



Mountain High
Adaptive Winter Sports Program
2018.2019

Welcome to the Mountain High Adaptive Program. It is our desire to help the disabled athlete develop new skills and build self-confidence. We work hard to provide an environment with positive physical, psychological and therapeutic results. Our objectives are to provide safe and fun experiences for the adaptive Athlete.

The varieties of disabilities we may be able to serve are:

- a) Visually impaired
- b) Hearing impaired
- c) Amputees
- d) Post-Polio
- e) Birth Defects
- f) Paralysis
- g) Developmental and Cognitive issues including Autism

Students need to meet the following guidelines:

- a) Over four (4) years of age
- b) Must be able to hold head up during jerking motions
- c) Breath on own

Weight Restrictions:

- Cannot exceed 185 pounds for sit down program
- Cannot exceed 195 pounds if totally independent when self-loading as a sit down skier
- Cannot exceed 200 pounds as a stand-up skier

Lessons are 7 days a week. Cost is \$119.00, Lesson Length is 2 hours, additional lesson same day if available is \$40.00. All lessons include transportation to and from handicap parking to our learning center, instruction, lift ticket rental of equipment and lifters if needed. Start times are 8:30AM Weekends, 9:30AM Weekdays and 12:00PM.

Reservations are required and must be booked in advance. A required intake sheet must be completed so that appropriate instructor can be assigned, along with other required documents including a release. A lesson will then be scheduled once all appropriate documents have been received.

Cancellation Policy: Full refund if cancelled 24 hours prior to lesson. Any lesson not cancelled within the 24 hour period can be rebooked up to one year from original lesson date with an additional \$10.00. Any rebooking is subject to reservations and availability.

Hope to see you soon,

Bob Mourino
Supervisor Mountain High Adaptive Program
Visit the Web : mthigh.com
760-316-7862 Direct

