



# NEWSLETTER

## LEISURE EDUCATION

Jan / Feb 2025



## FOR EXCEPTIONAL PEOPLE

ENRICHING LIVES  
THROUGH  
INCLUSIVE  
EDUCATION,  
RECREATION, AND  
HEALTHY LIVING  
OPPORTUNITIES

### WHAT'S INSIDE:

- LEEP Planning in 2025
- LEEP Wants Your Feedback!
- 2025 Special Olympics Information
- Activity/Sports Registration

# LEEP planning

## LEEP Wants to Hear From You!

Come to LEEP to share what you think LEEP should be doing in the future. Enjoy a free dinner at these meetings! **REGISTRATION IS REQUIRED!**

LEEP will provide transportation to and from these meetings for participants and individuals, so if you need a ride, please let LEEP know when you call to register at 507-387-5122!

### Participants & Individuals

Wednesday, January 15

LEEP | 6:30 – 8:00 pm | Cost: FREE

### Service Providers

Wednesday, January 29

LEEP | 6:30 – 8:00 pm | Cost: FREE

### Families/Caregivers

Wednesday, February 12

LEEP | 6:30 – 8:00 pm | Cost: FREE

## Bowling Party Reminder!

Calling all Special Olympics bowlers! It's time to celebrate a fun season with a game of bowling, conversation, and pizza!

**This event is only for those who participated in Special Olympics bowling in 2024.**

Wednesday, January 8

Wow!Zone | 4:30 – 6:00 pm | Cost: FREE

# Hello!

We hope you are staying warm now that winter is officially here!

There have been many changes over the last five years and we know it can be hard. We are grateful for all of our members and supporters. Right now LEEP is working hard to figure out what change means for us.

LEEP's main goal is to make sure that we plan for our future so that we can continue to be a place that you and others can come to and enjoy!! In order to do that, we are announcing that we will be pausing programming in January and February (you may have noticed that the newsletter is smaller this time).

Our staff will be focused on planning meetings, surveys, and interviews. We have a few nights scheduled that we ask people to come together to answer some questions about LEEP and what activities and programs they would like to see LEEP offer. The meetings are listed on the left.

At each meeting we will have a meal together and ask attendees to answer questions as a part of those meetings. There are certain groups that are asked to attend each meeting. **There will be no cost to attend and no membership requirement.**

Don't worry—your favorite activities like bingo, karaoke, etc. will be back in March! We will also have a fun spring event that will include music, activities, and treats. **Participants who have paid their 2025 memberships will get into this event for FREE!**

We thank you for your patience!

Lisa

Special Olympics paperwork is **REQUIRED** for participation and must be completed **BEFORE** the start of practices. **Athletes must now renew their Special Olympics paperwork ANNUALLY! A physical with a medical provider is no longer required!**

If you have a question about whether your paperwork is updated, PLEASE call our office at 507-387-5122. Paperwork can be downloaded from LEEP's website at <https://www.mankatoleep.org/membership/>.

