

Courage League Sports, offering recreational opportunities for kids and adults with special needs since 2013

SPECIAL RECREATION PROGRAMS OF  
**GREATER DES MOINES**



## **Are you interested in helping others?**

---

CLS offers year-round programs for all ages and abilities. We will be utilizing community recreation centers, schools and parks. Our goal is to bring our programs closer to you! We will offer sessions on a monthly basis for one hour per age group.



# HOW CAN YOU HELP?

## Register as a volunteer!

A few hours after school can make a huge difference!

Serve as a teammate or coach, help encourage participants and help set up/tear down games.

---

We are excited to be bringing our programs to the Greater Des Moines area!

Monday

Indianola Activity Center

Tuesday

Franklin Junior High

Wednesday

Grimes Community Center

Thursday

Valley Community Center

All programs will include tumbling, super hero training, fitness, group games, music and movement, seasonal sports plus lots of fun and social skill development!

---

For more information, visit

<https://www.courageleaguesports.com/give/volunteer/>  
or email [porshia@courageleaguesports.com](mailto:porshia@courageleaguesports.com)

EveryBODY Deserves to Play!