



**Weekly Practices
Beginning in
February
Richmond VAMC**

US PARALYMPIC MILITARY PROGRAM



- Kayaking**
Tuesdays 430p
- Cycling**
Tuesdays 2p
- Tennis**
Saturdays 10a
@ Byrd Park
- Aquatics**
TBA

Military personnel who have sustained physical injuries are invited to join us for an introduction to Paralympic sports! Clinics will be led by Paralympic athletes and coaches and all skill levels are welcome. This program is not just about sports; it's also about attitude, camaraderie and promoting healthy, active lifestyles.



photo credit: Tom Kimmell and Joe Kusumoto

**THERE IS NO COST TO
MILITARY SERVICE MEN
AND WOMEN.**



Pre-registration is required..
For more information on participating please contact
Kristen Lessig, CTRS (804)677-1467 or klessig@sportable.org

Presented by

