



Dear Maine Adaptive Students,

As the fiddleheads begin popping up here in Newry, it can only mean one thing: It's time to sign up for summer programs! Dates are live on AccountsX now, and we're attaching a written version of the calendar and day descriptions to this letter.

We've moved into a new home: The Maine Adaptive Mountain Center in Newry! Don't worry, though- we'll be on the road as much as ever this summer, starting in June with golf most Mondays at Toddy Brook, paddling every other Wednesday at Range Pond, cycling every other Thursday at Gambo Fields in Windham, and pickleball most Fridays at Wicked Pickle.

The Mountain Center gives us a chance to try a few new things in Newry and Bethel, too! One Saturday each month, we'll be hosting an adventure weekend. We're also offering Friday night camping for participants and volunteers who want to arrive early and enjoy s'mores around the fire for each of the monthly Mountain Center programs! There is a \$25 fee for the overnight camping stay, though the Saturday day program remains completely **free** for everyone. Space is limited and advanced registration is strictly required- please reach out to us at info@maineadaptive.org for more info or if you're interested in camping.

To request summer dates:

Login to your account: in the registration portal <https://masr.accountsx.com/>

Update your profile

Sign the Move United Waiver & Liability Release/Media Release: (must be done once every calendar year <https://www.waiverfile.com/b/MaineAdaptiveSportsandRecreati/Waiver.aspx?formid=e3b730a3-04a2-49c3-90ef-4982ca0ebbf7>)

Request lessons in the online portal or complete the lesson request form in the following pages.

You can request lessons at any time however our lessons fill quickly! We encourage you to complete the registration early.

Cancelations: Please, notify us as soon as possible if you know you're not able to make a confirmed lesson. **Cancelling within 24 hours or no-showing will result in being moved to the bottom of the waitlist for subsequent programs.** Repeated absences or late arrivals will result in ineligibility to participate in our program. Please, be respectful of the time and money our community pours into making this program a reality.

If you have any questions, email info@maineadaptive.org and we will help get you started.

From all of us at Maine Adaptive,

Sincerely,

Your Friends at Maine Adaptive

2026 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 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, 2401 Broadway Street, South Portland 04106

<input checked="" type="checkbox"/>	Date	Time	Stand up or Sport chair
<input type="checkbox"/>	Friday, June 26	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 10	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 17	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 24	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, July 31	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 7	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 14	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, August 28	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, September 11	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, September 18	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, September 25	9-12	Stand up <input type="checkbox"/> or Sport chair <input type="checkbox"/>
<input type="checkbox"/>	Friday, October 2	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 8	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, June 15	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, June 29	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, July 6	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, July 13	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, July 20	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, July 27	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Aug 10	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Aug 31	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Sept 14	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Sept 21	Toddy Brook GC, Yarmouth	9-12
<input type="checkbox"/>	Monday, Sept 28	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 17	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 1	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 15	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, July 29	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Aug 12	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Aug 26	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-3
<input type="checkbox"/>	Wednesday, Sept 9	Range Pond State Park, Poland	<input type="checkbox"/> 10-12 OR <input type="checkbox"/> 1-5
*Do you have your own boat?		Yes <input type="checkbox"/> No <input type="checkbox"/>	

River Trip

You must have attended one of the flatwater paddling days above in order to sig			Time
<input checked="" type="checkbox"/>	Date	Location	9-3
<input type="checkbox"/>	Wednesday, Sept 23	Songo Locks, Naples	
*Do you have your own boat?		Yes <input type="checkbox"/> No <input type="checkbox"/>	

Adaptive Cycling

Gambo Fields, Soccer Dr, Windham, ME 04062

<input checked="" type="checkbox"/>	Date	Location	Time
<input type="checkbox"/>	Thursday, June 11	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, June 25	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, July 9	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, July 23	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, August 6	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, September 3	Windham	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>
<input type="checkbox"/>	Thursday, September 17	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

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	Preferred Sport	Time
<input type="checkbox"/>	Saturday, September 5	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 6	Cycle <input type="checkbox"/> or Paddle <input type="checkbox"/>	10-12 <input type="checkbox"/> OR 1-3 <input type="checkbox"/>

Adaptive Mountain Biking

Please Check the appropriate box below for mountain biking:

<input type="checkbox"/>	I have my own cycle	<input type="checkbox"/>	I need a foot powered cycle
<input type="checkbox"/>	I am not sure which type of cycle I need	<input type="checkbox"/>	I need a hand powered cycle

Mountain Bike Adventure

October 3-4

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

<input checked="" type="checkbox"/>	Date	Time			
<input type="checkbox"/>	Saturday, October 3	9-12	<input type="checkbox"/>	OR	1-4 <input type="checkbox"/>
<input type="checkbox"/>	Sunday, October 4	9-12	<input type="checkbox"/>	OR	1-4 <input type="checkbox"/>

Veterans No Boundaries (VNB)

August 21-24

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.


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 checked="" type="checkbox"/>	
<input type="checkbox"/>	Summer VNB, August 21-24

Mountain Center Adventure Days


125 Outward Bound RD Newry ME 04261

One Saturday each month, we'll be hosting an adventure weekend with the option to camp out overnight at the Maine Adaptive Mountain Center the night before. Space is limited and advanced registration is strictly required- please reach out to us at info@maineadaptive.org if you're interested.

	Date	Activity	Time
<input type="checkbox"/>	Saturday, June 13	Mountain Biking	9-3
<input type="checkbox"/>	Saturday, August 8	Paddle & Hike	9-3
<input type="checkbox"/>	Saturday, September 19	Mountain Biking	9-3

Lodging

We offer both tent space and bunk-style cabin accommodations to fit your comfort level. Whether you prefer sleeping under the stars or in a shared cabin setting, we've got you covered. Cost is \$25 per person per night. Please note bathroom facilities are in a separate building.

	Date	Lodging Type	
<input type="checkbox"/>	Friday, June 12	Bunk <input type="checkbox"/> OR Tent <input type="checkbox"/>	
<input type="checkbox"/>	Friday, August 7	Bunk <input type="checkbox"/> OR Tent <input type="checkbox"/>	
<input type="checkbox"/>	Friday, September 18	Bunk <input type="checkbox"/> OR Tent <input type="checkbox"/>	

Mountain Center Program Day Descriptions:

June 13, 2026 MOUNTAIN CENTER CATS RIDE

****Cabins & Camping available the night of 6/12 on site- MANDATORY lodging RSVP at info@maineadaptive.org by 6/5****

Meow! For this Mountain Center Adventure, we will be cycling on the Community Access Trail (CATS trail)! This is a 5+ mile ride on a hard packed, gradual trail that stretches from The Bethel Community Forest into Bethel. The greater majority of the trail is on hard packed dirt trails, with a very short section that is alongside paved roads. This trail will provide ample options for a full day of riding including the option to try some additional mountain bike trails in the community forest.

August 8, 2026 MOUNTAIN CENTER PADDLE & HIKE

****Cabins & Camping available the night of 8/7 on site- MANDATORY lodging RSVP at info@maineadaptive.org by 7/31****

For this Mountain Center Adventure day, we will be paddling and hiking in nearby Woodstock.

Students and volunteers will have the opportunity to come to Mountain Center Friday Evening to have dinner together, have s'mores around the fire and stay the night!

Saturday will start with a paddle out of the Bryant Pond 4H camp, which has restroom and outdoor seating near the waterfront. Enjoy calm water, wildlife and great views all around. Then after lunch we will move over to Bucks Ledge to explore their NEW ADA accessible hiking path that overlooks the valley.

September 19, 2026 MOUNTAIN CENTER MTB

****Cabins & Camping available the night of 9/18 on site- MANDATORY RSVP at info@maineadaptive.org by 9/11****

For this Mountain Center Adventure, we will be Mountain Biking in the Greater Bethel Area! Further details will be revealed closer to the event.

Students and volunteers will have the opportunity to come up Friday evening and stay on property, have dinner together and enjoy a nice fire with smores in the field before Saturday's adventure ride! Everyone will pack a lunch and drinks to bring with them on the ride, have lunch

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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Mountain Center lodging specific items-in addition to those listed at the top

Sleeping bag	Mess kit	If Tenting
Head lamp/Flash light	Bug spray	Tent
Pillow		Sleeping pad

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, 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
125 Outward Bound RD
Newry, ME 04261

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.