

## Adaptive Ski Programs in Minnesota

We are lucky to have so many adaptive ski programs in Minnesota. Each program is slightly different in the individuals they serve and where the program is located. Please contact the individual programs for more information.

### **AR&LE**

#### **DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB**

Six week program is for individuals seven and older with the ability to stand up while learning to ski or snowboard. Ski Club members must be referred by ski lesson staff and be able to ski independently. Students with mobility impairments are referred to Courage Kenny Ski & Snowboard. Various locations and times offered.

#### **Contact:**

Ann Jindra Recreation Supervisor, Richfield Recreation Services

Phone: 612-861-9361

Email: [ajindra@cityofrichfield.org](mailto:ajindra@cityofrichfield.org)

Website: [www.cityofrichfield.org](http://www.cityofrichfield.org)

### **Padraig's Place - Buck Hill, Burnsville, MN**

Padraig's Place, a local non-profit organization, and Buck Hill Ski and Snowboard School have come together to provide a fun experience for skiers and snowboarders with both physical and cognitive disabilities. Padraig's Place has adaptive equipment that can assist stand-up and sit downs skiers as well as balance equipment for snowboarders. We also offer instructors that have trained with the latest equipment and current techniques to make the experience memorable and safe. Many of the Instructors are PSIA certified, trained through the National Sports Center for the Disabled and active in the special needs community outside of the ski area.

#### **Contact:**

Brian Foley

Phone: 612-889-7001

Email: [Brian@padraigspplace.org](mailto:Brian@padraigspplace.org)

Website: <http://www.padraigspplace.org/>

### **Hyland Hills Ski Stars**

Hyland Hills offers a weekly lesson program for youth with developmental disabilities. Individuals will have fun and develop your skiing skills in a safe and controlled environment. Limited space available. Rental equipment included.

**Contact:** 763-559-6700

<https://www.threeriversparks.org/page/snowsports-academy>

### **MSC DEAF AND HARD OF HEARING**

The Midwest Sport/Ski Council's Deaf and Hard of Hearing (DHH) Program teaches children how to ski or snowboard for the first time or advance their current skills with additional instruction.

**Contact:** [MSCDHHProgram@mnski.org](mailto:MSCDHHProgram@mnski.org)

**Mankato Area Adaptive Ski Program (MAASP)**

MAASP is an adaptive ski program in Mankato. This program was developed to give people with physical disabilities the opportunity to ski!

**Contact:** Tie Dupon

Email: [tdupon1@isd77.org](mailto:tdupon1@isd77.org)

Phone: (507-387-5501)

Website: <https://www.mankatocer.com/programs/adult/adults-with-disabilities-access>

**PowderRidge- Kimball MN**

Offers 2 adaptive programs. Both programs include a lift ticket, equipment rental, helmet rental and 1-1/2 hour private lesson.

The Bi-ski program is designed for those with physical and/or cognitive disabilities and are unable to learn on regular skies. The skier actually sits while skiing and is tethered down the hill by an instructor.

The Modified Ski program is for those with cognitive disabilities that need one-on-one instruction and modifications in order to learn to ski. These skiers will use regular skis and boots.

**Contact:** Powder Ridge Ski School

Email: [skischool@powderridge.com](mailto:skischool@powderridge.com)

Phone: 320-398-7200

Website: <https://powderridge.com/learn/adaptive-ski-program/>

**Special Olympics Adaptive Skiing**

Special Olympics Minnesota offers alpine skiing events from novice to advanced levels, as well as the glide event for lower ability level athletes to train and compete in basic alpine skiing skills. The development of these basic skills are necessary prior to advancing to other competitive events. As in all Special Olympics sports, athletes are grouped in competition divisions according to ability level, age and gender.

**Contact:** <https://specialolympicsminnesota.org/get-involved/athletes/sports-we-offer/alpine-skiing/>

**Trollhaugen Adaptive – Dresser, WI**

Trollhaugen is offering Adaptive lessons 7 days / week by appointment. Reservations are required and accepted in the order they are received. The types of lessons with equipment include: three track, four track, mono-ski, bi-ski, and other devices which provide opportunities for skiing. It is required that each student bring along a companion skier or "ski buddy", who also receives a lift ticket and equipment rental (included in the pricing). The Ski Buddy must ski with the student and may be asked to assist with the lesson in some way.

**Contact:**

Larry LaBathe, 715-755-2955 x226

[adaptlessons@frontier.com](mailto:adaptlessons@frontier.com)

<https://trollhaugen.com/lessons#H>