



We are excited to shift gears into our spring, summer and fall programming. There are a variety of options every week, between hiking, cycling, paddling, golf, tennis, pickleball and mountain biking there are plenty of activities to try!

There is no deadline on when you can request dates, however, sessions do fill up quickly so the sooner you submit your requests, the sooner we can check the available spots and confirm dates with you. We do anticipate waiting lists for all of the summer activities, but we will do our best to accommodate as many requests as we can.

How to register for summer programs:

*Please note, we have an online registration portal. If you would like to register online and do not currently have an account with us, please email info@maineadaptive.org to request one. If you have an online account, you do not need to complete any paper forms.

1. Student Registration Form – This must be filled out by all new students. Please let us know if you need assistance completing the form. Returning students you can login to your account and update any personal information that may have changed recently or you can fill out the registration form to update your account.
2. Lesson Request Form – On this form you can request lessons for this summer. Please read through the directions on the form and return it us. You can also request lessons through your student account in our online portal. Submitting this form or requesting lessons through your account does not guarantee a spot.
3. We will review your lesson requests and will email you the list of lessons that we can confirm. Your confirmation email will list all the dates and times we have scheduled for you.

Please contact the office at 207-824-2440 ext 0 or at info@maineadaptive.org if you have any questions or if you would like to create your own online account for registration and lesson sign up. We will be happy to answer any questions or concerns.

2024 STUDENT SUMMER LESSON REQUEST FORM

Name: _____ Email: _____

Directions for completing this form:

1: Check the box next to your preferred dates.

2: Fill out any equipment information

3: Mail, fax or email this form back to Maine Adaptive. A confirmation email will be sent to you once we have scheduled all dates.

Filling out this form does not guarantee the dates you choose. Please refer to your confirmation email for the dates we have you scheduled.

Tennis and Pickleball: Stand up and Wheelchair

at Pineland Farms, New Gloucester

<input checked="" type="checkbox"/>	Date	Preferred Sport	Time	Stand up or Sport chair
<input type="checkbox"/>	Friday, June 14	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, June 21	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, June 28	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 12	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 19	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 26	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 2	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 9	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 16	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 30	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, September 13	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, September 20	Tennis <input type="checkbox"/> or Pickleball <input type="checkbox"/>	9-13	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>

Please Check the appropriate boxes below:

I have my own sports chair

I need a sports chair

I have my own tennis racket

I have my own pickleball racket

Adaptive Golf

Toddy Brook Golf Course in Yarmouth

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Monday, June 10	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, June 17	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, June 24	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, July 8	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, July 15	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, July 22	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, July 29	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Aug 5	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Aug 12	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Aug 19	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Sept 16	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Sept 30	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Oct 7	Toddy Brook GC, Yarmouth	9-12

Adaptive Paddling

Range Pond State Park in Poland

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Wednesday, June 19	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 3	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 17	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 31	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Aug 14	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Aug 28	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Sept 11	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Sept 25	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3

*Do you have your own boat? Yes No

River Trip

You must have attended one of the flatwater paddling days above in order to sign up for this event

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Wednesday, Sept 18	Songo Locks, Naples	9-3

*Do you have your own boat? Yes No

Adaptive Cycling - Various Locations

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Wednesday, May 8	Pineland Farms, New Gloucester	1-3
<input type="checkbox"/>	Wednesday, May 29	Pineland Farms, New Gloucester	1-3
<input type="checkbox"/>	Wednesday, June 12	Pineland Farms, New Gloucester	1-3
<input type="checkbox"/>	Thursday, June 13	Back Cove Trail, Portland	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, June 27	Back Cove Trail, Portland	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, July 11	Back Cove Trail, Portland	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, July 25	Back Cove Trail, Portland	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, Aug 8	Back Cove Trail, Portland	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, Sept 5	Back Cove Trail, Portland	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, Sept 19	Back Cove Trail, Portland	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>

Please Check the appropriate box below for cycling:

- I have my own cycle
 I need a foot powered cycle
 I am not sure which type of cycle I need
 I need a hand powered cycle

Hiking * Exact locations will be determined based on trail use and parking on the day of program

<input checked="" type="checkbox"/>	Date	Location	Time	Notes
<input type="checkbox"/>	Thursday, June 20	Vaughan Woods, Hallowell	10-2	moderate

Acadia National Park Weekend

Join us for a weekend of cycling and paddling at Acadia National Park! We base out of the Eagle Lake Boat Launch, where we have access to a beautiful lake with views of Cadillac Mountain as well as the vast connections of carriage roads that we can bike on! Sign up for one session or a full day, bike or paddle or maybe split your day between the two!