### **POWERLIFTING (\$150)**

**Practice Dates:** Mondays & Wednesdays January 6 – March 5, 2025

**Time:** 3:00 – 4:00 p.m.

**Location:** Mankato Family YMCA

**State Competition:** Sunday, March 8 (times TBD)

**Location:** Stillwater High School, Stillwater, MN

**Wrap Party:** TBD

### **BASKETBALL (\$150)**

**Practice Dates:** Mondays March 3 – June 16, 2025

**Time:** 6:30 – 8 p.m.

**Location:** MY Place gym (LEEP)

**Regional Competition:** Saturday, April 12 (times TBD)

**Location:** Gustavus Adolphus College, St. Peter

**State Competition:** Friday, June 20, 9 a.m. – 4 p.m.;

Saturday, June 21, 9 a.m. – 5 p.m.; Sunday, June 22,

9 a.m. – 5 p.m. *(does not include travel time to/from*

*Mankato)*

**Location:** University of MN, Recreation & Wellness Center

**Wrap Party:** Wednesday, June 25 LEEP office 6:30 – 8 p.m.

### **SWIMMING (\$200)**

**Practice Dates:** Tuesdays, March 11 – June 17, 2025

**Time:** 5:30 p.m. – 7 p.m. after the first session an additional 45 minutes will be added to practices until April 1

**Location:** Mankato East High School pool

**Regional Competition:** Sunday, April 6, 9 a.m. – 2 p.m.

**Location:** @ Rochester Recreation Center; Rochester, MN

**State Competition:** Saturday, June 21 9 a.m. – 5 p.m.;

Sunday, June 22 9 a.m. – 5 p.m. *(does not include travel time to/from Mankato)*

**Location:** University of MN, Jean K Freeman Aquatic Center

**Wrap Party:** Wednesday, June 25 LEEP office 6:30 – 8 p.m.

# SPECIAL Olympics 2025

### **TRACK & FIELD (\$150)**

**Practice Dates:** Wednesdays, April 9 – June 18, 2025

**Regional Competition:** Sunday, May 11 (times TBD)

**Location:** John Marshall High School, Rochester

**State Competition:** Friday, June 20, 10 a.m. – 4 p.m.; Saturday, June 21

9 a.m. – 5 p.m.; Sunday, June 22 9 a.m. – 5 p.m. *( does not include travel time to /from Mankato)*

**Location:** University of Minnesota, Track & Field Stadium

**Wrap Party:** Wednesday, June 25 LEEP office 6:30 – 8 p.m.

### **BOCCE BALL**

**Practice Dates:** Late June – mid/late August (days/times TBD)

**Regional Competition:** Sunday, July 20 (times TBD)

**Location:** Shattuck-St. Mary's, Faribault, MN

**Wrap Party:** TBD

### **GOLF**

**Practice Dates:** Late June – August (days/times TBD)

**Competitions:** TBD

### **SOFTBALL**

**Practice Dates:** Late June – August (days/times TBD)

**Competitions:** TBD

### **FLAG FOOTBALL**

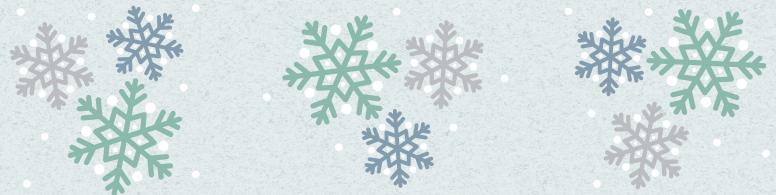
**Practice Dates:** Late August - October (days/times TBD)

**Competition Dates:** TBD

### **BOWLING**

**Practice Dates:** Mid-September - November (days/times TBD)

**State Competition:** TBD



# Pictures



X	CODE	DATE	ACTIVITY/EVENT	FEE
<b>LEEP PLANNING</b>				
	Plan	1/15	Participant Planning	FREE
	Plan	1/29	Service Provider Planning	FREE
	Plan	2/12	Family/Caregiver Planning	FREE
<b>SPECIAL OLYMPICS</b>				
	Sport	Jan-Mar	Powerlifting	\$150
	Sport	Mar-June	Basketball	\$150
	Sport	Mar-June	Swimming	\$200
	Sport	Apr-June	Track & Field	\$150
<b>2025 MEMBERSHIP</b>				
Paperwork & payment before 12/31/2025				\$55
<b>TOTAL AMOUNT DUE:</b>				

**2025 Membership Information:**

2025 LEEP membership information is available at [2025 Membership Information](#).

NEW members, please go online or call the LEEP office at 507-387-5122 and we will get you membership information.

Memberships are \$55 after January 1, 2025.

**PLEASE NOTE THE LOCATION OF ALL EVENTS AS WELL AS WHERE YOU ARE SUPPOSED TO MEET. LEEP STAFF MAKE EVERY EFFORT TO MAKE SURE THAT NO ONE IS LEFT BEHIND. IF THERE ARE QUESTIONS, PLEASE CALL THE LEEP OFFICE.**



**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_

**STATE:** \_\_\_\_\_

**ZIP:** \_\_\_\_\_

LEISURE EDUCATION FOR EXCEPTIONAL PEOPLE

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Greater Mankato Area  
United Way

This newsletter is also available on the LEEP  
website at [www.mankatoleep.org](http://www.mankatoleep.org)

Editors: LEEP Team

## BECOME A 2025 MEMBER programming with no limits

LEEP provides leisure education, recreation, and healthy living opportunities for people with intellectual and developmental disabilities. As a LEEP member, you'll have access to all the programs offered by LEEP, including night activities, special events, and Special Olympics. A yearly membership is \$55. Drop off or send a check in the mail with "2025 Membership" in the memo line. Membership forms are available online as well.

### JOIN LEEP TODAY!

**COMPLETE THE MEMBERSHIP FORM AND RECEIVE MEMBER BENEFITS!  
MEMBERSHIP IS REQUIRED TO ATTEND MOST LEEP EVENTS IN 2025!**

