



Shirley Ryan
Abilitylab

Adaptive Sports
& Fitness Center

Program Guide





ABOUT

SHIRLEY RYAN ABILITYLAB ADAPTIVE SPORTS & FITNESS



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.



ADAPTIVE SPORTS

The Adaptive Sports Program welcomes athletes of all ages & skill levels; from those interested in learning a new recreational sport to elite athletes.



ADAPTIVE FITNESS

The Fitness Center offers services designed for people with a physical disability, and offers a broad selection of classes to help achieve fitness goals.

INTERESTED IN ONE OF OUR PROGRAMS?
CONTACT US AT 312-238-5001 OR EMAIL [SPORTS@SRALAB.ORG](mailto:sports@sralab.org)



Sports Programs

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.

Outdoor Season: June-September

Thursdays, 3:30PM-5PM

North Side Archery Club

Indoor Season: January-March

Thursdays, 3:30PM-5PM

The Century

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: October-June

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 or competitively!

Outdoor Season: April-November

Tuesdays & Thursdays

10:30AM-2:30PM

Wilson Parking Lot

Indoor Season: December-March

Tuesdays & Thursdays

11AM-1:30PM

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-October

When: Mondays, 10:30AM-1:30PM

Where: South Shore Golf Course

Contact: Kyle, khitzelber@sralab.org, 312-238-5005



Sports Programs

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-April

Mondays

6PM-8:30PM

First Ascent Avondale

Contact: Demi, dmadden@sralab.org, 312-238-5010

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-8PM

Saturdays, 11:30AM-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
- Paralympic soccer clinics
- Scuba diving
- Sports clinics
- Summer sports camps
- Swimming
- Tennis
- Wheelchair basketball
- Wheelchair softball
- Yoga



For more information, please visit [**sralab.org/sportsforkids**](https://sralab.org/sportsforkids) or email [**sports@sralab.org**](mailto:sports@sralab.org)

Sports For Kids Programs



ARCHERY

Season: Chicago Public Schools Summer Calendar

When: Thursdays, 3:30PM-5PM

Where: North Side Archery Club

Contact: Pierre, pnealon@sralab.org, 312-238-5011

CYCLING

Season: Chicago Public Schools Summer Calendar

When: Thursdays, 1PM-3PM

Where: Wilson Parking Lot

Contact: Pierre, pnealon@sralab.org, 312-238-5011

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, pnealon@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

Sports For Kids Programs

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, climbing, cycling, archery, a wheelchair softball day sponsored by the Chicago Cubs, and plenty more.

Contact a Sports Coordinator for more information.



SWIMMING

The swim program is geared toward non-swimmers and beginning swimmers with a physical disability of all types who need to build swimming skills to become independent in the water. A one-on-one volunteer assists each swimmer that cannot enter/exit the pool and swim independently in the water. This program can lead to competitive swim opportunities for interested athletes.

When: Sundays, 2PM-4PM

Where: Superior Training Facility

Contact: Kyle, khitzelber@sralab.org, 312-238-5005

Competitive Swim Team Only

When: Fridays, 7PM-8:45PM

Where: McCormick YMCA

Megalodon Competitive Swim Team practices only. Friday night practices are designed to increase learned skills on Sundays and improve athlete conditioning in preparation for swim meets.

Sports For Kids Programs

JUNIOR COMPETITIVE SPORTS

The Junior Competitive Sports Program is open to youth ages 7-17. The Adaptive Sports Junior Competitive Sports Program is a collaboration between Shirley Ryan AbilityLab and the Chicago Park District (CPD). Competitive Junior Sports is ideal for youth seeking to develop their sports skills in wheelchair basketball and wheelchair softball. Expert coaching and adaptive equipment are provided. Transportation is provided to participants living within Chicago city limits. Athletes travel to local and regional competitions. Participants must register with the Shirley Ryan AbilityLab and CPD to take part in the Junior Sports Programs.

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, 9:30AM-11:30AM

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 for practice-specific information or contact one of our Sports Coordinators.



Fitness Center Classes

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 per 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 per 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

Adaptive Pilates

Experience a comprehensive system of exercises focused on deep breathing paired with precise movements to ignite your core stability and provide improved core strength, trunk mobility, stability, and posture. This class is designed for individuals who are able to transfer from standing to floor with minimal assistance (can use chair).

