



Fall Program Schedule 2010

Hippotherapy

Location: Bronfman Family Recreation Center & Ranch

Times:

Monday: 3:20PM - 6:00PM
Tuesday: 10:00AM - 5:30PM
Wednesday: 10:00AM - 6:00PM
Saturday: 10:00AM-4:40PM
(Treatments are 45 min.)

Session Dates:

Session I: September 7th-October 25th

Cost: \$175 for initial evaluation

Session I: \$595

Aquatics

Location: Ecker Hill, Park City

Times: Mondays, 5:15PM-6:00PM

Dates: Session I: August 30th-October 4th

(No swimming on Sept 6th)

Session II: Oct. 11th-Nov. 8th

Cost: \$50 per 5 week session

Location: New Life Fitness, Heber

Times: Thursdays, 5:15-6:00PM

Dates: Session I: Sept 2nd-Sept 30th

Session II: Oct 7th-Nov 4th

Cost: \$50 per 5 week session

Cycling

• Club Rides

Fall is the best time to ride in Park City!

Rides leave from the National Ability Center, include the use of adaptive equipment, and are supported by trained National Ability Center program staff.

Location: Bronfman Family Recreation Center & Ranch and other designated areas

Dates: Thursdays, Sept 2nd-30th

Times: 5:00PM-7:00PM

Cost: \$15 per ride-includes bike rental/\$7 without bike rental.

Equine Facilitated Learning **Team Building, Self Development, Groups and Retreats, Youth Programs**

All of our sessions take place on the ground with no riding involved, with staff trained in safety and horse behavior present at all times. You do not need to have prior horse experience to participate in any of our programs or retreats.

Individual or group sessions

(one time or consecutive)

Location: Bronfman Family Recreation Center & Ranch

Times: Each program is designed to fit the group's abilities, goals and objectives.

Dates: Programs are offered year-round

Call: Abby Jane Ferrin at 435.649.3991 x617

Lodging: Available at the National Ability Center Lodge

Archery

Age: 8 and up

Location: Bronfman Family Recreation Center & Ranch

•Open Range:

Dates: September 13th-27th

Times: Mondays: 5:00PM-8:00PM

Cost: \$5/day/\$10 membership fee

\$5 for equipment rental which includes bow and arrows

•Beginner Lessons:

Dates: September 8th-October 6th

Times: Wednesdays: 3:30PM-5:00PM

Cost: \$10/lessons or -week session for \$50

•Intermediate Lessons:

Dates: September 10th-October 8th

Times: Fridays: 3:30PM-5:00PM

Cost: \$10/lessons or 5-week session for \$50

Sled Hockey

Location: Park City Ice Arena

Come learn about the exciting sport of Sled Hockey with the Golden Eagles Sled Hockey team. Equipment and instruction provided. For times and prices, please contact Ellen Adams at 435.649.3991 ext 622.

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Adventure Learning

Custom programs from 2 hours to 2 weeks in length for established groups of 6 or more. May include utilization of our low challenge course, high challenge course and/or indoor climbing wall. Many other activities to choose from.

Programs may be delivered on-site or off-site, any season, any day and can include overnights in our beautiful lodge.

Location: Bronfman Family Recreation Center & Ranch

Times: Each program is designed to fit the group's abilities, goals and objectives.

Dates: Programs are offered year-round

Call: Kim Millikan at 435.649.3991 ext 621

Lodging: Available at the National Ability Center Lodge



Climbing Wall

For climbing wall inquiries please call Kim Millikan at 435.649.3991 ext 621

●Private Lessons

Age: 5 and up, all abilities

Location: Bronfman Family Recreation Center & Ranch

Times: Flexible, please call to reserve

Cost: \$15 per one hour lesson

●Birthday Parties or Events

10 participants minimum

Cost: \$10 per person (\$100 min) for 2 hours of climbing

Times: Flexible, please call to reserve

●Just For Kids

Age: 8 - 14

Location: Bronfman Family Recreation Center & Ranch

Dates: Session I: Sept. 4th-Oct. 2nd
Session II: Oct. 23rd-Nov 20th

Times: Saturdays, 10:00am - 12:00PM

Cost: \$50/5 wk session or \$10 per reservation, required by 5:00PM on Wednesday.



Horseback Riding

Location: Bronfman Family Recreation Center & Ranch

Times: Monday - Saturday (times vary by day; call or download registration form for specific available lesson times)

Session Dates: *As we are primarily a therapeutic riding program, participants with a disability are given priority in enrollment.*

Session I: September 7th-October 25th
(7 week session)

Cost: Person with a disability:

Session I: \$175 per group session;

\$245 per private session.

\$35 for non-program private lessons.

Cost: Person without a disability:

Session I: \$245 per group session.

Current National Ability Center membership required to participate.

Call Jenn Carpenter to register at 435.200.0987. For more information and registration forms, visit our website at www.DiscoverNAC.org.

Please be sure to register at least one week prior to the start of each session.

Failure to do so will result in an additional \$10 late fee. Full payment or payment plan is expected upon registration.

Cancellation Policy: Once session begins session lesson fees are non-refundable.