, and track. Growing up in the rough parts of Englewood on the Southside, he knows that recreational opportunities in a positive environment can go a long way towards impacting the lives of kids and adults. He looks forward to working with this crew and for a great organization such as Shirley Ryan AbilityLab.

Demitra (Demi) Madden  
**Sports Coordinator, CTRS**

Demi holds a bachelor’s degree in Therapeutic Recreation from the University of Iowa and is a Certified Therapeutic Recreation Specialist. She joined the Shirley Ryan AbilityLab sports team in 2020. Growing up as a figure skater and figure skating coach is what got her into adaptive sports, wanting to provide the same opportunity she had to those who face barriers from accessibility. “My favorite part about my job is helping people find a new-found love for a sport they never knew existed.”

Kyle Hitzelberg  
**Sports Coordinator, CTRS**

Kyle is from Virginia where he grew up on a horse farm with his siblings and played multiple sports; football, baseball, lacrosse, powerlifting and rugby. He graduated from Mary Washington University with a degree in International Affairs and decided to join AmeriCorps where he served at a psychiatric hospital for children and learned about Recreational Therapy. Roughly 5 years later, he went back to school at FIU for a degree in Recreational Therapy and has worked in adaptive sports since 2018. He still plays rugby in his free time, and lives in the city with his tiny dog, Tummy.

Fitness

Aleksandra (Aleks) Gebska  
**Exercise Physiologist, ACSM-CPT, CIFT**

Aleks has been coordinating and implementing exercise programs for people with medical complexity for the past 9 years at the Shirley Ryan AbilityLab Adaptive Sports and Fitness Center as an Exercise Physiologist. She specializes in the development and implementation of individual and group exercise programs for individuals who are living with physical disabilities. Aleksandra is passionate about topics and research focusing on all aspects of disability and rehabilitation. “My favorite part about being an exercise professional is being able to help people regain their independence and return to doing activities they enjoy.”

Pierre Nealon  
**Sports Coordinator**

Ricardo Lara  
**Exercise Physiologist**

Ricardo was born and raised on the Southside of Chicago. He is a triathlete, marathoner, Certified Inclusive Fitness Trainer, Rocksteady Boxing Certified, and Certified Running Coach. He helps people accomplish goals, both functional and competitive, to live better and more fulfilled lives.

Demitra (Demi) Madden  
**Sports Coordinator, CTRS**

Ryan McNeal  
**Exercise Physiologist**

Ryan holds a bachelor’s degree in Exercise Science as well as a master’s degree in Adult Education and Training. He is new to Shirley Ryan AbilityLab, but has guided and adapted fitness plans for people of all ages and abilities, including professional athletes since 2003. “I want to be a source of strength for others on their fitness journey, to keep growing.”

Aleksandra (Aleks) Gebska  
**Exercise Physiologist**

Caitlin Wong  
**Exercise Physiologist**

Cait graduated from Benedictine University in 2021 with a master’s degree in Clinical Exercise Physiology and she is a certified Personal Trainer (ACE). Cait started at Shirley Ryan AbilityLab in May of 2021 and she has loved being here ever since. She is a former competitive figure skater, so in her free time she will still skate from time to time, watch Disney movies, or run on her treadmill.

Logan Bradway  
**Administrative Coordinator**

Logan is one of our administrative coordinators at the Adaptive Sports & Fitness Center. He works primarily with answering questions, scheduling, and other admin needs across the facility. He is born and raised in Chicago and likes working at Shirley Ryan AbilityLab because of the great atmosphere and friendly patients.

