

## About our Program

### Who We Are

- ❖ The Northeast Ohio Adaptive Rowing Society (NEOARS) is a newly formed community organization created in partnership with the Cleveland Rowing Foundation and the Western Reserve Rowing Association.
- ❖ Our team of adaptive sports professionals is committed to increasing access to outdoor recreation and engaging exercise opportunities for individuals with disabilities.

### Who We Are Looking For

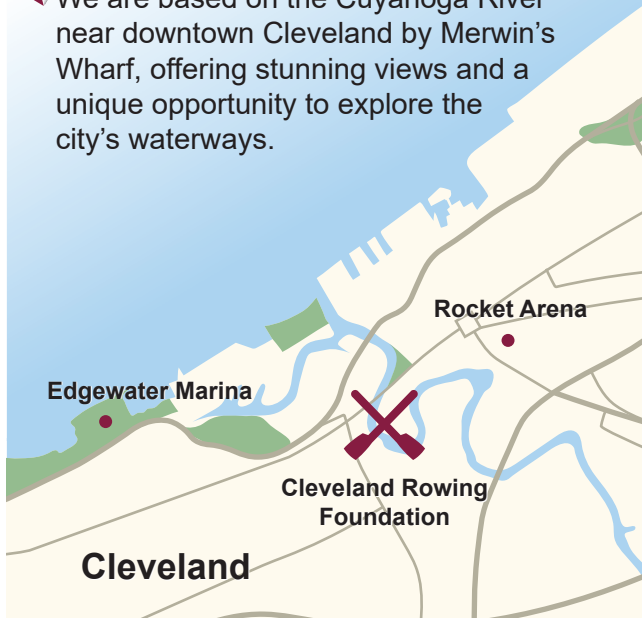
- ❖ We welcome athletes 18 and older to experience the excitement of rowing in a safe, supportive, and inclusive environment.
- ❖ No prior experience required!

### When We Row

- ❖ Our program runs April 1 – October 1

### Where to Find Us

- ❖ We are based on the Cuyahoga River near downtown Cleveland by Merwin's Wharf, offering stunning views and a unique opportunity to explore the city's waterways.



## Ready to Row?

Come experience the physical challenge, camaraderie, and beauty of rowing on the Cuyahoga River!

Visit our official website for more information and register today



[aptcenter.research.va.gov/programs/activity-based-neurorehab/neoars](http://aptcenter.research.va.gov/programs/activity-based-neurorehab/neoars)

### Questions?

Contact us at [Lisa.Lombardo2@va.gov](mailto:Lisa.Lombardo2@va.gov)

or

216-791-3800 x64909

to discuss your unique needs



**This program is made possible thanks to our sponsors and supporters**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Northeast Ohio Healthcare System



**Expanding Access to Adaptive Rowing in Northeast Ohio**

Exercise • Community • Well-Being



[www.aptcenter.research.va.gov](http://www.aptcenter.research.va.gov)

## Why Join Our Program?

- ❖ **Inclusive & Supportive Environment** – Designed for athletes with disabilities, regardless of experience level
- ❖ **Personalized Adaptations** – Programs tailored to PR1, PR2, and PR3 categories
- ❖ **Physical Fitness & Strength** – Build endurance, improve core stability, and boost overall health
- ❖ **Mental Well-being** – Enjoy the calming effect of water and gain confidence in a positive setting
- ❖ **Community & Connection** – Meet new friends and join a network of adaptive athletes
- ❖ **Scenic Location** – Row along the beautiful Cuyahoga River and explore Cleveland's waterfront
- ❖ **Skill Development** – Learn rowing techniques and progress at your own pace



**NEOARS offers tailored programs and personalized adaptations based upon individual needs**



### **PR1 (Previously AS)**

- ❖ For athletes with limited trunk control
- ❖ Uses fixed seats and pontoons for stability
- ❖ Rower is secured at waist and chest, allowing only shoulder and arm movements

### **PR2 (Previously TA)**

- ❖ For athletes who can use trunk and arm muscles only
- ❖ Typically uses fixed seats with lap belts and pontoons

### **PR3 (Previously LTA)**

- ❖ For athletes who can use legs, trunk, and arms, or have visual/cognitive impairments
- ❖ Rows in standard shells with sliding seats; pontoons optional