Maine Adaptive does not provide lodging for volunteers or students but many do stay at local campgrounds which we can help identify. For any person with a permanent disability can get a free lifetime national park pass linked below (<https://store.usgs.gov/access-pass>). Maine Adaptive is not able to provide park entrance for anyone attending so please check out the park pass website for details on what pass fits you best.


<input checked="" type="checkbox"/>	Date	Perferred Sport	Time
<input type="checkbox"/>	Saturday, September 7	Cylce <input type="checkbox"/> or Paddle <input type="checkbox"/>	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Sunday, September 8	Cycle <input type="checkbox"/> or Paddle <input type="checkbox"/>	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>

Adaptive Mountain Biking - Various Locations

Gorham Pump Track, Lavoie Bike Park, 150 Weeks Rd, Gorham

Shepard's Farm Preserve, 121 Crockett Ridge Rd, Norway

Bethel Village Trails, The ride starts at the Bethel Resort & Suites, 21 Broad St, Bethel

	Date	Location	Time
<input type="checkbox"/>	Saturday, June 22	Gorham Pump Track, Gorham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Saturday, July 27	Shepard's Farm Preserve, Norway	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Saturday, Aug 17	Bethel Village Trails, Bethel	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Saturday, Sept 21	Gorham Pump Track, Gorham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>

Please Check the appropriate box below for mountain biking:

I have my own cycle

I am not sure which type of cycle I need


I need a foot powered cycle

I need a hand powered cycle

Mountain Bike Adventure

September 28-29

Join us for 2 days of action-packed, mud-slinging mountain bike adventures! We will be riding trails around Carrabassett Valley. All locations will have terrain suitable for entry-level to advanced-level riders. All ability levels are encouraged to apply. Lodging and meals are on your own for the duration of these program days. If you would like to attend but are unable to commit to both days, please contact Brandon at Bmerry@Maineadaptive.org.

	Date	Location	Time
<input type="checkbox"/>	Saturday, September 28	Carrabassett Valley	9-12 <input type="checkbox"/> OR 1-4 <input type="checkbox"/>
<input type="checkbox"/>	Sunday, September 29	Carrabassett Valley	9-12 <input type="checkbox"/> OR 1-4 <input type="checkbox"/>

Veterans No Boundaries (VNB)

August 23-26

Held at Camp Wavus in Jefferson, ME, this 4-day camp is open to disabled Veterans and Active Duty service members and their immediate families and caregivers. VNB is set in a true Maine summer camp and includes family-friendly activities, like paddling, archery, crafts, campfires and ropes courses. If you are interested in being put on the waitlist please check the box below.

Please note: A refundable deposit is required upon confirmation to hold your place at camp.

Refunds are not available for cancellations made within 2 weeks of the start of camp.

Deposits will be refunded upon check-in at camp.

<input type="checkbox"/>	Summer VNB, August 23-26
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Good things to bring to all Summer Programs

WATER	Sunscreen & Hat with visor	Sunglasses with strap
Bug repellent	Rain Gear	Long pants
Lunch & Snacks	Medication/ toiletries	Long sleeve shirt/ sweater

Paddle specific items-in addition to those listed at the top

Bathing suit	*plan on getting wet*	Gloves to prevent blisters
Water shoes	Towel	Dry bag for personal gear
Change of clothes		Plastic bags for wet gear

Golf specific items-in addition to those listed at the top

Collared shirt (men & women)	NO jeans/ cut-off shorts
Appropriate footwear (no sandals/ boots)	Optional: money for lunch at the clubhouse

Cycle, Tennis/Pickleball specific items-in addition to those listed at the top

Comfortable clothes	Sneakers	Gloves to prevent blisters
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When you arrive at a program site, please check in with the staff member running the activity. Once you have checked in, you will be fitted with any equipment you need and be paired with a volunteer instructor.

Cancellations:

We only cancel lesson in the case of severe weather, although just rain may cancel a racket-sport program. If you think we may have cancelled a program and we have not already notified you, you can call the office at 207-824-2440 and there will be a cancellation message posted after 6:30am on any program day that has been cancelled.

Mail this form to: Maine Adaptive
PO Box 853
Bethel, ME 04217

Fax to: 207-824-0453
Email to: info@maineadaptive.org

We will confirm receipt of this form and send you a confirmation email with all the dates we have available for you.