



Initiative for Women with Disabilities
Elly & Steve Hammerman Health and Wellness Center
NYU Langone Orthopedic Hospital

SUMMER ADAPTIVE ROWING CAMP

WHEN: MONDAY- THURSDAY, JULY 15TH- 18TH, 2019 11:00 a.m.-1:30p.m.

WHERE: THE QUEENS BOATHOUSE
30 MEADOW LAKE ROAD
FLUSHING MEADOWS, CORONA PARK, QUEENS, NY 11367



DETAILS:

- Learn about the adaptive sport of rowing
- Row on adaptive barge on the lake and rowing machines on land
- Build your strength, endurance and flexibility
- All levels welcome
- Participants encouraged to attend all 4 days
- Picnic Lunch will be Served

***Rain or Shine**

***Wear comfortable clothing and footwear, bring sunscreen and hat**

Contact Program Coordinator, Suzanne Wallach at 646-754-1350
or at suzanne.wallach@nyulangone.org for more information and to register.

To learn more about ROW NY visit their website at www.rownewyork.org

The following are directions to the boathouse by vehicle:

Long Island Expressway to Exit 22 A-E

Take Off Ramp for 678 - Van Wyck Expy South towards JFK Airport

Stay in the right lane and take the first exit on 678 South. Exit 11 on right to Flushing Meadows/Corona Park

Go into Park make 1st right at stop sign

Follow road around into parking lot. Boathouse is on the Southwest corner of the parking lot.