

# WEST CHESTER AREA YMCA ADAPTED SPORTS



**Sports for people with physical disabilities.**

## **Golf: "I'm not saying my golf game is bad but if I grew tomatoes, they'd come up sliced." –unknown**

In conjunction with the Eastern Amputee Golf Association (EAGA), the West Chester Area YMCA hosted an Adapted Golf Clinic at Penn Oaks Country Club earlier this month. In addition to space at their driving range, Penn Oaks donated two of their golf professionals to the cause.

Giving pointers to participants throughout the three hour clinic, Jesse Hallet and Tom Koenig demonstrated Penn Oaks' true commitment to the community. We

learned to keep our heads down and our spirits up. We learned the importance of follow through and that all it takes is one

really good shot to make you want to come back for more. Participants were delighted for the opportunity to improve their game in such a relaxed atmosphere. Amputee Wally Dickhart summed up the day by saying, "It's one more step toward normalcy."

## **Kayaking in the Great Outdoors**

Twenty-seven boats, thirty-three paddlers and one really good time. The PA Center for Adapted Sports held its first outdoor paddle of the season last Sunday. After 3, well attended, kayak training sessions at the West Chester YMCA pool, the kayakers headed to Marsh Creek State Park to test their abilities in open water. According to kayaker Joan Hall, "Kayaking is a great equalizer. On the water, you

can't who has a disability and who doesn't." It was a fabulous day of fresh air, exercise and camaraderie.



## **Mark your Calendars!**

**Here's What's Coming Up Next.**



### **Cycling Clinic Scheduled for June 12th**

The PA Center for Adapted Sports is coming back to Chester County to run a cycling clinic. There will be many types of bikes available for you to try: recumbents, tandems and hand cycles. There is nothing like a day with fresh air in your lungs and the wind in your hair. So, join us to find out which bike you like. We will enjoy the scenic bike trails of **East Goshen Park on Sunday, June 12<sup>th</sup>** from **1:00-4:00 pm**. The bike trails are located on the South side of Paoli Pike, opposite from the main park's entrance. Look for us in the Chamber of Business and Industry's parking lot to the right.

### **Adapted Tennis Clinic scheduled for July 10<sup>th</sup>**

What better way to burn off calories and your weekday stress than drilling a little green ball cross court? Whether you are new to the sport or just trying to improve your game, this Sunday afternoon promises to do both. This lifetime sport is perfect for young and old alike, so plan to join us for some fresh air and exercise that will make you wish you could play tennis every day. We will meet at 1:00pm at the West Goshen Park courts which are located at the intersection of Fern Hill and Five Points Road, West Chester, PA.

#### **Reminder:**

**The Adapted Sport Clinics are free and open to anyone with a physical disability.**

To register or volunteer for any adapted sports event, contact Loretta Cohen at 610-738-3849 or send an email to [lorettacohen@verizon.net](mailto:lorettacohen@verizon.net). Check us out online, visit [www.ymcabwv.org/adaptedsports.html](http://www.ymcabwv.org/adaptedsports.html).