



ASF – Kayaking & Canoeing at Silver Lake

What do I need to bring with me to ASF's Summer Day Camp?

- BAGGED LUNCH & SNACKS
- SUNSCREEN
- BATHING SUIT
- TOWEL
- STURDY FOOTWEAR
- ANY PERSONAL ITEMS THAT MAY BE NEEDED DURING THE DAY

Adaptive Sports Foundation

ASF is a non-profit organization that provides profound and life changing experiences for children and adults with physical disabilities, cognitive disabilities and chronic illnesses through outdoor physical activity, education, support, and community.

Contact Us

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SUMMER CAMP 2022





Silver Lake, Windham, NY

ASF MULTI SPORTS ACTIVITIES

LAKE ACTIVITIES

Silver Lake is located a few miles east of Windham at Camp OH-NE-TAH. The lake offers us a picturesque facility to explore kayaking, canoeing, paddle boarding and swimming.

ASF has trained staff with years of experience on the water. All watercraft & life vests will be provided by ASF.

During all lake activities ASF will have a minimum of two Lifeguards on staff.

MOUNTAIN BIKING

Try mountain biking on the paths and dirt roads of Camp OH-NE-TAH. We will learn about the bikes, best techniques and how to ride on varied terrain.

If you have your own bike, please let us know.

“A place where all abilities shine.....”

HIKING/NATURE

Silver Lake has beautiful trails surrounding it. We will explore the forest from the trails of this beautiful area. Different trees, plants & wildlife will be pointed out.

GOLF

Golf basics will be taught at Christman's Golf Resort - Valley Course just west of Windham. We will explore different golf clubs on the driving range, chipping and putting around the green and a couple of holes on the course.



PICKLEBALL

Pickleball combines elements of tennis, badminton, and table tennis.

SOCCER

Learn soccer basic skills and participate in fun competition.

In the event of rainy weather, we will have arts and crafts available to get in touch with our inner artist.

DATES, COST

We are offering two four-day sessions of Summer Day Camp – each session is \$350

The first session is Wednesday, August 17 through Saturday, August 20.

The second session is Wednesday, August 24 through Saturday, August 27.

Full days are from 9:30 a.m.-2:30 p.m.

Lunch will take place each day from 11:30 a.m.-12:30 p.m.