



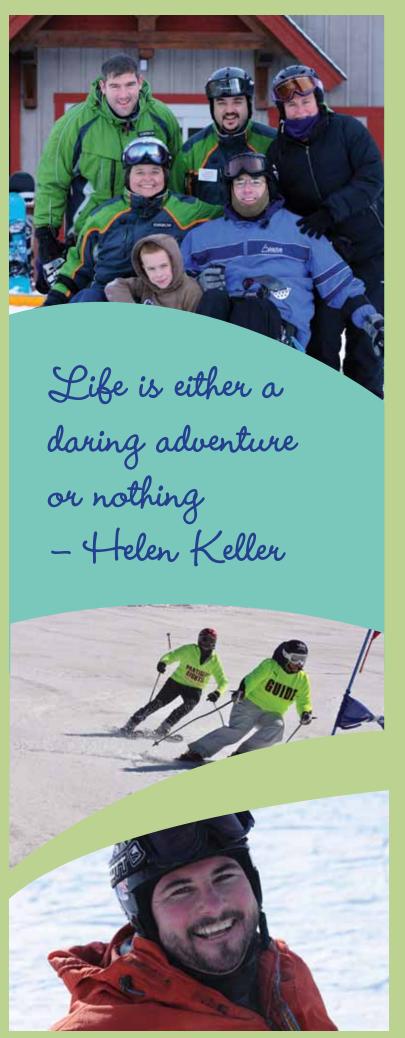
Sports Education and Program Center for People with Disabilities

Join Us for Our 29th

Season Empowering People

with Disabilities





### **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 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.

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.



## Adaptive Sports Center hours:

Wednesday-Friday: 8:30 am – 4:30 pm

Saturday-Sunday: 7:30 am – 5:00 pm











December

### **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

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= Program closed
= Holidays with special registration procedures

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Winter Warriors in Motion Event: January 11-13
Martin Luther King Weekend: January 19-21

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# Today is your biggest strength!



Presidents Week: February 16-22

**Christmas Week: December 26-January 1** 









