



Sports Education and Program Center for  
People with Disabilities

**Join Us for Our 29th  
Season Empowering People  
with Disabilities**



**Leave your  
disability at the  
door and come  
celebrate your**

**STRENGTH**

PO Box 266 • 100 Silverman Way • Windham, NY 12496  
518.734.5070 phone • 518.734.6740 fax  
[www.adaptivesportsfoundation.org](http://www.adaptivesportsfoundation.org)  
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Life is either a  
daring adventure  
or nothing  
- Helen Keller



### Regular Lesson Schedule

Lessons will start Saturday, December 8 and operate only on weekends through December 23. Starting January 2, program will operate Wednesday through Sunday until March 10. Regular lessons may be booked no earlier than one calendar month from the date of a lesson.

### Holiday Lesson Schedule

**Christmas Week:** December 26-January 1  
(book on Wednesday, November 7 at 9:00 am)

**Martin Luther King:** January 19-21  
(book on Wednesday, November 14 at 9:00 am)

**President's Week:** February 16-22  
(book on Wednesday, November 21 at 9:00 am)

Be better today than yesterday



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 at the Adaptive Sports Center and Windham Mountain Lodge.



### Individual Program 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. Please realize the number of participants we can accommodate relates directly to the number of volunteers we have on any given day.



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

### 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](http://www.adaptivesportsfoundation.org/programs/winter).

**Step 2:** Call (518) 734-5070 to make a reservation. We are unable to accept reservations by fax or email. Phones open for reservations at 9:00 am. Weekend lessons usually fill up within the first half hour. You can book both Saturday and Sunday one month prior to the Saturday date. For example, if you'd like to make a reservation for the weekend of December 8, we will begin taking reservations for that weekend at 9:00 am on November 8.

If you wish to make a reservation for a Sunday only, be sure to call one calendar month in advance of the Saturday date, because we allow people to book both weekend days together. For example if you'd like to make a reservation for Sunday, January 27, you should call on December 26 at 9:00 am.

**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.



*Achieve what seemed to be too hard / Reach toward what looked too high*

## Adaptive Sports Center hours:

### Wednesday-Friday:

8:30 am – 4:30 pm

### Saturday-Sunday:

7:30 am – 5:00 pm



## 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 9/11 war against terror.

To donate visit our website  
[www.adaptivesportsfoundation.org](http://www.adaptivesportsfoundation.org)

## December

Sun	Mon	Tues	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					

Christmas Week: December 26-January 1

✕ = Program closed  
 ■ = Holidays with special registration procedures

## January

Sun	Mon	Tues	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 11-13  
 Martin Luther King Weekend: January 19-21

## February

Sun	Mon	Tues	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 16-22

## March

Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9
10						

Ralph Hartman Race: March 9

*Today is your biggest strength!*

