

Adaptive Learn-To-Row Clinic

at the Indianapolis Rowing Center

September 17th, 2011



Indianapolis Rowing
Center
Eagle Creek Park
Indianapolis, IN

Questions?
Contact Ryan Hurd
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Sponsor



Adaptive rowing is a fantastic sport for individuals with physical challenges. Join the Indianapolis Rowing Center for a one day learn-to-row session covering an introduction to the sport of rowing, proper technique, and on the water training.

Register at: <http://2011adaptiverowingclinic.eventbrite.com/>

- September 17th, 2011 - 10am to 4pm
- In cooperation with Rehabilitation Hospital of Indianapolis (RHI)
- Limited number of participants
- Cost is \$10 per participant
- Guest speaker: Paralympic rower Emma Preuschl
- Participant criteria:
 - ~ Minimum age - 12
 - ~ 8 spots for ambulatory individuals
 - ~ 6 spots for non-ambulatory (spinal injury, paralysis, etc.)
 - ~ Enough core strength to support upper body.
- Rain or shine (portions may be moved indoors)
- Lunch provided