

Winter Registration Open: Nov 5



Winter Programs: December 17 - March 31

It's hard to believe it but beautiful white flakes will soon be falling from the sky - winter is almost here! OAS offers a full slate of winter programs for youth and adults of various populations. Your next winter adventure could be on Mount Bachelor, at Hoodoo or on the nordic trails of Bend. Check out what we have to offer, register for your outdoor adventures and celebrate winter with Oregon Adaptive Sports.

HOW TO REGISTER

OAS' winter program run from mid December to the end of March. Winter registration opens online November 5th. Please review this catalog or our website to see the programs we have to offer. Scheduling depends on equipment and staff availability. To get your desired outdoor adventures firmed up, we encourage signing up at least two weeks in advance.

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. An OAS staff member will follow up with you to firm up details of your request

SCHOLARSHIPS

OAS strives to ensure that cost is never a barrier to participation. We offer an extensive scholarship program for anyone needing assistance. See our website for details on applying for scholarships.

WINTER PROGRAMS



SKI



SNOWBOARD



NORDIC

ONE PROGRAM. TWO MOUNTAINS.



MOUNT BACHELOR SEASON: DECEMBER 15 - MARCH 31 | HOODOO RESORT SEASON: JANUARY - EARLY MARCH

PRIVATE LESSONS

Our lessons are offered as either a full day or a half day - am or pm. Lessons run 9:30-12:00 and/or 1-3:30 with a one hour unsupervised lunch. Our lesson rates include all necessary equipment (rentals and/or adaptive), lift ticket, a trained instructor and assistants. Scholarships are available for those who need them.

Rates: Full Day \$175 | Half Day \$120

SKI BUDDY

For independent skiers and riders who need a "buddy" to ski with. The OAS Ski Buddy is a trained assistant who provides on-hill support such as assistance with loading/unloading the chairlift or getting back up after a fall. Ski Buddies provide guidance around the mountain but do not provide instruction. Includes lift ticket but not equipment.

Rates: Full Day \$70 | Half Day \$60

MT BACHELOR LOCAL SKI PROGRAM

In an effort to increase accessibility and consistency of adaptive skiing for residents of Deschutes County, OAS is excited to offer a Locals Ski Program. Lessons are offered at discounted rates for those wishing to schedule regular lessons on set dates from January to March. Program does have blackout dates on major holidays.

Rates: Full Day \$85 | Half Day \$65

HOODOO ALPINE ADVENTURES

The OAS Alpine Adventures program is a collaboration between Oregon Adaptive Sports and the City of Eugene to provide adaptive ski and snowboard opportunities for people with disabilities in the Willamette Valley area. The Alpine Adventures program has been one of the longest running adaptive ski programs in the northwest and has enabled hundreds of adaptive ski and snowboard experiences over the years. The Alpine Adventures program runs at Hoodoo Ski Area.

Rates: Full Day \$100 | Half Day \$70 | Transportation to Hoodoo \$30

NORDIC PROGRAM

Central Oregon is renowned for not just its alpine terrain but its nordic skiing. From the beautiful 30k of trails at Meissner to the 50k of pristine trails at Mount Bachelor, there are many opportunities to explore all the fun that nordic skiing has to offer. OAS has two sit down nordic skis available for use on lessons and OAS programming and partners with organizations to provide standard rentals.

Rates: Half Day at Bachelor \$45 | Half Day at Meissner \$35

To learn more about any of these programs visit us online at www.oregonadaptivesports.org.



WINTER EVENTS + DATES

HEROES - 1.25.19-1.27.19

The Heroes weekend is one of OAS' largest and most popular events of the winter. The purpose of the event is to honor Pacific Northwest Veterans with permanent physical disabilities and their families, and to have a great time enjoying winter in Central Oregon! Lodging for Friday and Saturday in Sisters, Oregon (one room per participant) as well as lessons in alpine skiing, nordic skiing or snowboarding are provided at no cost to the participant and their immediate family (spouse/significant other/children).



JUNIOR RACERS / ELLIE SKI DAY - 2.2.19

This event is a day of skiing at Hoodoo Ski Area. Youth under the age of 25 who have a physical disability are eligible for this fun event. We provide this event at no cost to you! This includes the use of adaptive ski equipment, pizza party and the very popular costume contest! Racers will have a blast skiing/boarding with our outstanding instructors and volunteers!

In honor of Ellie: Junior Racers day is held in honor of Ellie Bartlett, an OAS volunteer who was and forever will be an integral part of our community.

SKI FOR ALL - 3.16.19

The Ski For All is a full day 9:00am-4:00pm all-abilities ski-a-thon at Mt Bachelor. The athletic competition is to ski or ride as many vertical feet in one day as possible utilizing any and all terrain that is open. The feel-good competition is to raise funds to support OAS and to ensure life-changing outdoor recreation is available to people of ALL abilities. Prizes will be awarded to top competitors in five categories of riders as well as for fundraising and #OASstoke.

SIGN UPS OPEN 11/27:

You can sign up on your own and/or join/create a team.
<https://support.oregonadaptivesports.org/skiforall2019>



WINTER EVENTS + SPECIAL DATES

- 12.14-12.16** Dirksen Derby
- 12.17.18** Bachelor Lessons Open
- 12.22-1.2** Holiday Week
- 12.25.18** Closed for Christmas
- 1.1.19** Closed for New Years Day
- 1.8.19** Ski For Life Program begins (Life Skills)
- 1.11.18** Hoodoo Lessons Open (snow-dependent)
- 1.25-1.27** Heroes XII
- 2.2.18** Junior Racers / Ellie Ski Day

- 2.16-2.17** CamPAH - Ski Day for individuals who are Deaf/Hard of Hearing
- 2.16-2.18** Presidents Weekend
- 3.8-3.9** Ski to Defeat ALS & Troops Triumph
- 3.16.19** Ski for All 2.0
- 3.23-3/31** Oregon Spring Break
- 3.31.19** Last day of Bachelor Lessons
- 3.31.19** End of Season Celebration @ Sunrise

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OAS PROVIDES LESSONS AT BACHELOR 7 DAYS A WEEK + FRI-SUN AT HOODOO



INCLUSIVE PROGRAMMING

Building a fully inclusive outdoor community in Central Oregon

At Oregon Adaptive Sports, we strive to enable and empower athletes to not only access outdoor recreation, but to fully engage with the outdoors and an outdoor lifestyle. We believe that the outdoors has the power to increase confidence, self esteem, health and quality of life.

We believe that Central Oregon should be the leader in making the outdoors accessible, providing a model of what a fully inclusive outdoor community looks like.



INCLUSIVE PROGRAMS

Spaces for people of all abilities to come together and participate in outdoor recreation, regardless of ability.

INCLUSIVE CLIMBING CLUB

FIRST TUESDAY OF EVERY MONTH

4:30-6:30 @ Bend Rock Gym \$10

This is a space is for people of all abilities to come together and climb in a fun indoor setting. Climbers of all experience levels welcome. Friends and family are encouraged to join! Note: this is not a lesson setting, parents are asked to supervise youth under 14 but assistants are available to help with climbing.



INCLUSIVE NORDIC PROGRAM

SELECT WEDNESDAYS JAN-MARCH

9:30-12:00 @ Mt Bachelor Nordic Center \$20 (+\$10 for Rentals)

This is a space is for people of all abilities to participate in some of the fantastic nordic skiing that Bend has to offer. Led by OAS Staff, groups will go to the Nordic Center and pick their adventure for the day. Standard rentals available from Mt Bachelor and nordic sit skis from OAS. Transportation from Bend is available.

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