

TEAM RIVER RUNNER

SOUTHEAST PENNSYLVANIA

Adaptive and Veteran Kayaking at the YMCA!

Who: Veterans, active military, first responders, community members with disabilities. You are welcome to bring a family member or friend.

What: Beginner through advanced kayak and safety training, fun, exercise, social connections.

Cost: Nothing! Team River Runner is funded by grants and donations.



When / Where: Bi-Weekly – Late October through early April at the West Chester Area YMCA

To Register (required): Email: Jim.Riley@TeamRiverRunner.org Call: 610-836-1923

Learning to kayak on rivers starts in a heated pool or calm lake. Join us during the off-season at the YMCA to sharpen your skills and have some fun. A typical two-hour session for a new participant includes introductions, instruction on safety, equipment, paddle strokes and an informal race or game of kayak football. See our web page for more information:

<https://trrsoutheastpa.org/pool-sessions/>

Group and individual lessons are provided by certified instructors and experienced kayakers.



Practice in the pool and be ready for Spring kayaking season!



Attention is devoted to adapting instruction and equipment to individual challenges.

