

# **Adaptive Rowing**

## **Description:**

Experience the challenge and exhilaration of rowing in the beautiful waters of Alamitos Bay. Participants will learn basic skills of boat handling; goal setting; teamwork; personal safety; and basic boating guidelines.

## **Expected Group Outcomes:**

- Build strength and endurance
- Build confidence
- Increase self-esteem
- Improve fine/gross motor skills
- Increase knowledge of leisure pursuits

## **Participant Criteria:**

- Must be a Rancho Wellness Center members or currently Peer Mentors or Life Coaches with the Know Barriers program
- Must be able to provide own transportation to the location
- Must be able to perform transfers independently or with supervision. There is also a lift available to transfer participants into and out of the boats.

## **Group size:**

Maximum 6 participants

## **Cost Per Participant:**

Free

## **Activity Waivers/Paperwork required (if applicable):**

- Wellness Program Waiver
- Rancho Waiver of Liability
- Liability waiver required with rowing center

## **Frequency per Month:**

Once to twice per month

## **Contact Info:**

### **Pete Archer Rowing Center**

5750 Boathouse Lane

Long Beach, CA 90803

Angela Madsen (Founder & Director): (562) 505-4157

[www.carplb.net](http://www.carplb.net)

# Adaptive Rowing Pictures

