

HORIZONS SKI PROGRAM AT NEW HERMON MOUNTAIN

HOW IT WORKS:

We are excited to have partnered with New Hermon Mountain to offer an accessible ski option for all ages and abilities in the Bangor, ME. area. This program is available for all levels of skiers, from novice to expert. We do not ask for any paperwork or proof of diagnosis to participate in the program.

The program is available on Tuesday evenings, beginning January 7 and ending March 17. Ski lessons are available from 3-5pm, 4-6pm, and 5-7pm. We ask for participants to arrive to the lesson area 30-40 minutes before their lesson. During this time, the participant will meet their skiing partner/volunteer and prepare to hit the slopes. If needed, the volunteer will bring the participant to the equipment rental area to be fitted for skis and boots. Rental equipment is available at no extra cost.

The Adaptive Outdoor Education Center (AOEC) provides volunteer support for each skier from the moment they arrive until the lesson is over. All AOEC volunteers are trained by Professional Ski Instructors of America (PSIA) certified instructors. Upon arrival, we ask that parents and caring partners drop their child/participant off at the Horizons Ski Program area, located to the right of the main entrance. There will be a 'Horizons Ski Program' sign to direct families and skiers to this area. We recognize the importance to having families and caring partners help their participant settle while they are meeting their volunteer. Once settled though, we have found it is best for parents and caring partners to go to another area and let the volunteer take over. Our volunteers will have necessary contact information and will get in touch if needed.

Many families, caring partners, and participants are both excited and apprehensive about participating in this skiing program. This is normal! We strive to support our participants and their loved throughout the process. Our staff is trained and prepared to provide the adaptations and modifications that are necessary to ensure a positive and FUN skiing experience. The AOEC has run their founding adaptive ski program at Sugarloaf Mountain for three years. Through this program, it has been amazing to watch participants succeed and build confidence on the slopes and within a supportive environment.

Upon registration, participants will complete a brief questionnaire that will help our volunteers to support them best. The questionnaire will provide information that is helpful to understand specific physical, sensory, and learning style needs. In addition, a social story will be available and sent out several weeks before the lesson to help the participant prepare and know what to expect.

At AOEC, we believe that success is measured individually, and so for each participant it may not be about how well they learned to ski – they might be successful because they've tried something new; they might be successful because they are participating in a physical activity;

they may be successful because they followed instruction or interacted with other skiers; or they may be successful because they had an enjoyable experience! That is our hope!

There is a \$25 nonrefundable registration fee for this program. The remaining costs are covered by the AOEC thanks to fundraising efforts, donations and grants.

Once enrolled, further information will be sent to the participant on what to expect, how to dress for the day, and other information.

We have a very limited number of slots available. If you decide to sign yourself or other participant up for a lesson, please do your very best to attend, as it is likely the slot won't be filled at the last minute.

In closing, if you are still interested please request or click on the questionnaire link to register for a lesson this winter and provide some information about you or the participant. On the form, please indicate lesson dates/ times that are preferable. And please let me know if you have other questions.

WE ARE LOOKING FORWARD TO SKIING WITH YOU THIS WINTER!

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