

WARRIORS IN MOTION 2023



Adaptive Sports Foundation

ASF is a non-profit organization that provides profound and life-changing experiences for children and adults with cognitive and physical disabilities through outdoor physical activity, education, support and community.

Warriors in Motion

ASF's Warriors in Motion® (WIM) program provides participating injured United States servicemen and women with a basic knowledge and practice of wellness and the importance of lifelong healthy living through adaptive sports. All Warriors in Motion programs are goal-oriented and empower the warrior to take charge of their own fitness and wellness.



What Does ASF Provide?

- Instruction in Selected Sport
- Lodging
- Equipment
- Meals
- Transportation (Once at Windham)
- Gear

What Should I Bring?

- Sturdy Footwear
- Activity/Weather Appropriate Clothing
- Swimsuit/Towel (Hotel Pool)

Contact Us

Phone: 518-734-5070

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www.adaptivesportsfoundation.org

100 Silverman Way Windham, NY 12496



***All WIM Programming is Free of Charge!
You Just Have to Sign Up and Get Here!***

WARRIORS IN MOTION 2023

***“Empowering Lives
Through
Adaptive Sports”***

WIM Schedule

May 9-11 – Road Cycling (Beginner)

May 23-25 – Road Cycling (Intermediate)

June 6-8 – Mountain Biking (Beginner)

June 20-22 – Backpacking

June 27-29 – Hiking

July 18-20 – Mountain Biking (Intermediate)

July 25-27 – Flatwater Kayaking

September 5-7 – Golf

Equipment

Road Cycling/Mountain Biking:

- Hand Bikes
- Recumbant Bikes
- Power-Assistance Bikes

Paddling/Kayaking:

- Multiple Kayak/Canoe Options
- Stand-Up Paddle Boards

Golf:

- SoloRider Golf Car

Lodging

- The Hotel Vienna and The Winwood

