



Courage Center

Sports & Recreation

TAKING YOU HIGHER, FASTER AND FARTHER THAN YOU'VE EVER GONE BEFORE!

For Duluth area programs and activities,
call **218.726.4762**

For Twin Cities metro area programs and activities,
call **763.520.0594**

www.CourageCenter.org/sports



COURAGE
CENTER





Courage Center is the place for adapted sports and recreation. Many of our wheelchair sports teams are national champs and many of our athletes and coaches are nationally and internationally recognized. We offer lifetime sports to enjoy with your family and friends such as skiing or horseback riding, as well as competitive team sports such as basketball, softball and power soccer. We

offer sports activities for just about everyone regardless of age or ability. Courage Center also has accessible fitness centers at our Burnsville, Golden Valley and Stillwater locations. Check www.CourageCenter.org or our *Class Catalog* for more information and schedules.

For more information on all Courage Center programs and services, visit www.CourageCenter.org.

Courage Center is proud to be a Paralympic Academy training center.

The Paralympic Academy inspires students who have physical disabilities along with the teachers and coaches who instruct them by introducing them to Paralympic sport and competition.



FALL & WINTER

Alpine and nordic skiing
 Archery
 Basketball, youth & adults
 Curling
 Dog sledding
 Fitness training
 Ice fishing
 Martial arts
 Quad rugby
 Sled hockey, skating
 Mono-ski camp
 Tennis

SPRING & SUMMER

Archery
 Golf
 Handcycling - Biking
 Horseback riding
 Kayaking
 Lake Superior Kayak Trip
 Paralympic Academy Sports Camp
 Power wheelchair soccer
 Rock climbing

Sailing
 Scuba
 Softball, youth & adults
 Swim team
 Tennis
 Track and field
 Walleye Tournament (Duluth)
 Waterskiing

**A variety of day and residential sports camps offered.
 Visit www.CourageCenter.org for details.**

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