When: In-Person Tuesdays

2PM-2:45PM

Cost: \$110 11-week session

PROACTIVE Parkinson's Disease Class

Early detection of PD symptoms, and proactive approaches such as high intensity training, and practicing symptom specific exercises are important to stay ahead of the game! The goal of this class is to learn about symptoms and take proactive approaches to reduce or prevent them from worsening for as long as possible.

When: In-Person Thursdays

8:15AM-9AM

Cost: \$110 11-week session

Pulmonary Rehabilitation Maintenance Program Phase III

Phase III is designed for graduates from the Phase II program 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 & 2PM-3PM

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.



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!"



Kelsey LeFevour

Business Support Manager

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, and started working at the Shirley Ryan AbilityLab in November of 2021.



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.



Pierre Nealon

Sports Coordinator

Pierre has been involved with recreation for 12 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 like Shirley Ryan AbilityLab.



Ricardo Lara

Exercise Physiologist, Sports Coordinator

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.



Aleksandra (Aleks) Gebaska

Exercise Physiologist, ACSM-CPT, CIFT

Aleksa 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."



Caitlin (Cait) 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.



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 has plentiful experience in guiding and adapting 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."



Toni-Ann Wilson

Exercise Physiologist

Toni-Ann is a North Park University alum with a B.S. in Exercise Science and holds a Personal Training certification from ACE. She is a lifelong athlete and was a part of her Track team in her native country Jamaica and currently apart of the Chicago Netball Club. Toni believes wholeheartedly that movement is a necessary component of physical and mental wellness. She believes that with the right exercise programs, clients can vivaciously live their best lives and have confidence that exercise doesn't have to be a daunting task, so she prides herself on making training session fun, yet challenging, and most importantly effective! Toni-Ann describes her coaching philosophy as encouraging clients to develop self-empowerment—she wants to help you build confidence by setting challenging goals and devising effective strategies to steadily achieve them.



Danah Ford

Administrative Coordinator

Danah was born and raised on the West Side of Chicago. She has always loved sports and more recently the administrative and management side of it. "My love for community and sports has led me to Shirley Ryan Adaptive Sports and Fitness Center with hopes of being a good administrator for the 541 team and the community it is building." Her favorite thing to talk about is food and new restaurants.



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.

Adaptive Sports & Fitness Center

541 N Fairbanks Ct
Mezzanine Level
Chicago, IL 60611

*Accessible entrance:
303 E Ohio St

Big Marsh

11559 S Stony Island Ave
Chicago, IL 60633

California Park / McFetridge Sports Complex

3843 N California Ave
Chicago, IL 60618

The Century

2828 N Clark St
Chicago, IL 60657

Diversey Driving Range

141 W Diversey Pkwy
Chicago, IL 60657

First Ascent Avondale

3516 N Spaulding Ave
Chicago, IL 60618

Jesse White Community Center

410 W Chicago Ave
Chicago, IL 60654

Judd Goldman Adaptive Sailing Foundation

1362 S Linn White Dr
Chicago, IL 60605

Lincoln Park Wilson Lot

4600 US-41 N
Chicago, IL 60613
Or
700 W Wilson Ave
Chicago, IL 60640

Little Red Schoolhouse Nature Center

9800 Willow Springs Rd
Willow Springs, IL 60480

Maggie Daley Park

337 E Randolph St
Chicago, IL 60601

McCormick YMCA

1834 N Lawndale Ave
Chicago, IL 60647

The Menomonee Club for Boys & Girls

1535 N Dayton St
Chicago, IL 60642

Northeast DuPage Special Recreation Association

1770 W Centennial Pl
Addison, IL 60601

North Side Archery Club

2W Belmont Harbor Dr
Chicago, IL 60657

Rainbow Beach Park

3111 E 77th St
Chicago, IL 60649

Shirley Ryan AbilityLab - Flagship

355 E Erie St
Chicago, IL 60611

S.J. Gregory Auditorium

5649 N Sheridan Rd
Chicago, IL 60660

South Shore Golf Course

7059 S Shore Dr
Chicago, IL 60649

Superior Training Facility

7580 S Quincy St
Willowbrook, IL 60527

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

