



PARTICIPANT LESSON REQUEST FORM WINTER 2025

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.** To help us accommodate as many participants as possible, we kindly ask that you initially submit requests for 5 or 6 lessons for the winter season. We'll do our best to schedule a few lessons for each student. As the season progresses, we may be able to add additional lessons to your schedule, depending on availability.

- 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
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
MLK		Veterans			
26	27	28	29	30	31
No Boundaries					
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
Vacation Week					
23	24	25	26	27	28
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
Ski-A-Thon Celebration	24	25	26	27	28

Sugarloaf	
Carrabassett Valley	
SATURDAY	SUNDAY
4-Jan	5
11	12
18	19
25	26
1-Feb	2
8	9
15	16
22	23
1-Mar	2
8	9
15	16
23	Ski-A-Thon Celebration

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

Name: _____

Phone: _____

**Cross-country Skiing &
Snowshoeing All lessons run from
10am-12pm**

THURSDAY

Jan 9 Quarry Road Trails, Waterville

Jan 16 Roberts Farm, Norway

Jan 23 Roberts Farm, Norway

Jan 30 Pineland Farm, New Gloucester

Feb 6 Pineland Farm, New Gloucester

Feb 13 Pineland Farm, New Gloucester

Feb 27 Pineland Farm, New Gloucester

March 6 Pineland Farm, New Gloucester

March 13 Roberts Farm, Norway

March 20 Roberts Farm, Norway

March 27 Quarry Road, Waterville

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.

- January 24-27 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 13, 2024.

- February 10-12 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: December 13, 2024.

- March 5 -6 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. The camp will include lessons and tickets. Some equipment is available and will need to be reserved ahead of time. Lodging & meals are not included.

- March 7-8 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.

- Mono Mayhem** at Saddleback
Mono Mayhem! Monthly kids monoski days focusing on skills development, fun and community. Join a rotating cast of monoskiing mentors and stand-up supporters. Open to kids that are independent monoskiers that can come with an assist.

- Sunday, January 5, 2025 at Saddleback
- Sunday, February 2, 2025 at Saddleback
- Sunday, February 23, 2025 at Saddleback