Kelsey LeFevour  
**Administrative Coordinator**

Kelsey is currently a Ph.D. student in the Sport Management program at the University of Illinois with a research focus on Paralympic sport development and teaches a diversity and inclusion course at George Mason University. She is a two-time US Paralympian, competing in track and field in both the Rio 2016 and Tokyo 2020 Paralympic Games. She moved back to Chicago with her dog Sadie this past fall and started working at the Shirley Ryan AbilityLab in November of 2021.
### Sports & Fitness Program Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, State</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adaptive Sports &amp; Fitness Center</strong></td>
<td>541 N Fairbanks Ct</td>
<td>Chicago, IL 60611</td>
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<tr>
<td></td>
<td>Mezzanine Level</td>
<td></td>
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<tr>
<td></td>
<td>*Accessible entrance:</td>
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<tr>
<td></td>
<td>303 E Ohio St</td>
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<tr>
<td><strong>Big Marsh</strong></td>
<td>11559 S Stony Island Ave</td>
<td>Chicago, IL 60633</td>
</tr>
<tr>
<td><strong>The Century</strong></td>
<td>2828 N Clark St</td>
<td>Chicago, IL 60657</td>
</tr>
<tr>
<td><strong>Diversey Driving Range</strong></td>
<td>141 W Diversey Pkwy</td>
<td>Chicago, IL 60657</td>
</tr>
<tr>
<td><strong>First Ascent Avondale</strong></td>
<td>3516 N Spaulding Ave</td>
<td>Chicago, IL 60618</td>
</tr>
<tr>
<td><strong>Jesse White Community Center</strong></td>
<td>410 W Chicago Ave</td>
<td>Chicago, IL 60654</td>
</tr>
<tr>
<td><strong>Judd Goldman Adaptive Sailing Foundation</strong></td>
<td>1362 S Linn White Dr</td>
<td>Chicago, IL 60605</td>
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<tr>
<td><strong>Lincoln Park Wilson Lot</strong></td>
<td>4600 US-41 N</td>
<td>Chicago, IL 60613</td>
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<td></td>
<td>Or</td>
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<tr>
<td></td>
<td>700 W Wilson Ave</td>
<td>Chicago, IL 60640</td>
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<tr>
<td><strong>Little Red Schoolhouse Nature Center</strong></td>
<td>9800 Willow Springs Rd</td>
<td>Willow Springs, IL 60480</td>
</tr>
<tr>
<td><strong>Maggie Daley Park</strong></td>
<td>337 E Randolph St</td>
<td>Chicago, IL 60601</td>
</tr>
<tr>
<td><strong>McFetridge Sports Complex/California Park</strong></td>
<td>3843 N California Ave</td>
<td>Chicago, IL 60618</td>
</tr>
<tr>
<td><strong>Northeast DuPage Special Recreation Association</strong></td>
<td>1770 W Centennial Pl</td>
<td>Addison, IL 60601</td>
</tr>
<tr>
<td><strong>North Side Archery Club</strong></td>
<td>2W Belmont Harbor Dr</td>
<td>Chicago, IL 60657</td>
</tr>
<tr>
<td><strong>Rainbow Beach Park</strong></td>
<td>3111 E 77th St</td>
<td>Chicago, IL 60649</td>
</tr>
<tr>
<td><strong>Shirley Ryan AbilityLab - Flagship</strong></td>
<td>355 E Erie St</td>
<td>Chicago, IL 60611</td>
</tr>
<tr>
<td><strong>S.J. Gregory Auditorium</strong></td>
<td>5649 N Sheridan Rd</td>
<td>Chicago, IL 60660</td>
</tr>
<tr>
<td><strong>South Shore Country Club</strong></td>
<td>7059 S Shore Dr</td>
<td>Chicago, IL 60649</td>
</tr>
</tbody>
</table>

### PARKING AT THE FITNESS CENTER

**Options:**
- Street Parking on Ohio St & Grand Ave
- Shirley Ryan AbilityLab flagship garage: 355 E Erie St
  - $11 (Standard rate) or $3 (Accessible rate)
- AMC/Embassy Suites garage: 322 E Illinois St
  - $11 with validation (Standard rate only)

*For validation requests, speak with our Administrative Coordinators at the Fitness Center.*