

Adaptive Cycling Program for Veterans



All Out Adventures is pleased to offer Adaptive Cycling for Veterans and Disabled Members of the Armed Forces of all ages and all abilities and their loved ones. Try out a recumbent trike and ride around Look Park or the VA Campus in Leeds. Recumbent trikes and hand cycles are comfortable and easy to ride. Three wheels takes balance out of the equation so you can relax and get exercise. We have tandem recumbent trikes.

- **Get exercise, socialize and have fun!**
- **Free of charge for Veterans and their loved ones.**
- **Equipment is limited, so sign up today!**

All equipment provided, but you must pre-register by calling All Out Adventures at 413-584-2052. This program is funded by the Veterans Administration.

Inpatients call Donna Hayes at 413-584-4040 x2350.

You can also visit us online at www.alloutadventures.org or email us at info@alloutadventures.org All program sites are wheelchair accessible. Call us for accessibility information.

April – June 2017 Schedule

Date:	Time:	Activity:	Location:
Thursday, April 20	12:30-3:30PM	Cycling Demo	VA Campus Pavilion, Leeds, MA
Thursday, April 27	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, May 4	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, May 11	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, May 25	12:30-3:30PM	Cycling Demo	VA Campus Pavilion, Leeds, MA
Thursday, June 1	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, June 8	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, June 15	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, June 22	12:30-3:30PM	Cycling Demo	VA Campus Pavilion, Leeds, MA
Thursday, June 29	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA



All Out Adventures
outdoor recreation for people of all abilities

214 State St., Northampton, MA 01060 • (413) 584-2052 (tel) • (413) 584-2819 (fax)
www.alloutadventures.org • info@alloutadventures.org

All Out Adventures is a 501(c)(3) non-profit organization based in Northampton that promotes health, community, and independence for people with disabilities and their family and friends through outdoor recreation.

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July – September 2017 Schedule

Wednesday, July 19	12:30-3:30PM	Cycling Demo	VA Campus Pavilion, Leeds, MA
Wednesday, August 16	12:30-3:30PM	Cycling Demo	VA Campus Pavilion, Leeds, MA
Thursday, September 7	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, September 14	12:30-3:30PM	Cycling Demo	VA Campus Pavilion, Leeds, MA
Thursday, September 21	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, September 28	12:30-3:30PM	Cycling	Look Park, 300 N Main St, Florence, MA