

EDD ADAPTIVE SPORTS PROGRAMS WITH SUNY DELHI

Adaptive Rowing Training: March 17, 24, 31

3 weeks of strength training & fitness. We will introduce the rowing machine and workout together to strengthen core and rowing muscles. Athletes are encouraged to attend all 3 weeks but it is not required.

Schedule

Mondays in March, April & May

Time

4:45 - 6:00pm

Location

SUNY Delhi campus

Adaptive Yoga: April 14, 21, 28

3 weeks of adaptive yoga led by Lara from Streamside Yoga, with assistance from SUNY Delhi volunteers. Athletes are encouraged to attend all 3 weeks but it is not required.

Field Day & Celebration: May 5, 2025

Join us for a fun final day of activities and a pizza party!

Programs are free and designed for kids & adults with disabilities

Registration Required

802-399-4366

www.eddfund.org/sign-up

events@eddfund.org

