

Adaptive Ski Programs in Minnesota

We are lucky to have so many adaptive ski programs in Minnesota! Each program is slightly different in the population 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@richfield.mn.org
 Address: 7000 Nicollet Avenue South Richfield 55423
 Website: 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:

Padraig's Place @ Buck Hill
<http://www.padraigsplace.org/>
 Brian Foley 612-889-7001 bfoley@specialkidcare.org
 Eileen Foley 612-236-7177 efoley@padraigsplace.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

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:

Email: ljohns2@isd77.k12.mn.us

Phone: (507) 207-3036

Website: www.maasp.org

PowderRidge- Kimball MN

Offers 2 adapted programs:

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 skies and boots.

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

Contact: Powder Ridge Ski School

Email: skischool@powderridge.com

Phone: 320-398-7200

Ave Rick: email- ave@powerridge.com, phone- 320-398-7200 ext. 23

Special Olympics Adaptive Skiing -- 612.333.0999

Area 3: Carlton, Cook, Itasca, Koochiching, Lake, Pine & St. Louis counties-

Contact: **Kelly Monicatti**, Director of Program – kelly.monicatti@somn.org 763.270.7168

Area 7: Benton, Isanti, Kanabec, Mille Lacs, Sherburne, Stearns & Wright counties

Link: [Special Olympics Area 7 Contact List](#)

Area 10: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha & Winona counties

Link: [Special Olympics Area 10 Contact List](#)

Area 11: Carver and Hennepin County

Contact: **Kelly Monicatti**, Director of Program – kelly.monicatti@somn.org 763.270.7168

Link: [Special Olympics Area 11 Contact List](#)

Area 12: Dakota, Ramsey (partial) & Scott counties

Link: [Special Olympics Area 12 Contact List](#)

Area 13: Anoka, Chisago, Ramsey (partial) & Washington counties

Link: [Special Olympics Area 13 Contact List](#)

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.

Contact:

Gretchen Anderson | anderson_gretchen@hotmail.com | 715-637-1011