



A New Season of Adventure Awaits!

Get ready to hit the trails, glide across the water, and enjoy some friendly competition on the courts—spring, summer, and fall 2025 are here, and we couldn't be more excited!

This season, we've lined up weekly adventures for everyone—from casual and adventure cycling, peaceful paddling, and relaxing golf, to fast-paced indoor pickleball and energizing mountain biking. New experiences are waiting—come join the fun!

A few exciting changes from last summer:

- Our court sports program is now focused on **pickleball** and will be held indoors at the brand-new **Wicked Pickle facility in South Portland**.
- New cycle location!** While we remain deeply fond of Back Cove as a venue, it's no secret our program has been outgrowing it for the last few years. With easy access to the Mountain Division rail trail and an easy 1.5 mile pond-side loop, **Gambo Field in Windham** will give everyone the quiet, safe space they need to develop their skills.
- Adventure Cycle days** have been added throughout the summer. These longer rides (approximately 10 miles) will take place at a variety of paved and hardpack gravel trails around the state.
- Our summer **Veterans No Boundaries** camp will now be held at Camp Fernwood Cove in Harrison.

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. [Participant Application](#) – 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.

2025 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.

Pickleball: Stand up and Wheelchair

at Wicked Pickle, South Portland Maine, unless otherwise noted

<input checked="" type="checkbox"/>	Date	Time	Stand up or Sport chair
<input type="checkbox"/>	Friday, June 20	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, June 27	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 11	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 18	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 25	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 1	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 8	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 29 **At UNE in Portland	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, September 12	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, September 19	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, September 26	9-12	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 pickleball racket

Adaptive Golf

Toddy Brook Golf Course in Yarmouth

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Monday, June 9	Toddy Brook	9-12
<input type="checkbox"/>	Monday, June 23	Toddy Brook	9-12
<input type="checkbox"/>	Monday, June 30	Toddy Brook	9-12
<input type="checkbox"/>	Monday, July 7	Toddy Brook	9-12
<input type="checkbox"/>	Monday, July 14	Toddy Brook	9-12
<input type="checkbox"/>	Monday, July 21	Toddy Brook	9-12
<input type="checkbox"/>	Monday, July 28	Toddy Brook	9-12
<input type="checkbox"/>	Monday, August 4	Toddy Brook	9-12
<input type="checkbox"/>	Monday, Aug 11	Toddy Brook	9-12
<input type="checkbox"/>	Monday, Aug 25	Toddy Brook	9-12
<input type="checkbox"/>	Monday, Sept 15	Toddy Brook	9-12
<input type="checkbox"/>	Monday, Sept 22	Toddy Brook	9-12
<input type="checkbox"/>	Monday, Sept 29	Toddy Brook	9-12
<input type="checkbox"/>	Monday, Oct 6	Toddy Brook	9-12

Adaptive Paddling

Range Pond State Park in Poland

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Wednesday, June 18	Range Pond	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 2	Range Pond	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 16	Range Pond	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 30	Range Pond	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Aug 13	Range Pond	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Aug 27	Range Pond	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Sept 10	Range Pond	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Sept 24	Range Pond	<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 17	Songo Locks, Naples	9-3

*Do you have your own boat? Yes No

Adaptive Cycling - Easier rides on multi-use trails

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Wednesday, May 7	Pineland Farms	1pm to 3pm
<input type="checkbox"/>	Wednesday, May 7 ²⁸	Pineland Farms	1pm to 3pm
<input type="checkbox"/>	Wednesday, June 11	Pineland Farms	1pm to 3pm
<input type="checkbox"/>	Thursday, June 12	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, June 26	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, July 10	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, July 24	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, August 7	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, August 21	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, September 4	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, September 18	Windham	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

Adventure Cycle - Longer rides, average 10 miles on paved or packed gravel trails

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Monday, May 19	Gardiner	10 am to 2 pm
<input type="checkbox"/>	Wednesday, June 25	Bug Light, Portland	10 am to 2 pm
<input type="checkbox"/>	Thursday, July 3	Quarry Road, Waterville	10 am to 2 pm
<input type="checkbox"/>	Thursday, July 17	Brunswick	10 am to 2 pm
<input type="checkbox"/>	Thursday, July 31	Pineland Farms	10 am to 2 pm
<input type="checkbox"/>	Thursday, August 28	Eastern Trail, Scarborough	10 am to 2 pm
<input type="checkbox"/>	Thursday, September 11	Bangor	10 am to 2 pm
<input type="checkbox"/>	Thursday, September 25	Peaks Island	10 am to 2 pm

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

Adaptive Mountain Biking - Various Locations

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Saturday, June 21	Gorham Pump Track, Gorham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Saturday, July 19	Bond Brook, Augusta	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Saturday, Sept 20	MT Apatite, Auburn	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Saturday, October 4	Carrabassett Valley	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Sunday, October 5	Carrabassett Valley	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 need a foot powered cycle
 I am not sure which type of cycle I need
 I need a hand powered cycle

Special Events

Acadia National Park Weekend

Open to all students! Join us for a weekend of cycling and paddling at Acadia National Park. We base out of the Eagle Lake parking lot, where we have access to a beautiful lake with views of Cadillac Mountain, as well as the vast connections of carriage road for biking. Request one session or a full day, bike or paddle, or maybe split your day between the two.

Maine Adaptive does not provide lodging, but many attendees choose to stay at local campgrounds and hotels which we can help identify. Any person with a permanent disability can get a free lifetime National Park Pass, available here: <https://store.usps.gov/access-pass>. **Maine Adaptive does not provide park entrance** for anyone attending, so please check the park pass website for details on what pass fits you best.

	Date	Preferred Sport	Time
<input type="checkbox"/>	Saturday, September 6	Cycle <input type="checkbox"/> or Paddle <input type="checkbox"/>	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Sunday, September 7	Cycle <input type="checkbox"/> or Paddle <input type="checkbox"/>	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>

Veterans No Boundaries (VNB)

August 15-18

Held at Fernwood Cove in Harrison, 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. We will confirm attendance late spring/early summer.

Please note: A refundable deposit of \$125 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 15-18

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, 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 lessons in the case of severe weather. 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 follow up with a confirmation email with all the dates we have available for you.