



Maine Adaptive

SPORTS & RECREATION

PARTICIPANT LESSON REQUEST FORM WINTER 2026

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 1-3PM**

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
125 Outward Bound Rd
Newry, ME 04261

**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						Sugarloaf	
Newry						Carrabassett Valley	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1/2	1/3	1/4
1/4	1/5	1/6	1/7	1/8	1/9	1/10	1/11
1/11	1/12	1/13	1/14	1/15	1/16	1/17	1/18
1/18	1/19	1/20	1/21	1/22	1/23	1/24	1/25
MLK							
1/25	1/26	1/27	1/28	1/29	1/30	2/1	2/2
2/1	2/2	2/3	2/4	2/5	2/6	2/7	2/8
2/8	2/9	2/10	2/11	2/12	2/13	2/14	2/15
2/15	2/16	2/17	2/18	2/19	2/20	2/21	2/22
Vacation Week							
2/22	2/23	2/24	2/25	2/26	2/27	2/28	3/1
3/1	3/2	3/3	3/4	3/5	3/6	3/7	3/8
3/8	3/9	3/10	3/11	3/12	3/13	3/14	3/15
3/15	3/16	3/17	3/18	3/19	3/20	3/21	3/22
Ski-A-Thon Celebration	3/23	3/24	3/25	3/26	3/27	3/28	3/29
3/29	3/30						

Name: _____

Phone: _____

Cross-country Skiing & Snowshoeing All lessons run from 1-3PM	
Jan 6	Roberts Farm, Norway
Jan 13	Roberts Farm, Norway
Jan 20	Roberts Farm, Norway
Jan 27	Roberts Farm, Norway
Feb 3	Roberts Farm, Norway
Feb 10	Roberts Farm, Norway
Feb 24	Roberts Farm, Norway
March 3	Roberts Farm, Norway
March 10	Roberts Farm, Norway
March 24	Roberts Farm, Norway

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 23-26 **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, 2025.

☐ Feb 9-11 **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 Deadline: December 13, 2025.

☐ Jan 31-Feb 1 **Mono-Ski Skills Camp II** at Sugarloaf

Mono Camp Returns! Get yourself tuned up for the season at Sugarloaf. Sign up for one or both days. Highly trained instructors 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.

☐ Jan 5 **Mono-Mayhem Saddleback**

A Monoski day focusing on skills development, fun and community. Join a rotating cast of monoskiing mentors and stand-up supporters. Open independent monoskiers that can come with an assist.

☐ Jan 19 **Mono-Mayhem Saddleback**

A Monoski day focusing on skills development, fun and community. Join a rotating cast of monoskiing mentors and stand-up supporters. Open independent monoskiers that can come with an assist.