



PARTICIPANT LESSON REQUEST FORM WINTER 2024

Name: _____

Phone: _____

Email : _____

Completion of this form does not guarantee any lessons. A confirmation letter will be emailed to you with the dates you have been confirmed for the season.

Directions for Completing this form

- 1. Choose Your Sport.** Check the sport for which you would like to schedule lessons. If you are interested in more than one sport, please indicate which sport on specific days on the lesson calendar using the indicated abbreviations:
 - ☐ Cross Country (XC)**
 - ☐ Snowshoeing (SS)**
 - ☐ Alpine Skiing (AS)
 - ☐ Snowboarding (SB)

- 2. Choose Your Time.** Check off the lesson time you would prefer. If you're requesting different times on different days, please indicate the times on each day on the lesson calendar.
 - ☐ AM (9:00-11:30)
 - ☐ PM (12:30-3:00)

Note: all XC or snowshoe lessons run from 10-12

- 3. Choose your Days.** On the lesson calendars, mark a "P" on up to 6 preferred days. Then use an "X" to indicate any additional days you would be available for lessons.

- 4. Return this whole form to:**

Maine Adaptive Sports & Recreation
PO Box 853
Bethel, ME 04217
207-824-0453 (fax)

**If filling this out online, save the form first, fill it out and then email that saved copy to
info@maineadaptive.org**

Name: _____

Phone: _____

ALPINE SKIING & SNOWBOARDING****Please note: Blacked out dates are NOT AVAILABLE****

Sunday River					
Newry					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Jan	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
	MLK				Veterans
21	22	23	24	25	26
No	Boundaries				
28	29	30	31	1-Feb	2
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
Vacation Week					
25	26	27	28	29	1-Mar
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
Ski-A-Thon Celebration	25	26	27	28	29

Sugarloaf	
Carrabassett Valley	
SATURDAY	SUNDAY
Jan 6	7
13	14
20	21
27	28
Feb 3	4
10	11
17	18
24	25
March 2	3
9	10
23	24

Winter ends, but summer is right around the corner. Summer registration opens in May!

Name: _____

Phone: _____

Additional Locations for Downhill Skiing & Snowboarding
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Black Mountain		
Rumford		
Jan 13		

Mt Abram		
Greenwood		
Jan 27	Feb 17	Feb 24

Saddleback		
Rangeley		
Feb 9	Mar 29	

Pleasant Mountain		
Bridgeton		
March 4		March 11
March 5		March 12
March 6		March 13
March 7		March 14
March 8		March 15

Cross-country Skiing & Snowshoeing All lessons run from 10am-12pm
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THURSDAY
Jan 4 Roberts Farm, Norway
Jan 11 Roberts Farm, Norway
Jan 18 Pineland Farms, New Gloucester
Jan 25 Pineland Farm, New Gloucester
Feb 1 Pineland Farm, New Gloucester
Feb 8 Smiling Hill Farm, Westbrook
Feb 15 Pineland Farm, New Gloucester
February 22 Bradbury Mountain, Pownal **Snowshoe Only**
February 29 Pineland Farm, New Gloucester
March 7 Pineland Farm, New Gloucester
Mar 14 Pineland Farm, New Gloucester
Mar 21 Pineland Farm, New Gloucester
Mar 28 Pineland Farm, New Gloucester

Name _____

Phone # _____

SPECIALTY CAMPS & PROGRAMS

Check the boxes below if you are interested in signing up for our specialty camps:

Someone will be in touch with you to confirm your attendance and can assist you with lodging questions.

Please note the application deadlines for these programs. Late applications will be accepted for confirmation on a space-available basis.

☐ **Jan 19-22 Veterans No Boundaries Camp at Sunday River**

Open to active-duty personnel and their families, this camp is filled with exciting and rewarding adaptive recreation opportunities. Activities include alpine skiing, snowboarding, snowshoeing, Nordic skiing, court sports and craft activities. All activities, lodging, and meals are provided free of charge and participants are free to choose activities based on their own interests and energy levels throughout the camp. Transportation to the event is the responsibility of the participant, however, Maine Adaptive is able to assist with connection to organizations to assist with flights from out of state. Arrive Thursday, programs and activities Friday, Saturday, Sunday and depart on Monday. Application Deadline: December 19, 2023.

☐ **Feb 12-14 New England Visually Impaired Festival at Sugarloaf**

The New England VI Festival (NEVI Fest) is an opportunity for individuals with any type of visual impairment to learn to or improve your skills in skiing, snowshoeing, Nordic skiing and/or other winter activities with experienced blind guiding instructors. Included in the festival are all lessons and equipment. Lodging and meals are not provided, except for a celebratory banquet on Tuesday night. Information on area lodging options is available. Application Dealine: January 20, 2024.

☐ **Mar 6 -7 Mono-Ski Skills Camp I at Saddleback**

Sign up for the Saddleback session or the Sugarloaf session, or for both 2-day mono-skiing camp sessions. The first camp will be held at Saddleback mountain and will focus on beginner and advanced mono skiers. Highly trained with a vast amount of experience will be leading the camp and providing instruction and feedback for mono-skiers. Camp will include lessons and tickets. Some equipment is available and will need to be reserved ahead of time. Lodging & meals are not included.

☐ **Mar 8-9 Mono-Ski Skills Camp II at Sugarloaf**

Sign up for the Saddleback session or the Sugarloaf session, or for both 2-day mono-skiing camp sessions. The first camp will be held at Saddleback mountain and will focus on beginner and advanced mono skiers. Highly trained with a vast amount of experience will be leading the camp and providing instruction and feedback for mono-skiers. Camp will include lessons and tickets. Some equipment is available and will need to be reserved ahead of time. Lodging & meals are not included.