



VOLUNTEERS NEEDED

Make a difference in your community by volunteering today!

KEEN Greater DC is a nonprofit volunteer-led organization that provides one-on-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. Our mission is to empower youth with disabilities by providing free non-competitive one-on-one programs of exercise, fitness, and fun led by volunteer coaches.

LOCATIONS/PROGRAMS

Bowling at *Bowl America Fairfax*

9699 Lee Hwy, Fairfax, VA, 22031

(Saturday 2:10PM – 4:45 PM)

March 16, April 6, April 20, May 4, May 18, June 15

Sports at *Irving Middle School*

8100 Old Keene Mill Rd, Springfield, VA, 22152

(Sunday 9:30 AM- 12:15 PM) and

Sports and Zumba at *Kilmer*

Center School

8102 Wolftrap Rd, Vienna, VA 22182

(Sunday 1:30 PM – 4:15 PM)

March 17, April 7, April 21, May 5, May 19, June 16

HOW TO REGISTER:

1. Create a KEEN account at keengreaterdc.org
2. Register for the date(s) you wish to attend



Contact Beth for more information

volunteer@keengrdc.org

301-461-2278