

Learn to Row

Adapted Sport Clinic

Anacostia Community Boathouse
1900 M Street SE
Washington, DC 20003

Sunday, June 24, 2018 from 1-4pm

The NRH Adaptive Rowing team will be hosting a free clinic for individuals with physical disabilities to learn about and participate in the sport of adaptive rowing.

The event will be held from 1:00-4:00pm on Sunday, June 24th at the Anacostia Community Boathouse. Participants will get to experience both off-the-water (erg rowing) and on-the-water practice; all equipment is provided. If interested, please contact Christy Medema at Christy.medema@medstar.net with any questions and

RSVP no later than **Wednesday, June 20th.**

Fixed seats are available for those with little to no use of their legs and for those with decreased trunk balance. Grip aids are available for those who need assistance maintaining their grip.

Coaching/instruction is provided by US Rowing Certified Coaches