

## ADAPTIVE ROWING PROGRAM



TWO RIVERS YMCA,  
MOLINE IL



Sponsored by:

ABC Medical

Coloplast

Sportability of Iowa  
Heartland Sports  
Complex

## TENNIS PROGRAM



Follow us on Facebook:  
QCA Adaptive Sports  
Association

For more information  
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QCAASA, Bob Juarez at

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**OUR**  
**MISSION:**

*"Improving  
the quality of  
life for  
children and  
adults through  
the promotion  
of adaptive  
sports"*

QCA Adaptive Sports Association was established in 2011, in the Quad City area offering children and adults with physical disabilities the opportunity to enjoy sports and recreation opportunities in a safe, accessible and accepting environment.

### OUR GOAL

- Improve overall health and wellness
- Build strength, endurance and learn new skills
- Build friendships and gain access to new social networks
- Learn leadership and teambuilding
- Improve communication skills

- Participate in inclusive sports, leisure and recreational activities

### SOFTBALL PROGRAM



### BASKETBALL PROGRAM



### MEMBERS OF NWBA, DIVISION III LEAGUE



**Other Activities: Hand cycling, road racing, weightlifting**