



## ***Volunteer Opportunities***

***KEEN Greater DC is celebrating 25 years of Fun, Fitness and Friendship***

**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. **KEEN's Vision:** Foster confidence, self-esteem and community inclusion of youth with disabilities; strengthen communities through education of volunteers; and provide families with respite and a supportive network.

### **Complete your Service Learning hours by volunteering at KEEN.**

At KEEN volunteers are paired one-to-one with young people (kids, teens and young adults) with physical and developmental disabilities to help them play, have fun and get exercise using a variety of sports equipment, as well as to socialize. Volunteers must be at least 15 years old. Training is provided.



### **Opportunities in N. Bethesda:**

#### **KEEN Sports**

**With KIDS and TEENS:** Almost every Sunday through June, except major holidays.

**LOCATION:** Tilden Middle School • 11211 Old Georgetown Rd., N. Bethesda, MD

**Time:** 11:30 am-3pm

**With Young Adults:** First Sunday of each month, October through May.

**Location:** Tilden Middle School. **Time:** 2:30-4:30 pm.

#### **KEEN Music**

**With KIDS and TEENS:** 2<sup>nd</sup> and 3<sup>rd</sup> Sunday of each month, through June

**LOCATION:** Tilden Middle School • 11211 old Georgetown Road, N. Bethesda, MD

**Time:** 11:30 am-3pm



#### **KEEN Swim**

**With KIDS and TEENS:** the 2<sup>nd</sup> Saturday of each month through May.

**LOCATION:** The Hanley Center at Georgetown Prep • 10900 Rockville Pike, N. Bethesda, MD

**Time:** 4-6:10 pm

#### **KEEN Dance**

**With Young Adults** (20 years old+): 3<sup>rd</sup> Sunday of each month through June.

**Location:** Tilden Middle School. **Time:** 2:45-4:15 pm.

**Volunteers must register online at [www.keengreaterdc.org](http://www.keengreaterdc.org) prior to volunteering. For a complete list of immediate upcoming opportunities with KEEN Greater DC, please visit our website.**

**Questions?** Contact Beth at [keengrdc.beth@gmail.com](mailto:keengrdc.beth@gmail.com) or (301) 461-2278