

Big Bear Winter Trip

Description:

Join us for an exhilarating experience with the US Adaptive Recreation Center in Big Bear, CA where physical and cognitive limitations are redefined through adaptive skiing and snowboarding. Mono-skis, bi-skis and outriggers allow beginners to quickly feel the freedom of gliding down the mountain while those with more skill and determination take on the advanced slopes. Come prepared to test your limits and make unforgettable memories! No prior skiing experience required.

Expected Group Outcomes:

- Increase balance, strength, coordination, flexibility, and endurance
- Introduction of new leisure activities
- Development of skiing, snowboarding, and/or other winter sport skills
- Increase confidence
- Increase community reintegration
- Increase adjustment to disability

Participant Criteria:

- Must be 1 year post injury or onset of disability
- Weight limit 200 lbs. for sit-down skiers (no weight limit for stand-up skiers)
- Must be Independent with Self Care (toileting, bathing, dressing, feeding, etc)
- Must be Independent with transfers and mobility
- Priority will be given to participants who have not previously participated in a Big Bear Winter trip with Rancho
- Must be a current member of Rancho's Wellness Center
- Must be able to manage adaptive equipment
- Mobility devices should be in good working condition

Group size:

8-10 participants

Cost Per Participant:

\$100 per person which will cover adaptive ski lessons for two days. Food and Lodging costs for two days/nights will be split between the group.

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability
- Participants must complete paperwork with U.S. Adaptive Recreation Center

Frequency per Month:

Occurring once per year in the winter

Contact Info:

U.S. Adaptive Recreation Center

43101 Goldmine Drive

Big Bear Lake, CA 92315

909-584-0269

www.disabledsportsusa.org

Big Bear Winter Trip Pictures



Big Bear Summer Trip

Description:

Based at Serrano Campground in Big Bear Lake, the Big Bear U.S. Adaptive Recreation Center summer trip will feature instruction in Water skiing, Jet skiing, Kayaking, Stand-up paddleboards, Sailing and Fishing combined with an accessible camping experience at night. Serrano Campground's accessible toilets and showers, as well as some paved surfaces, blend some necessary conveniences with a wilderness experience. Come prepared to test your limits and make unforgettable memories!

Expected Group Outcomes:

- Increase balance, strength, coordination, flexibility, and endurance
- Introduction of new leisure activities
- Development of kayaking, stand up paddle boating, sail boating, fishing, and/or other summer outdoor adventure activities
- Increase confidence
- Increase community reintegration
- Increase adjustment to disability

Participant Criteria:

- Must be 1 year post injury or onset of disability
- Weight limit 200 lbs. for sit-down water skiers (no weight limit for stand-up water skiers)
- Must be Independent with Self Care (toileting, bathing, dressing, feeding, etc.)
- Must be Independent with transfers and mobility
- Priority will be given to participants who have not previously participated in a Big Bear Summer trip with Rancho
- Must be a current member of Rancho's Wellness Center
- Must be able to manage adaptive equipment
- Mobility devices should be in good working condition

Group size:

8-10 participants

Cost per Participant:

2 day/ 2 night camping trip will be \$100 per person. This includes camping, food, and activities.

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability
- Participants must complete paperwork with U.S. Adaptive Recreation Center

Frequency per Month:

Occurring once per year in the summer

Contact Info:

U.S. Adaptive Recreation Center
43101 Goldmine Drive
Big Bear Lake, CA 92315
909-584-0269

www.disabledsportsusa.org

Big Bear Summer Trip Pictures

