

# Active LifeStyles Activities

- **Music in Motion:** (Sign choir for ladies 21+) Space is limited. Participants perform for community groups and organizations.
- **Recreational Bowling League:** Practices are at Century Bowling from 4-6pm. The cost is \$1.50 per game, which includes shoe rental.
- **Faith Fellowship:** An opportunity for teens and adults to share their faith in an ecumenical group. Activities include song, skits, crafts and prayer.
- **Fitness/Wellness:** For those who want to become healthier without being in a competitive sports.
- **Best Buddies:** Iowa State students and members of the community are matched in one-to-one friendships to explore new interests, share time together and create great memories.
- **Special Olympics Volleyball:** Athletes may be on the competitive team (those who are improving their skills and teamwork) and volleyball skills (those who are learning new volleyball skills). Skills will only practice, they will not compete.
- **Special Olympics Bowling:** Athletes participate in District competition on Oct 16 in Marshalltown, with potential to compete in the state competition in Des Moines on Nov. 18.
- **Special Olympics Basketball Teams:** Athletes may play on 3-on-3 and 5-on-5 competitive teams.
- **Special Olympics Basketball Skills:** This is an individual skills development program.
- **Special Olympics Cheerleading:** Athletes develop and practice a group routine including two cheers using music and props. Cheerleaders also participate in several additional performances outside of competition.
- **Special Olympics Cycling:** Athletes may participate in up to two events from a variety of races, from 500 meters to 10,000 meters, including events for athletes using modified cycles. Practices for cycling are done independently.
- **Special Olympics Bocce:** Athletes make up 2 or 4 person teams that play on a grass (or turf) court. This sport is great for older athletes or those who may not be as physically active.
- **Special Olympics Soccer Teams:** Athletes may compete on a Five-a-Side or a unified team.
- **Soccer Skills:** This event is geared for individual athletes who are developing new skills or do not wish to participate with a team.
- **Special Olympics Aquatics:** Athletes will have the opportunity to participate in individual or relay events, long or short distances, and a variety of
- **Special Olympics Athletics:** Athletes will have the opportunity to participate in individual or relay events, including long and short distance walking and running, wheelchair events and field events.
- **Softball:** Teams play scrimmage games against other teams from the area.
- **Softball Skills:** For athletes who are developing new skills or who wish to work individually.