



ADAPTIVE OUTDOOR EDUCATION CENTER

HORIZONS SKI PROGRAM at SUGARLOAF

Updated Policies and Procedures 2020/2021

WHO IS THIS PROGRAM FOR?

Individuals who are on the autism spectrum and/or people with varying developmental abilities. We do not utilize adaptive equipment such as sit skis, outriggers, etc in this program.

We welcome all levels of skiers, from those who have never skied to accomplished skiers. The majority of skiers in the program are first timers or have only skied a few times.

**We do not ask for proof of diagnosis.*

PROGRAM DETAILS

The Horizons Ski Program has partnered with the Sugarloaf Ski School with the goal of integrating individuals on the spectrum and/or individuals with varying developmental abilities with other skiers who are enrolled in lessons. The Horizons Ski Program provides 1:1 volunteer ski buddy support for the skier from the moment they arrive until the lesson is over. Sugarloaf provides ski coaches who teach the lesson – our volunteers work with your child and the ski coach to make the lesson successful!

** Sugarloaf Ski School groups children by age, with the 3-5 year olds being part of 'Mountain Magic' and the 6-15 year olds being part of 'Mountain Adventure.' If you have an individual who is older than 15 we can certainly still provide a 1:1 lesson, separate from ski school.*

CHANGES FOR THE 2020/2021 SEASON

The inclusive lessons with Sugarloaf Ski School are in a group setting of 5 skiers for every 1 Sugarloaf Ski Coach. Your child will also have 1:1 support from his/her Horizons Ski Buddy throughout the entire lesson.

**We have created a social story for this program. Please [check it out here](#) before your first lesson!*

PROGRAM DATES / TIMES / PRICING

The Horizons Ski Program is available on Saturdays and Sundays, beginning January 9th and ending March 21st, with the weekend of February 13th/14th being excluded. If you would like to ski during the week, this is an option as well, so long as we have availability!

All lessons are half day sessions and offered both in the morning and afternoon:

The Morning session is from **9:30am - Noon** (a group lesson, inclusive with Sugarloaf Ski School).

The Afternoon Session is from **1pm - 3pm** (a 1:1 lesson with AOEC Staff and/or Volunteers).

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

There is a \$35 registration fee for the program, which includes two half-day lessons. You are welcome to register for additional lessons for \$25 / each.

We also offer a 6 Lesson Pass for \$135.

WHAT TO EXPECT

We have made some changes to the upcoming 2020/2021 season as far as program structure and meeting locations go. This year, all skiers will meet at the AOEC Bus, parked _____. Here skiers will be introduced to their Horizons Ski Buddy for the day and get fitted for rentals if need be. Once skiers are suited up, they will head out to the slopes!

*Please have skiers use the restroom *before* arriving at the AOEC Bus. There are bathrooms_____.

Many parents / guardians are both excited and apprehensive about having their children participate in a skiing program. This is normal! This is our fourth winter offering the program at Sugarloaf with many wonderful success stories and SMILES! Success is measured individually, and so for your child it may not be about how well they learned to ski, they may 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!

LODGING SUGGESTION

The Adaptive Outdoor Education Center is located on the Outdoor Center Road (only a few miles from Sugarloaf Mountain). We offer fully accessible lodging options for Horizon's participants and their families. For more info and to see pictures of the facility, please visit: www.adaptiveoutdooreducationcenter.org/lodging.

Please call or email Kayla with any questions: 207-237-2676 or infoAOEC@gmail.com

Please visit www.adaptiveoutdooreducationcenter.org/sugarloaf to register your child!