



# PARALYMPIC SPORT CLUB

## Adaptive Archery Clinic

Saturday, July 10, 2010 - 1PM - 4PM

Oak Ridge Archery Range, Clark, NJ

### EVENT INFORMATION

The WA-XO-BE Archers and the Navigators Paralympic Sport Club will be sharing their vast knowledge of adaptive archery. This clinic is for people with disabilities who are interested in learning the basics and fundamentals of archery. You'll receive personal attention from knowledgeable instructors. Participants will be introduced to archery equipment and will be given basic safety instructions; basic shot routine and shooting techniques. Archery has a number of health and fitness benefits, as well as being an enjoyable and very social sport. Some of the benefits include the development of muscles and upper body strength; improves hand-eye coordination skills; improves mental strength and concentration; develops mental agility, focus, and attention skills. Join us for an exciting afternoon of first-class archery instruction.

### FREE CLINIC

To confirm your participation or for more information please contact Jimmy Cuevas at [jcuevas1969@comcast.net](mailto:jcuevas1969@comcast.net).

### DIRECTIONS

Take Garden State Parkway to Exit 135. Go west on Central Ave. Turn Left onto Raritan Road and continue for approx. 2 miles. Raritan Road becomes Oak Ridge Road after approximately 2 miles pass Lake Avenue. Continue for about 1/2 mile and the old golf course will be on the right side of Oak Ridge Road. Turn Right into the parking lot. The archery range is off the pathway on the left side of the parking area. People with vehicles with handicapped tags may proceed down the service road for reserved parking adjacent to the range.



A program of North Jersey Navigators

