

Our Mission

The Adaptive Sports Foundation provides profound and life changing experiences for individuals with physical and cognitive disabilities and chronic illness through outdoor physical activity, education, support, and community.

Located at Windham Mountain in the Catskill Mountains of upstate New York, we are one of the largest adaptive sport programs on the East Coast. The winter program specializes in teaching individuals with disabilities how to ski and snowboard. Additionally, the ASF supports a competitive race team for athletes with physical (Paralympics) and cognitive (Special Olympics and Athletes Without Limits) challenges.

The ASF also provides special programs to United States troops who have been severely injured in the post 2001 war against terror.

Driving Directions:
<http://www.adaptivesportsfoundation.org/directions/>



Adaptive Sports Center hours:
Wednesday-Friday:
8:30 am - 4:30 pm
Saturday-Sunday:
7:30 am - 5:00 pm

✕ = Program closed
■ = Holidays with special registration procedures

December

Sun	Mon	Tue	Wed	Thur	Fri	Sat
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Christmas Week: December 26-January 1

February

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Presidents Week: February 15-21
St. Camillus Special Olympics: February 22-23

January

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Winter Warriors in Motion Event: January 10-12
Martin Luther King Weekend: January 18-20

March

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15

Ralph Hartman Race: March 8

adaptive
SPORTS FOUNDATION
Providing sport & recreation opportunities
for people with disabilities

CELEBRATING
30
1984-2014
YEARS

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www.adaptivesportsfoundation.org
info@adaptivesportsfoundation.org



2013/2014 ASF Winter Ski and
Snowboard Program

A place where
all abilities shine



Holiday Lesson Reservations

Holiday lessons may be booked on the following days:

Christmas Week: December 26-January 1 (book on Tuesday, November 5 at 9:00 am)

Martin Luther King: January 18-20

(book on Tuesday, November 12 at 9:00 am)

President's Week: February 15-21

(book on Tuesday, November 19 at 9:00 am)

Non-Holiday Lesson Reservations

Lessons may be booked no earlier than one calendar month from the date of a lesson.*

**(Reservations for the weekend of January 25 & 26 will be taken on December 26, as the office is closed on December 25th).*



Weekend Lessons

Weekend lessons will start Saturday, December 14 and run until Sunday, March 9. **PLEASE NOTE** that the program is closed for individual lessons on January 10-12 (Wounded Warrior Weekend) and February 22-23 (St. Camillus Special Olympics Weekend).

Session Times: 10:00 am - 12:00 pm
1:00 pm - 3:00 pm
Lessons can be reserved on a full day or half day basis.

All lessons begin and end at the Adaptive Sports Center. Lesson check in, ski/snowboard rentals and adaptive equipment fitting will all take place at the Center. Full day lessons have a one hour lunch break, between 12:00 and 1:00 pm. Lunch is not provided, but is available for purchase on weekends at the Adaptive Sports Center or every day at the Windham Mountain Base Lodge.



Mid-week Lessons

Mid-week lessons are available Wednesday thru Friday (excluding holiday periods). They will start on January 2 and run until March 7.



Individual Lesson Fees

Half- day lesson: \$65

Full-day lesson: \$100

Price includes lift ticket, rental equipment, adaptive equipment and private instruction.

A \$25 non-refundable booking fee will be charged for each reservation day confirmed. This will be deducted from your lesson cost when you arrive for your scheduled lesson.

Advance Reservations Required

Due to high demand for lessons and our desire to make our program available to as many people as possible, advance reservations are a MUST.



How to Make a Reservation:

Step 1: Submit a Participant Registration Form. This form must be updated each season. You will not be able to secure a reservation until it is received. This form is available at www.adaptivesportsfoundation.org/programs/winter.

Step 2: (a) Make a reservation request online at www.adaptivesportsfoundation.org or (b) Make a reservation request by calling the office at (518) 734-5070. We are unable to accept reservations by fax or email. Reservations by phone or online can be made starting at 9:00 am. You can book both weekend days one month prior to the Saturday date. For example, if you'd like to make a reservation for the weekend of December 14, we will begin taking reservations for that weekend at 9:00 am on November 14. **If you wish to make a reservation for a Sunday only, be sure to call one calendar month in advance of the Saturday date.** For example if you'd like to make a reservation for Sunday, January 5, you should call on December 4 at 9:00 am.

Mid-week lessons may be booked one month prior to the Wednesday date and may be booked together as well.

Step 3: You will be notified via email if we can confirm your reservation.* Please realize the number of participants we can accommodate relates directly to the number of volunteer instructors we have on any given day. If you do not receive a confirmation email, you will be put on our waitlist and notified if an opening becomes available.

**For those reserving online, please note that your first reservation of the season will be confirmed via telephone in order to secure your credit card payment for the booking fee.*

Cancellation Policy:

If you need to cancel your lesson, please give us as much advance notice as possible. If you do not call to cancel, you will be charged the full amount of the lesson.

On any day, the Executive Director, the Program Director or Manager on Duty has the right to cancel any lesson if, in their opinion, the weather, snow conditions or the student's present condition would create an unreasonable risk.

Bi Ski Reservations
Ski lessons for non-ambulatory participants are offered on a limited basis.

Group Reservations
Lessons for groups affiliated with rehabilitation or residential programs are offered Wednesday through Friday. Please call for parameters, reservation procedures and cost.

Race Program
We offer a competitive race program. Please call for qualifications.