



Pony Bird, Inc.
FLAG FOOTBALL PROGRAM
for Jefferson County residents



If you like the game flag football and would like to take part as an athlete, coach or Unified Partner, consider joining one of the teams at Pony Bird. Formerly known as NextStep for Life, we offer sports training for all levels of abilities, ages 15 & up. Pony Bird has well-trained volunteer coaches who are committed to our athletes and we have actively participated in Special Olympics competition for over 40 years.

If you are interested in joining the Pony Bird flag football program, you will find contact information below. We will be happy to answer any questions you may have. We have a great time with athletes and families. It's a great gathering on the field. Hope you can join us.

Ninja Flag Football: If you love football, this is a safe way to play the sport. Flag football is a non-contact sport so there is no additional risk of injury playing this versus other sports. Unfortunately, Individual Skills competition is not offered in this sport, so you should be prepared for constant motion on the field. It's a game that is fun to play and has really taken hold in Special Olympics. Join our Ninjas this year and try it out. This is our 12th season offering this sport. You are sure to have a great time. We will be forming Unified teams, where players without disabilities will play alongside our athletes for direction and support. Please share with family and friends who would like to join us as a Unified Partner.

Our athletes compete in Special Olympics tournaments. However, tournament play is optional so you are welcome to join us just for practices. We are always looking for volunteers to support our athletes as a coach or Unified Partner. Call our office for more information on how to make this happen for you.



Pony Bird—Leisure Services

Terri Dallas—Program Manager

tmdallas@ponybird.org

Ph 636-282-1414 leisure@ponybird.org

Contact our Leisure office for registration information.

Cost: \$25.00 sports fee with additional cost if athlete competes in the State Special Olympics tournament

Practice at Hillsboro School District campus

Tuesday, June 3rd at 6:00 p.m.

Scheduled practices every Tuesday through July 8th, reconvening in September for tournament preparation.

Fun for Family and Friends as well..

- We welcome family and friends to join our team of coaches to become more involved with your athletes
- We offer the opportunity to be a Unified Partner to play alongside our athletes if a Unified team is developed.
- Or if you want to be a “fan in the stands”, we appreciate that as well.



Pony Bird, Inc.
SOFTBALL PROGRAM
for Jefferson County residents



If you like the game of softball and would like to take part as an athlete, coach or Unified Partner, consider joining one of the teams at Pony Bird. Formerly known as NextStep for Life, we offer sports training for all levels of abilities, ages 15 & up. We have well-trained volunteer coaches who love teaching the game and we have actively participated in Special Olympics competition for over 40 years.

If you are interested in joining the Pony Bird Softball Program, you will find contact information below. We will be happy to answer any questions you may have. We have a great time with athletes and families. It's a great gathering at the ball fields for all. Hope you can join us.

Individual Skills—for the athlete who is just starting out in softball and wants to learn the fundamentals of hitting, fielding, base-running and throwing skills. This does not require a lot of running and movement so those athletes with mobility challenges can enjoy the sport.

Tee-ball or Coach Pitch - for the athlete who wants to partake in all aspects of the game but has low tolerance for the more intense competition. This level of play can be adapted for most players.

Modified Team—for the more skilled athletes. The level of abilities for athletes can vary and they enjoy the game with little to no modifications.

Unified Team—has been offered as well for the modified teams. Friends and siblings are invited to compete with these athletes. This is a great opportunity for athletes who have been playing softball and looking for good competition. It's fun for our Unified partners as well.

Our athletes compete at local and state levels of Special Olympics tournaments. We have had athletes compete at Special Olympics USA games as well. However, tournament play is optional so you are welcome to join us just for practices. We are always looking for volunteers to support our athletes as a coach or Unified Partner. Call our office for more information on how to make this happen for you.

Pony Bird—Leisure Services

Terri Dallas—Program Manager

tmdallas@ponybird.org

Ph 636-282-1414 leisure@ponybird.org

Contact our Leisure office for registration information.



Cost: \$25.00 sports fee with additional cost if athlete competes in the State Special Olympics tournament

Practice at Sunset Park in Festus

Wednesday, June 18th 6:30—8:00

Scheduled practices every Wednesday until final competition

Fun for Family and Friends as well..

- We welcome family and friends to join our team of coaches to become more involved with your athletes
- We offer the opportunity to be a Unified Partner to play alongside our athletes if a Unified team is developed.
- Or if you want to be a “fan in the stands”, we appreciate that as well.



Pony Bird, Inc.
TENNIS PROGRAM
for Jefferson County residents



If you like the game of tennis and would like to take part as an athlete, coach or Unified Partner, consider joining one of the teams at Pony Bird. Formerly known as NextStep for Life, we offer sports training for all levels of abilities, ages 15 & up. We have well-trained volunteer coaches who love teaching the game and we have actively participated in Special Olympics competition for over 40 years.

If you are interested in joining the Pony Bird tennis program, you will find contact information below. We will be happy to answer any questions you may have. We have a great time with athletes and families. It's a great gathering on the courts for all. Hope you can join us.

Individual Skills—for the athlete who is just starting out in tennis and wants to learn the fundamentals of the game. This does not require a lot of running and movement so those athletes with mobility challenges can enjoy the sport.

