

Join Us This Summer 2019!

Adaptive recreation for all skill levels and ability



Maine Adaptive
SPORTS & RECREATION





Maine Adaptive is the largest year-round adaptive recreation program in the state of Maine for adults and children with disabilities. We are a leader in adaptive sports, driven by our passion for outdoor recreation and a desire to help people experience the outdoors. Maine Adaptive provides over 3500 lessons winter and summer, free of charge, thanks to the generous support of individuals, businesses, corporations and foundations that sustain our program every year.



Adaptive GOLF

We believe just about anyone can play golf. If you are a beginner or looking to return to the game, we will help you.

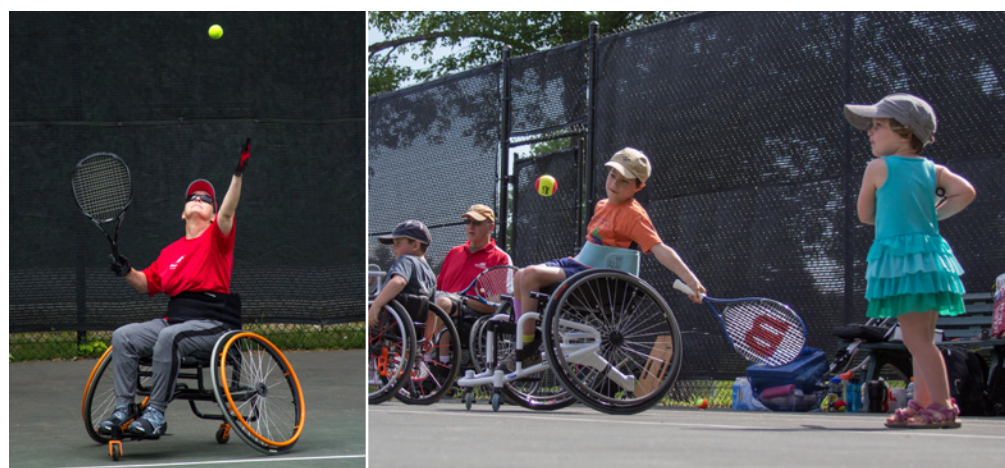
Regardless of the disability we can accommodate most everyone. We have our own golf pro and instructors who will teach you techniques on chipping, putting, driving and adaptive on-course play. For our athletes who need assistance standing or walking we have access to a SoloRider golf cart. We offer lessons at Toddy Brook Golf Course in Yarmouth and at various other courses throughout southern Maine.



Adaptive TENNIS

Tennis is not only a fantastic way to get active outdoors, it's also a social sport both on and off the court.

Tennis is one of the mostly widely accessible sports in the US and there are a wide variety of adaptations and techniques that allow just about everyone to participate. Tennis uses the same equipment and courts the only difference is that wheelchair athletes may use up to two bounces during match play. Learn the basics up to advanced skills with us this summer. Sit down and Stand up tennis is offered in collaboration with VAST at Pineland Farms in New Gloucester.



Adaptive PADDLING

Many find a new freedom on the water. You will find this freedom with us while paddling on flatwater, or on the river.

Come learn how to paddle a canoe or kayak, or improve your skills through our lessons on Range Pond in Poland. Once you are comfortable there, consider one of our Advanced Paddling trips. Demonstrating required skills at Range Pond and staff approval is a pre-requisite for any of the advanced trips.



6-Week Skills Programs

Adaptive CLIMBING

Adaptive climbing is one of our fastest growing sports. We have partnered with Salt Pump Climbing Co in Scarborough to offer a six-week progressive adaptive climbing skills and strength building program. Come join our growing and supportive climbing community. Each student will be asked to bring a climbing buddy with them to each session.

NEW Adaptive MOUNTAIN BIKING

We are excited to offer our all new adaptive mountain bike program this year! Hit unpaved trails with us this summer. This 6-week progressive program that will meet at five different locations to develop basic to advanced skills and techniques.

Please contact us for more information about these 6-week programs. 207-824-2440 or info@maineadaptive.org. A six-week commitment to these programs is required.



Adaptive CLIMBING

Anyone can Climb!

Climbing is not only a fun and challenging sport, it also builds your strength and flexibility. Learn the techniques to safely belay and climb with a climbing buddy. 3-hour indoor day programs are offered in Bethel. In the fall, anyone who has attended a climbing day with us is invited to climb outside in Camden with guides.



Adaptive CYCLING

Cycling is a great low-impact way to get out and enjoy the outdoors in Maine this summer.

