



ABOUT US

Ka Mamala Hoe Canoe Club is a 501(c) non profit established in 2007.

Malama Na Koa was created by volunteer canoe club members to provide injured military and veterans with adaptive outrigger paddling opportunities.

Mission

Our mission to serve the community, celebrate and support family, as well perpetuate culture.

Core Values

Cultural Awareness & Engagement
Community
Integrity
Empowerment

Contact Us

Phone

(808) 224-2149

Web & Email

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Address

Keehi Lagoon Park
465 Lagoon Drive
Honolulu, HI 96819

Warrior Paddling

MALAMA NA KOA

ADAPTIVE PADDLING

ACTIVE / TRANSITIONING / VETERAN

WHY PADDLE?

WHAT Our Crew Has To Say...

HEALING

"Being out in the ocean and paddling, just being in the water gives me the most peace out of everything." - Frank L.

OPPORTUNITY

"Although they are healing and can't do everything. This gives them the opportunity to still excel in something and be part of something. Be part of a team." - Kimo W.

ACCEPTANCE

"Kamamalahoe did a good job in helping me and understanding the unique challenges I am dealing with. I think this program is great concept." - Daniel M.

HEALTH BENEFITS

- ✓ Stress Reduction
- ✓ Increased Mobility
- ✓ Cardiovascular Fitness

JOIN THE TEAM



Stress Reduction

Paddling can be peaceful and meditative. Resulting in improved mental health.



Increased Mobility

Increased muscle strength of core, legs, back and arms. Increased upper body flexibility.



Cardiovascular Fitness

Improves heart health, metabolism, and injury recovery ability.

Participation in practices is free to active and veteran military members. Practices are designed to accommodate all individuals with injuries or limitations.

Practices are held at Keehi Lagoon Park located at

465 Lagoon Drive, Honolulu, HI 96819.

Come meet with us any Tuesday or Thursday. Parking and meeting place is in front of the waterfront restroom.

- **Tuesday & Thursday**
- **0630-0815**
- **Swimwear & Ocean Footwear**
- **Bring Water & Towel**
- **Positive Vibes & HAVE FUN!**