Singles - for the athlete who wants to partake in all aspects of the game as a Singles competitor. The level of abilities for athletes can vary and they enjoy the game with little to no modifications.

Doubles—for that athlete who wants to be paired up with another as a Doubles competitor. The level of abilities for athletes can vary and they enjoy the game with little to no modifications.

Unified Doubles—Friends and family are invited to compete with athletes in Doubles competition.

Our athletes compete at local and state levels of Special Olympics tournaments. We have had athletes compete at Special Olympics USA games as well. However, tournament play is optional so you are welcome to join us just for practices. We are always looking for volunteers to support our athletes as a coach or Unified Partner. Call our office for more information on how to make this happen for you.

Pony Bird—Leisure Services

Terri Dallas—Program Manager

tmdallas@ponybird.org

Ph 636-282-1414 leisure@ponybird.org

Contact our Leisure office for registration information.



Cost: \$25.00 sports fee with additional cost if athlete competes in the State Special Olympics tournament

Practice at Windsor High School tennis courts

Thursday, June 19th at 7:00—8:15 p.m.

Scheduled practices every Thursday until final competition

Fun for Family and Friends as well..

- We welcome family and friends to join our team of coaches to become more involved with your athletes
- We offer the opportunity to be a Unified Partner to play alongside our athletes if a Unified team is developed.
- Or if you want to be a “fan in the stands”, we appreciate that as well.



Pony Bird Pickleball Is Growing

Pickleball is the new FUN!! Due to the growing interest in our Pickleball program, Pony Bird will be offering training at 2 locations this year. We will continue practicing at the courts at High Ridge Civic Center while offering a second location at Jokerst Memorial Park in Festus MO. The Jefferson County Parks Department and Festus Parks Program supports us by providing courts to us. Courts are reserved every Monday night during our season to learn the skills needed to be seasoned players. For the most successful outcome for our athletes, this is a Unified sport. We are looking for individuals without a developmental disability to play alongside our athletes in doubles play. Parent, siblings, or friends make great Unified Partners while spending quality time together. It's great fun for everyone and really enhances the skills of both team members. If you are interested in joining our team, you will find information below. Please indicate your practice site preference at the time of registration.

Practice Sites/ Interleague Play

- High Ridge Civic Center
- Jokerst Memorial Park—Festus

Monday Evenings

May 12th—June 30th

6:00 p.m. - 7:30 p.m.

Practices will move to Thursdays for the month of July.

\$25.00 Sports Fee for athletes

Special Olympics Competition Available—if interested

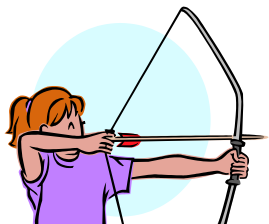
- St. Louis Special Olympics Area—TBA
- Special Olympics Missouri Invitational
Saturday, August 9th
Columbia, MO



To register, contact our LEISURE SERVICES office.

Phone: 636-282-1414

Email: leisure@ponybird.org



YMCA TROUT LODGE ***A Quick Get-a-Way***

August 23rd & 24th

Join us as we travel to the Missouri Ozarks and enjoy the outdoors at beautiful YMCA of the Ozarks - Trout Lodge near Potosi, MO. This will be our 19th year visiting this quaint resort where everyone has a great time. This will be a overnight stay with 2 days of enjoying paddle boats/canoe rides, air-rifle, archery, mini-golf, and a pontoon boat ride. In addition, you will have a choice of a horseback ride or make a tie dye t-shirt. And don't forget the beach party on Saturday night.

Fee: \$280.00

(\$75.00 non-refundable deposit is due at time of reservation)

**Your fee covers 3 meals, lodging, activities, transportation, and
chaperon cost.**

✂ ————— return reservation slip below with deposit ————— ✂

TROUT LODGE VACATION

Name: _____ **Phone Number:** _____

Choose One Special Event:

_____ **Horseback Ride**
_____ **Tie/Dye Shirt craft**

Please mail to:

**Pony Bird—Leisure Services
1615 Vine School Rd
Herculaneum MO 63048**

SMOKY MOUNTAINS NATIONAL PARK GATLINBURG, TENNESSEE



There's no place in the world quite like it. Offering exciting adventures at every turn, this mountain village has a special attraction for everyone. We will enjoy the sights of Gatlinburg, including Smoky Mountains National Park, Dollywood, local entertainment and much, much, more. You will experience the hustle and bustle of this tourist town as well as the tranquil nature and wildlife of the mountains. Leisure Services traveled here 11 years ago and many have requested a return trip. We will be traveling in rental mini-buses with the amenity of video equipment to help pass the time while traveling. Sign up now.
This trip will fill up fast.



Gatlinburg, Tennessee

July 6th - July 9th

\$925.00

This trip is full but we are taking names for a waitlist

\$200.00 deposit required by April 10th
Monthly payments accepted
(A minimum of 18 travelers is needed to
guarantee this price)

Please send deposit to: Leisure Services 1615 Vine School Rd, Herculaneum, MO 63048
A payment schedule of \$150.00 per month will be set up, with remaining balance due June 15th.
Full payment can be made at anytime.

Travelers must be 18 years or older and active participants of Leisure Services for 1 year before attending trips.