



Adapted Rowing

US Rowing Certified coaches work with those interested in recreational, rehabilitative and Paralympic Team goals. Members of this program have the opportunity to start off the water and continue with our water season where you can take your skills onto the water. Each session is open for individuals of all skill level, from those interested in learning to row to those rowing at the competitive level. The instruction provided will be based on your skill level. Opportunities to enter local rowing competitions are available for those interested.

Fixed seats are available for those with lower extremity impairments and for those with decreased trunk support. Grip aids are available for those who need assistance maintaining their grip.

Sessions vary in day and time and will offer on-water and/or erg training sessions. Please contact us prior to your first session.

Contact Christy Medema at 202-877-1417 or Christy.Medema@MedStar.net to learn more

Anacostia Community Boathouse
ERG Room
1900 M Street, SE
Washington, DC 20003



[MedStarNRH.org/Sports](https://www.MedStarNRH.org/Sports)