



ADAPTIVE OUTDOOR EDUCATION CENTER

HORIZONS SKI PROGRAM at NEW HERMON

WHO IS THIS PROGRAM FOR?

Individuals of all ages and abilities! We welcome all levels of skiers, from those who have never skied to accomplished skiers.

We utilize adaptive equipment such as sit skis, outriggers, tether systems, etc. to invite participants with various physical, cognitive, and developmental disabilities to enjoy the program.

*We do not ask for any paperwork or proof of diagnosis.

PROGRAM DETAILS

The Horizons Ski Program provides volunteer ski buddy support for the skier from the moment they arrive until the lesson is over. Depending on the skiers specific needs, he/she may be supported 1:1 with a volunteer or work with a team of volunteers throughout their lesson.

*We have created a visual social story for this program. Please check it out [here](#) before your first lesson to learn more on what to expect every step of the way.

PROGRAM DATES / TIMES / PRICING

The Horizons Ski Program is available on Tuesday evenings, beginning January 5th and ending March 16th, with the week of February 16th being excluded.

All lessons are 2-hours long and are offered during three timeframes:

Session A is from 3pm - 5pm

Session B is from 4pm - 6pm

Session C is from 5pm - 7pm

*We ask that all skiers arrive 30 minutes early to allow enough time to get rentals and suited up!

There is a \$25 registration fee for the program, which includes three 2-hour lessons (rentals included). You are welcome to register for additional lessons for \$10 / each.

Please understand that although we wish to serve all of our participants each week, lessons are scheduled based on volunteer availability and ski level. After a skier has registered for the program we will send a list of secured dates/times to best meet your time preferences.

WHAT TO EXPECT

The Hermon Mountain Ski Lodge and slopes are often a busy place on Tuesday evenings! It is likely we will share the space with other ski lessons, school programs, race teams, and general community members on site.

Once you arrive for your lesson, we will complete any due paperwork and introduce your skier to their Horizons Ski Buddy. From there, the Horizons Ski Buddy and skier will head to the rental area to be fitted for skis, boots, and a helmet (if rentals are needed) and gear up for the slopes.

*It is required that all Horizons participants wear a helmet. Helmets are available for free from the rental shop.

We have enjoyed working with Hermon staff in the rental area! They show great care in supporting the participants of our program to ensure equipment is comfortable and the process is simplified. Upon arrival, returning skiers will find their boots and skis laid out with their name labeled on the equipment to help avoid lines and congested areas.

Many parents / caring partners are both excited and apprehensive about having their loved one participate in this skiing program. This is normal! The Hermon Mountain community is proud and enthusiastic to establish a sense of inclusivity and promote an environment where everyone is just out on the slopes learning to ski and having a good time! It has been amazing to watch participants succeed and build confidence on the snow and within a supportive environment.

Success is measured individually. For each skier, 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 their peers; or they may be successful because they had an enjoyable experience! That is our hope!

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

If your scheduled lesson may be cancelled due to weather or unforeseen circumstances, we will contact you by email as soon we are aware of the change. We understand many families are traveling from different areas of Maine. To avoid unnecessary travel, please be sure to check the email you have provided before heading to the mountain.

Please call or email Brina with any questions: 207-939-1113 or activitiesAOEC@gmail.com

Please visit <https://www.adaptiveoutdooreducationcenter.org/newhermon> to register.