

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.

Adaptive Recreation & Learning Exchange (AR&LE)

DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB

This 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. Adaptive equipment is not used. Students with mobility impairments are referred to Courage Kenny Ski & Snowboard.

Contact:

Ann Jindra, Recreation Supervisor: 612-861-9361 | ajindra@richfieldmn.gov

Address: 7000 Nicollet Avenue South Richfield 55423

Website: www.richfieldmn.gov

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:

Phone: 763-559-6700

Website: <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 offers beginning to intermediate ski and snowboard lessons for hard of hearing youth.

Contact:

Email: davedent.dhl@gmail.com

Website: <https://midwestfun.org/2023/12/42701/>

Mankato Area Adaptive Ski Program (MAASP)

MAASP is an adaptive ski program in Mankato. This program offers ski lessons to adults and youth with physical disabilities.

Contact:

tdupon1@isd77.org | (507) 207-5501

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

Northland Adaptive Recreation- Ski program

Northland Adaptive Recreation Ski Program offers one-to-one instruction in adaptive skiing and snowboarding techniques that accommodate people with a variety of disabilities. Downhill skiing and snowboarding lessons are available for beginner to advanced skiers and snowboarders. Our volunteer instructors specialize in teaching with the use of adaptive equipment to ski or ride for those who need it. Lessons are offered at Spirit Mountain and Giants Ridge.

Contact

Eric Larson: eric.larson@mdfoundation.org | 218-393-0757

Website: <https://www.northlandadaptive.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: 612-889-7001 | bfoley@specialkidcare.org

Eileen Foley: 612-236-7177 | efoley@padraigsplace.org

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

PowderRidge- Kimball MN

Offers 2 adapted 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 seated 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

skischool@powderridge.com | 320-398-7200

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 | adaptive@trollhaugen.com | 715-755-2955 x 263

Website: <https://trollhaugen.com/lessons>