



# moving beyond disabilities

Few things in life compare with sailing for its uplifting and rejuvenating effect on the spirit. Just an hour or two on the water can increase confidence, build self-esteem and foster independence.

Shake-A-Leg offers daily recreational, instructional and competitive sailing opportunities throughout the summer.

recreational  
sailing

private  
instruction

For more information, please contact  
Arn Manella, Sailing Director



**SHAKE-A-LEG, INC.**

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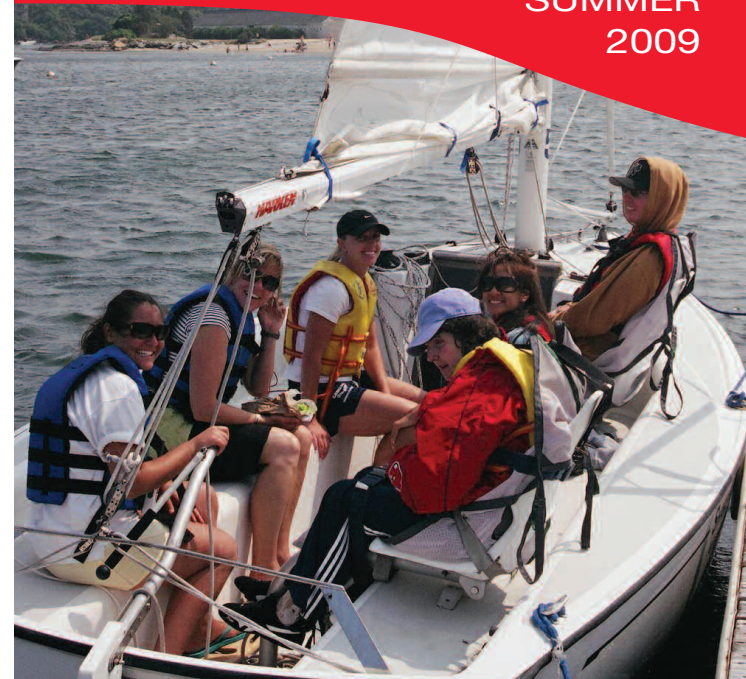
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SUMMER  
2009



SHAKE-A-LEG

## Adaptive Sailing Program

SUMMER 2009



In 1986, Shake-A-Leg pioneered the **Adaptive Sailing Program** to bring the benefits of sailing to people with physical and developmental disabilities. The sailing program is world re-known and is used as a model throughout the United States. Shake-A-Leg has been host to numerous disabled sailing regattas including the 1998 World Disabled Championship.

Our program offers a unique opportunity for individuals and groups to enjoy the “America’s Cup” waters of Newport Harbor and Narragansett Bay. The program is open to individuals and groups for all disabilities.



# pushing boundaries building confidence



*Shake-A-Leg programs challenge and encourage participants to move beyond what they think is possible.*



## Facility and Instructors

Our facility is located at Fort Adams State Park in the world’s sailing capital, Newport, Rhode Island. All docks and facilities are 100% accessible—including Hoya and Spectrum lifts for transfers to a wide variety of boats.

Our sailing instructors are certified by US Sailing and have years of experience, including teaching and coaching sailors with disabilities. We provide all required safety equipment and our instructors accompany every group on the water.

## The Shake-A-Leg Fleet

Our fleet includes five Freedom 20s, which were custom designed and build so that even the most severely disabled can safely sail the boat. Each Freedom contains two swiveling supported seats for those in wheelchairs. We also have

one 23-foot Sonar (*Paralympic Team Keelboat*), and one 16-foot Martin for the intermediate to expert sailor.

## 2009 Sailing Dates

Each boat safely accommodates four people plus one instructor. Fees are \$70.00 for two hours of lessons or recreational sailing. Advanced instruction and coaching is available upon request.

Sailing daily from 9 am–5 pm  
by appointment: **June through August**

For more information, please contact  
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