



VRPC
Swan Lake, BC



Adaptive Rowing Program 2011

VRPC offers an adaptive rowing program to those with physical or intellectual disabilities and welcomes participants of all ages.

Rowing equipment can be adapted in many ways to suit the participant. Such as the addition of pontoons to create stability, or a fixed fully supportive seat for participants with limited mobility.

VRPC supports a fully inclusive rowing community; the expectation is that anyone can row. To ensure that the social benefits associated with a team sport are fully realized, adaptive rowing practices are offered at all coached rowing sessions. The adaptive program is supported by a full time/paid coach as well as two volunteer coaches, all of whom are RCA certified.

Vernon's adaptive rowing program is the largest in western Canada and the range and level of disabilities participating in this program are remarkably broad.

There are so many advantages to adaptive rowing, it is non-contact and low impact, you can row as intensely or gently as you like, and of course the therapeutic benefits are limitless.

Regardless of physical and/or intellectual challenges faced, and whatever your sporting aspirations, we are well equipped to include all participants.

Our experienced and dedicated adaptive coaches look forward to the opportunity of introducing you to this innovative program.

For more information please contact- Lisa George, Manager lisa@gorowandpaddle.org

Adaptive rowing in our community has been made possible by generous support provided by-

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