

# Summer Registration Open



Summer Programs: May 29 - Early September

It's the moment warm weather fans have been waiting for! OAS offers a full slate of summer programs for youth and adults of various populations. Your next summer adventure could be on the water, the trails, on the greens or scaling a rock wall. Check out what we have to offer, register for your outdoor adventures and celebrate summer with OAS!

## HOW TO REGISTER

OAS' summer programs run from late May to early September. We will be accepting summer reservations May 1st. Please review our summer catalog or our website to see the programs we have to offer. Scheduling often depends on equipment and staff availability. To get your desired outdoor adventures firmed up, we encourage advanced sign ups.

### When you are ready to register:

1. Fill out an online Participant Information Form *\*This form is required only once per season.*
2. Submit your online Lesson Request Form
3. A OAS staff member will follow up with you to firm up details of your request within 5 days

## SCHOLARSHIPS

OAS strives to keep our rates affordable but also to provide financial assistance to participants who have limited means. To be considered for a scholarship, please submit an online Summer Scholarship Application at least two weeks prior to your first summer program or lesson date requested.

## SPORTS SPECIFIC EXPERIENCES

### YOGA for EveryBODY

Compliment all of your activities through balancing strength and flexibility of the body and mind through all abilities yoga. OAS Yoga for EveryBODY is open to all abilities age 16 and up (younger participants possible with instructor approval). Family and friends are welcome.

Location: Tula Movement Arts | 2797 NW Clearwater Drive Suite #100, Bend, OR 97701

Cost: \$5 per class

Dates: Every Tuesday from 10:45 am - 11:45 am, June 12, 19, July 3, 10, 17, 24, 31, August 7, 14, 28 *\*Excluding June 26 and August 21*

## CYCLING

OAS has a fleet of over a dozen adaptive cycles to accommodate a wide range of abilities!

### Adaptive Cycle Fit-Ups:

These 90-minute sessions include 1 on 1 time with OAS staff to explore the various options. You'll also get to ride for 30-45 minutes in the vicinity of the OAS Warehouse.

Location: OAS Warehouse | 63025 OB Riley Road, Suite #12 Bend, Oregon 97703  
Cost: FREE  
Dates: Available May 29 - early September

### Weekly Cycle Series:

Join us at our weekly cycle session in partnership with Destination Rehab from June through August.

Location: Pine Nursery Park | 3750 NE Purcell Blvd, Bend, Oregon 97701  
Cost: FREE  
Dates: Every Monday throughout summer from 4:30 pm - 7:00 pm, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20 and 27

### Private Cycle Session:

Sign up for a 2 or 4 hour private cycle session in a variety of locations throughout Central Oregon.

Location: Bend Parks, scenic routes, the Deschutes River Trail, bike paths and more  
Cost: \$40 \*Includes all equipment, transportation and trained OAS staff/volunteers  
Dates: Available May 29 - early September

## PADDLING

OAS offers adaptive paddling lessons and tours for all abilities. Adaptive paddling experiences are available to participants ages 7 and up.

### NEW! Lava Lake Community Days:

Bring your family and friends to hike and kayak at Lava Lake nestled in the Deschutes National Forest. This is a community event to enjoy the outdoors with OAS between 9 am and 4 pm. Transportation is available from town with limited spots. \*\*Advanced sign up is required.

Location: Lava Lake  
Cost: FREE  
Dates: June 16, July 21, August 18

### Private Paddle Session:

Sign up for 2 or 4-6 hour private sessions in a variety of locations throughout Central Oregon.

Location: Riverbend Park, Mirror Pond, Discovery Park, Sparks Lake, Hosmer Lake, Lava Lake, Little Lava Lake or the flat water stretch from Dillon up to Benham Falls  
Cost: 2 hour paddling experience in Bend, \$60  
4-6 hour (including transportation) at Cascade Lakes or Deschutes River, \$85  
Dates: Available May 29 - early September

## MOUNTAIN BIKING

Guided rides available on many of the iconic Bend trails! Two off-road handcycles available for riders with physical disabilities. Able-bodied riders can get fitted to a bike through our friends at Pine Mountain Sports.

### First Time Fit-up & Intro Ride:

These 90-minute sessions include 1 on 1 time with OAS staff to explore options. You'll also get to ride for 30-45 minutes in the vicinity of the OAS Warehouse.

Location: OAS Warehouse | 63025 OB Riley Road, Suite #12 Bend, Oregon 97703  
Cost: FREE  
Dates: Available May 29 - early September

### Private Session:

OAS offers 2 and 4-6 hour private sessions on a Bend area trail. OAS has certified mountain bike instructors on staff and in our volunteer pool and individuals experienced in off-road hand cycling. Accessible transportation is available and included.

Location: In and around Bend based on goals and ability  
Cost: 2 hour session, \$45 | 4-6 hour session, \$65  
Dates: Available May 29 - early September

## CLIMBING

Experiences are catered to meet the individual's needs and goals. Adaptive climbing experiences are available to all participants ages 7 and up.

### Inclusive Climbing Club:

This inclusive climbing club is a space for people of all abilities to climb with each other in a fun indoor setting. All climbers (volunteers and participants) can climb and learn how to support each other. OAS instructor(s) will be there to instruct and aid beginner climbers. *\*Advanced sign up is required.*

Location: Bend Rock Gym | 1182 SE Centennial Ct, Bend, OR 97702  
Cost: \$10 (including gear rentals)  
Dates: First Tuesday of Every Month, Year Round from 4:30 – 6:30 pm  
May 1, June 5, July 3, August 7, September 4

### Smith Rock Outings:

This outing is designed for climbers with some experience who want to develop their skills further and be outside. Transportation from the office is provided. *\*Advanced sign up is required.*

Location: OAS Warehouse | 63025 OB Riley Road, Suite #12, Bend, OR 97703  
Cost: \$30  
Dates: Tuesday June 26, Tuesday August 21, Friday October 6 from 9:00 – 5:00 pm

### Private Climb Session:

As with all of our sports, OAS offers private climbing experiences that can be adapted to fit most needs ages 7 and up.

Location: Bend Rock Gym or outside depending on goals and ability  
Cost: \$30  
Dates: Available May 29 - early September

## GOLF

OAS partners with Awbrey Glen Golf Club to provide it's summer long Ability Golf program. Monthly clinics, practice and 9-hole playing opportunities are available for golfers of all abilities ages 8 and up.

### Ability Golf

A monthly golf session in partnership with Awbrey Glen Golf Club

Location: Awbrey Glen Golf Club | 2500 Awbrey Glen Dr Bend, Oregon 97701  
Cost: FREE  
Dates: Thursdays once a Month from 5 - 6 pm; May 24, June 21, July 12, August 16 and September 6

### Par 3 Course & Practice Play:

If you are ready to take your game to the next level, play the Par-3 course with a trained OAS volunteer. All players must adhere to Awbrey Glen dress code. *\*Advanced sign up is required.*

Location: Awbrey Glen Golf Club  
Cost: FREE  
Dates: Mondays after 3 pm from May - early September

### **Intermediate/Advanced Play:**

Front-nine course play with a trained OAS volunteer to caddie/instruct with advance scheduling. Advance notice to Awbrey Glen is required and all players must adhere to Awbrey Glen dress code.

Location: Awbrey Glen Golf Club | 2500 Awbrey Glen Dr Bend, Oregon 97701

Cost: \$25

Dates: Mondays after 3 pm, between late May to early September

## **HIKING**

From the basalt cliffs of Smith Rock State Park to the old growth ponderosas in parks around Bend, OAS can facilitate a day of hiking for individuals with disabilities of various length and difficulty.

### **NEW! Lava Lake Community Days:**

Bring your family and friends to hike and kayak at Lava Lake nestled in the Deschutes National Forest. This is a community event to enjoy the outdoors with OAS between 9 am and 4 pm. Transportation is available from town with limited spots. *\*Advanced sign up is required.*

Location: Lava Lake

Cost: FREE

Dates: June 16, July 21, August 18

### **Private Hike Session:**

1.5 - 3 and 4-6 hour experiences are available for a wide range of abilities throughout Central Oregon. Accessible transportation is available and included.

Location: Within Bend and the Cascade National Forest

Cost: \$30 within Bend city limits, \$45 if in Cascade, National Forest or Smith Rock

Dates: Available May 29 - early September

## **GROUP PROGRAMS**

### **MOUNTAIN SENSE**

A program designed to accommodate individuals with visual impairments and includes hiking, cycling, kayaking, and cross country skiing. The program is a great way to be active, lead a thriving life, explore and enjoy Central Oregon's fantastic landscape on a regular basis.

Location: OAS Warehouse | 63025 OB Riley Road, Suite #12, Bend, OR 97703

Cost: \$15 per outing, transportation is included

Dates: Thursdays, three times a month from 9 am to 3 pm, June 7, 14, 28, July 12, 19, 26, August 2, 23, and 30

### **OASIS OUTINGS**

OAS' program specific for individuals of all abilities ages 8-15. A great way for your child to develop new skills, explore the outdoors, gain exposure and have fun with new friends! Each outing will include an sports-related building activity followed with a full outdoor activity. Transportation is provided.

Location: OAS Warehouse | 63025 OB Riley Road, Suite #12, Bend, Oregon 97703

Cost: \$50 per outing

Dates: Wednesdays from 9 am - 3 pm; June 20 - Aug 20 (Not July 4th)  
June 20, 27, July 11, 18, 25, August 1, 8, 15, 22

*\*Campers who need 1 on 1 support due to medical, toileting or behavioral reasons must bring an aid or caregiver at no additional cost.*

**NOTE** OAS has experience working with a variety of populations including: ADD/ADHD, ALS, Amputee, Autism, Blind/Visual Impairments, Cancer, Cerebral Palsy, Cognitive Impairments, Deaf/Hard of Hearing, Developmental Delays, Down Syndrome, Dystonia, Learning Disability, Multiple Sclerosis, Muscular Dystrophy, Polio/Post-Polio, Seizure Disorders, Sensory Impairments, Spina Bifida, Spinal Cord Injury, Stroke, TBI, PTSD and more.