

PLACE  
STAMP  
HERE

Sheila Rothman  
Courage Center Coordinator  
Giants Ridge Adaptive Ski Program  
6438 Woodland Court  
Aurora, Minnesota 55706

# Yes I can!

## Giants Ridge Adaptive Ski Program



## Discover the possibilities that downhill skiing has to offer your child.

Courage Center Duluth is pleased to announce the dates that the Adaptive Ski Program will be available for youth with physical disabilities ages six and older at Giants Ridge Ski Resort.

Trained volunteers will be on hand to assist participants with set up on state-of-the-art adaptive equipment, skiing instruction and using the chair lifts.

**Pre-program day registration is required.** Register now for any or all six Sunday sessions. Registration slots are limited to the number of program volunteers and equipment available.

Ski participants must have a physical disability, visual impairment or have autism spectrum disorder. Participant weight limit is 160 lbs. to insure the safety of the skier and the volunteers.

The cost of each Sunday session is \$20 which includes equipment, instruction and lift ticket. Scholarships available upon request.

**Choose program date: February 5, 12 & 26 March 4, 18 & 25**

**Choose session time: A 10:30am-noon or B 1:00pm-2:30pm**

Care providers must arrive at the Chalet 15 minutes prior to session to check-in and must remain at Giants Ridge during session.

Call/email Sheila Rothman for further information. 218-965-0174 [sheilarothman@mac.com](mailto:sheilarothman@mac.com)



Send Registration and payment to:  
Sheila Rothman  
6438 Woodland Court  
Aurora, Minnesota 55705

Name \_\_\_\_\_

Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_

Disability \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Sessions Requested: \_\_\_\_\_

Program made possible by Courage Center Duluth in cooperation with Giants Ridge and the support of these sponsors:

