



The Vernon Rowing and Paddling Centre

On Swan Lake, Vernon, BC

Adaptive Rowing Program 2008

The Vernon Rowing and Paddling Centre has established one of the largest adaptive rowing programs in Western Canada. With assistance from Wheels in Motion and Quickturn Machine, VRPC has a fleet of two lightweight training boats, a Wintech double and single. We have the capabilities of putting three rowers on the water at one time.

VRPC can accommodate rowing for most persons with disabilities. The boats are wide bodied and stable with pontoons on the riggers (see above photo) that make flipping them virtually impossible. For arms only rowers, there are fixed seats with backs and wide Velcro straps that secure the rower. For rowers who can use their trunk and legs, the pontoons alone create the stability necessary to row with ease. CO2 lifejackets are worn as an added safety precaution.

Using the double, the adaptive rower can sit in the stern seat with the coach in the bow assisting the rower throughout the workout. The photo below is a smiling Mark Gadmer, with coach Terre Mooney. The above photo, Joan Reid, a local nordic skier on the 2010 Canadian Para Nordic Team, got her start rowing at VRPC. She qualified for the National Adaptive Rowing Team and competed in the World Championships in Munich in August of 2007.

During the 2007 season, there were eight rowers in the program and the common refrain was just how wonderful it felt to be on the serenity of Swan Lake, enjoying the water, the natural surroundings and the workout.

VRPC is looking to expand the adaptive program for this season.

For more information on the program or to register, please contact June Hawkins at 250 306 1463

Or email june@gorowandpaddle.org

Hope to see YOU on Swan Lake!