Cycling is our most popular summer program. We have a great community of cyclists to get you out on the trails this summer. Whether you are a novice or have had adaptive cycling experience, we can get you out riding. Adapted cycles, whether hand- or foot-powered, are available to use. We have scheduled rides throughout the summer at Back Cove in Portland, Davis Park in Bethel and Bangor City Forest trails. Advanced rides of 10 miles and more are also offered.



Veterans No Boundaries Summer Camp

Join Maine Adaptive August 16-19 at Camp Wavus, Jefferson, Maine for an uplifting recreational summer vacation.

Camp Wavus is a classic New England outdoor haven nestled on the shores of Damariscotta Lake. Since 2006 Veterans No Boundaries(VNB) has hosted this free four-day summer camp for dozens of veterans and active duty personnel with permanent disabilities, along with their immediate families. The camp is filled with exciting and rewarding adaptive recreation opportunities and family fun.

The program often includes:

- Kayaking & Canoeing
- Fishing & Boat Tours
- Shooting & Archery
- Cycling
- Ropes Course, Zip Line & High Swing
- Arts & Crafts
- Demonstrations & Special Visitors
- Evening Activities
- Tennis

All activities, lodging, accommodations and meals are provided free of charge for immediate family and caregivers throughout the four-day event. Participants are free to choose activities based on their own interests and energy levels throughout the weekend. While we can also help with local transportation between program sites and to/from the Portland Jetport and Transportation Center (bus and train), all travel to/from Maine is the responsibility and at the expense of the participant.



Register for Summer Programs

Participants must:

Submit a Participant Application, if not done for winter.

Submit a Physician Statement every two years.

Complete and submit a Summer 2019 Lesson Request Form.

If your current Application and Physician Statement are on file, lessons may be requested by phone.

Advanced registration is required and early lesson requests are suggested.

General Guidelines for Participation

To be eligible to participate in Maine Adaptive programming, an individual must:

- Have a permanent disability
- Be age 4 or older
- If the student is a minor or has a guardian/caregiver, the guardian/caregiver must be available to program staff while the student is participating in the program.
- Provide necessary supervision and assistance for all non-lesson time
- Be seizure free for 3 months and stable on medication; in all cases of identified seizures, however, based on the nature of the activity and a review of the physician statement and medical history, Maine Adaptive may adopt appropriate program procedures to allow or preclude program participation.
- Understand that s/he is participating with Maine Adaptive
- Be able to actively participate & engage appropriately in the lesson. Harassment or abusive behavior toward others, for any reason, is not tolerated.
- Be able to follow instructions and effectively communicate independently or with assistance of a companion.
- Be able to wear all protective equipment required for the activity

Additional Paddle Program Requirements

You must:

- Meet program participant guidelines and have current paperwork complete
- Be able to breathe independently, not require medical devices to sustain breathing
- Be able to hold head upright without head/neck support
- Be able to maintain closed mouth/lips while under water
- Be able to turn from face down to face up independently in water, while wearing a properly fitted life vest

- Have the ability to remain seated and balanced in a boat (with or without adaptive equipment)

At Maine Adaptive paddling lessons you will be asked to perform these skills. In order to participate in a River Trip, you must possess these skills as well as successfully execute a wet exit independently.

Partner with Us

Maine Adaptive Sports & Recreation promotes year-round education and training for individuals with disabilities in order to develop skills, enhance independence, and provide enjoyment through active recreation. Every Maine Adaptive program offers recreational education of the highest quality, free of charge to our athletes. Your generous tax-deductible gift will help us continue to offer summer and winter recreation opportunities for people of all abilities. For more information on any type of giving option, please contact our development office at (207) 824-2440.

Maine Adaptive Sports & Recreation is a 501(c)(3) tax exempt non-profit organization. EIN 01-0388818

Volunteer Opportunity

We are looking for volunteers. If golf, paddling, cycling, climbing or tennis are your summer passions, volunteer with Maine Adaptive and helping our participants learn to enjoy the sports you love. Lessons are held in locations throughout southern Maine with friendly people and sometimes even a hot dog or s'more are thrown in for good measure! Must be 18 years of age or older. Cycling, you must have own bicycle and helmet; Golf, tennis and climbing you must have a basic knowledge of the sport; Paddling know basic strokes and safety skills.

Contact Us

Monday-Friday, 8am-4pm

Maine Adaptive Sports & Recreation

8 Sundance Lane, Newry, Maine 04261

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www.maineadaptive.org

(207) 824-2440

(800) 639-7770 Toll free

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