



If you are interested in joining TRRA's Adaptive Rowing & Paddling Team, please visit our website for more information.

www.threeriversrowing.org

If you have any questions, please contact us at:

joynix@threeriversrowing.org

OR

412-298-2315 / 412-231-8772



Three Rivers Rowing Association

300 Waterfront Dr.
Pittsburgh, PA 15222

412.231.8772 (office)

412.298.2315 (cell)

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E-mail: JoyNix@threeriversrowing.org



Adaptive Rowing & Paddling



Three Rivers Rowing Association

TRRA Mission Statement: Our mission is to develop and deliver safe, sustainable programs and events that promote the benefits of rowing and paddling to a diverse, growing membership.

Who Can Participate?

The Adaptive Rowing & Paddling programs are for novice and experienced athletes age 12+.

The programs are accessible to athletes with mobility, visual or intellectual disabilities.

Physical requirements include trunk control with or without assistive devices and the ability to grasp a handle with or without assistive devices. Contact us for a free individual assessment.

Athletes in the programs have the opportunity to compete in local and national regattas. Some athletes choose not to compete and simply enjoy the freedom found on the river.



TRRA Adaptive Rowing & Paddling Schedule

2012 Practice Schedule

Rowing practices are held at the Washington's Landing Lambert Boathouse

Tuesdays 6:00pm-8:00pm

Thursdays 6:00pm-8:00pm

Sundays 9:00am-11:00am

Paddling practices are held at the Millvale Boathouse by Riverfront Park

Saturdays 11:00am—1:00pm

**Practices run June through August with some optional practices for competitive athletes in May & September.*

2012 Race Schedule

Dragon Boat Race: July 4th, Pittsburgh

Bayada Regatta: Aug. 18th, Philadelphia

Dragon Boat Race: Sept. 15th, Cleveland

Head of the Ohio: Oct. 6th, Pittsburgh



2012 Program Fees

1 day/wk recreational: \$80

1 day/wk competitive: \$90

2 days/wk (any combo): \$135

3 days/wk (2 row & 1 paddle): \$180

Scholarships are available

If you are interested in joining TRRA's Adaptive Rowing & Paddling Program or have questions about the scholarship program, please contact Joy Nix, Director of Outreach at joynix@threeriversrowing.org
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