



Keep On Moving!

This is a program designed to introduce and support continued involvement of individuals with physical disabilities in wheelchair sports, fitness and recreational opportunities, promoting an active and healthy lifestyle.



When/Where:

January - December 2016:
1st Wednesday every month
Oregon Sports Offices
4840 SW Western Ave.
Beaverton, OR 97005

Time:

4:00 - 6:00 pm

Visit us in our new office space, we have all of our equipment here ready for people to try out!

What is it?

A monthly hands-on open gym, introducing 4 disabled sports, including:

- wheelchair basketball
- wheelchair ruddy
- wheelchair tennis
- handcycling/racing

You will have an opportunity to experience these sports with guidance from experienced athletes. Equipment will be provided.

Keep On Moving! is a free program provided by Adaptive Sports Northwest.



Who Can Participate:

Anyone with a physical disability from birth or from an injury.

Disabilities include:

- Spinal Cord Injury
- Amputation or any extremity
- Spina Bifida
- Cerebral Palsy
- Polio

Family members are welcome too!