

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:

October -June 2014:

1st Wednesday every month

Portland Soccerplex
8785 Beaverton-Hillsdale Hwy
Portland, OR

July -September 2014:

1st Wednesday every month

PCC-Cascade Gym
705 N Kilingsworth Portland, OR

Time:

4:00 - 6:00 pm

What is it?

A bi-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 Oregon Disability Sports.



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