



The Best Days are KEEN Days!

KEEN USA, through its network of affiliates across the country, provides free sports and recreation programs for young people with disabilities. KEEN's model is very simple: we pair a trained volunteer "coach," one-to-one, with a young "athlete," and let them discover together just what they can do. KEEN's programs are unstructured and non-competitive, allowing young people facing even significant challenges to find joy through play.

KEEN accepts every child, regardless of the nature or severity of their disability. And while their young athletes are spending time with our dedicated corps of volunteers, KEEN parents can find some much-needed respite: shopping, reading, exercising, or chatting with other parents — maybe even taking a nap!

KEEN's programs range from general gym-based activities — such as basketball, scooters, tunnels and parachutes — to music-and-dance or arts-and-crafts, to swimming, bowling and tennis. With KEEN's one-to-one, unstructured approach, almost any activity is possible.

About KEEN

KEEN is a volunteer-led, nonprofit — 501(c)(3) — organization headquartered in the Washington, DC area. KEEN USA's Board of Directors oversees affiliate operations and charts national initiatives. Each affiliate also has a Board of Directors, comprised of parents, volunteers and members of the community who direct all local activities in accordance with KEEN's mission of providing free programs for kids with disabilities, regardless of the nature or severity of that disability.

KEEN is modeled on an innovative program established in Oxford, England by Elliott Portnoy, who brought KEEN to the Washington, DC area in 1992. With his wife, Estee Portnoy, and help from a handful of parents and volunteers, KEEN started as a single program. Twenty years later, because of our unique approach of individualized, one-to-one, non-competitive programming, KEEN has served over a thousand young people with disabilities and touched the lives of tens of thousands of volunteers.

Kids Enjoy Exercise Now (KEEN)
1301 K Street, NW
Suite 600, East Tower
Washington, DC 20005

866-903-KEEN (5336) main
866-597-KEEN (5336) fax
www.KEENusa.org
info@KEENusa.org



 **KEEN**
KIDS ENJOY EXERCISE NOW
usa

20 Years of Fun, Fitness, & Friendship



KIDS ENJOY EXERCISE NOW
new york



We're Proud of Our Ability!

KEEN Programs are

- always free-of-charge
- open to individuals with all levels of disability
- unstructured and non-competitive

KEEN is a national, volunteer-led nonprofit organization that provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.



Seven Affiliate Locations Across the Country