



About KEEN KEEN is a volunteer-run, nonprofit — 501(c)(3) — organization headquartered in the Washington, DC area. Coaches and athletes' families work together to develop and expand KEEN's programs. A Board of Directors comprised of parents, volunteers, and members of the community directs KEEN's operations. KEEN's recreational activities — which include tennis, swimming, basketball, basic ball skills, soccer, fitness and weight training, and social activities and outings — are provided free-of-charge.

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 help from a handful of parents and volunteers, KEEN started as a single program. Today, because of our careful attention to the needs of our athletes, their families, and our volunteers, KEEN serves hundreds of young people with disabilities and offers a wide range of programs and activities.

Now expanding into select cities across the United States, KEEN is opening its doors to new athletes and volunteers. As KEEN grows, it is committed to maintaining its basic ideals: providing free recreational opportunities to children and young adults with disabilities by pairing them with trained volunteers for fun, noncompetitive activities.

To volunteer or make a tax-deductible financial contribution, or donate athletic equipment or in-kind services, contact KEEN at:

Kids Enjoy Exercise Now (KEEN)
P.O. Box 69010
St. Louis, Missouri 63169
314.259.5980

www.keenstlouis.org
info@keenstlouis.org



We're proud of our ability.

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Proud because KEEN provides... free recreational and sports programs for children and young adults with more profound and severe mental and physical disabilities.

By pairing trained volunteer "coaches" with KEEN's "athletes" — children and young adults with disabilities — KEEN provides one-to-one coaching and interaction that promotes individual fulfillment.

KEEN serves individuals with such diverse disabilities as autism, cerebral palsy, Down syndrome, and various developmental and intellectual disabilities. Because KEEN's activities are noncompetitive and inclusive, we offer opportunities for athletes who have not been able to access or find happiness in other programs.



free fun physical

PHOTOS BY ALAN KRISSE