



## ADAPTIVE VETERAN PROGRAMS

Whether you are a Veteran with a disability or injured active duty service member looking to become more active or compete in adaptive sports at a regional or national level, BlazeSports has the program to fit your needs. We believe that sport and recreation is an integral part of the Veteran community reintegration process post-injury. We appreciate your service and are dedicated to helping you - that's why all of our programs are FREE for Veteran participants!

BlazeSports provides a variety of adaptive sport and recreation programs for male & female Veterans with challenges. We provide Veterans and active military with training, support and the opportunity to reintegrate back into the community and improve their health, through a variety of opportunities.

### ARCHERY, BOWLING, CYCLING, CROSSFIT, PICKLEBALL, ROWING, YOGA, AQUATICS, AIR RIFLE

Veterans and active duty service members with disabilities, including but not limited to, PTSD, spinal cord injury, traumatic brain injury, amputation, stroke and visual impairments. For any questions or more information, contact [veterans@blazesports.org](mailto:veterans@blazesports.org).



### ARCHERY

The BlazeSports America archery program gives Veterans the opportunity to adapt military skills to a recreational setting. You can train recreationally or competitively using various types of equipment. Expert coaching provided from beginner to elite skill levels.

### BOWLING

Join BlazeSports America for camaraderie and fun with one of our most popular Veteran programs – Bowling! It's fun for experienced bowlers and beginners alike!



### AIR RIFLE

Our newest Veteran program is an air rifle series. Through the program, Veterans learn the fundamentals of air rifling shooting, a Paralympic sport.



### CYCLING

Come out to one of BlazeSports America's cycling sessions and enjoy a beautiful ride. Our Veteran cycling program is designed for Veterans who want to train and compete in cycling, as well as those who just want to exercise and enjoy the social aspect of cycling. Bicycles, recumbent bicycles, handcycles, and helmets are available should you need one to participate, based on availability.

## BLAZESPORTS.ORG

Dates and times of all programs are available on our website.  
Please note, availability of programs may be impacted by the current pandemic.





## TENNIS

Our tennis program offers weekly tennis clinic that will teach you the basics of the game. This is a great sport for community and is open to all skill levels.



## CROSSFIT

BlazeSport's Adaptive CrossFit Program offers fun and social distanced group fitness specifically catered to meet the needs of each individual Veteran. CrossFit is open to all abilities and fitness levels.



## ROWING

BlazeSports America, in partnership with the Atlanta Rowing Club, gives Veterans the opportunity to try the amazing sport of adaptive rowing. Learn the rowing basics from experts from classifications and safety practices to adaptive rowing equipment – then put your knowledge to use on the Chattahoochee River with experienced instructors to help you on the water.



## AQUATICS

The aquatics program offers both water aerobics and swimming lessons. Water aerobics is a low impact workout with high impact health benefits. This class is accessible to all abilities, and therapeutic for both the mind and body. Swim lessons cater to those wanting to increase their confidence in the water by learning how to swim and includes an introduction to strokes.



## PICKLEBALL

Join your fellow Veterans in participating in the fastest growing sport in the United States. Pickleball is a sport that combines elements of tennis, badminton and ping-pong. It is a game that is appropriate for players of all ages and skill levels. Rules for pickleball are simple, making it a great introductory sport.



## YOGA

Yoga is fun for all and social distancing friendly. No yoga experience needed and all levels are welcome. We are offering one on one private classes as well as small group and virtual sessions. Time to recharge, relax and strengthen your body. Namaste!