“I Can” Lives Here.
OUR Mission

The National Ability Center empowers individuals of all abilities by building self-esteem, confidence and lifetime skills through sport, recreation and educational programs.

SCAN TO READ THIS BROCHURE ONLINE
YOUR INVITATION TO EXPLORE

To the seekers and explorers, campers, fun-finders and adventurers.
To those who share our belief that life isn’t going to stop unfolding itself just because we have a (dis)ability. Welcome to the National Ability Center.

You’ll probably hear us say “adaptive” more times than you can count. This just means we draw from decades of experience working with people of all abilities, harnessing the power of specialized equipment, techniques, teaching methods and volunteer support to help you take on challenges beyond your wildest expectations.

All we ask is that you start with “I CAN,” dream big, and cherish your wins – whether that’s conquering a lifelong fear, spending quality time with family or winning Paralympic gold.

Welcome to the NAC family,

Tracy R. Meier

TRACY R. MEIER, TRS, CTRS
National Ability Center Program & Education Director
Whether you are a “first-timer,” an accomplished athlete or somewhere in between, we welcome you, your family and your friends to recreate and adventure together. Most of our programs cater to those with a different ability, and all have been designed with inclusion as a first priority.

As a leader in adaptive recreation and adventure, we work hard to build the #AdaptiveNation. This means bringing together a diverse community from around the globe to rally around the belief that our differences make us stronger and that recreating outdoors together can change the world.
You are more than a diagnosis; you are the mountains you climb, the rapids you ride, the friendships you build. You are the challenges you move through. People who identify with the (dis)abilities listed above — and many others — come to the National Ability Center to unlock their potential.

Ask us!
(435) 649.3991 or info@discovernac.org
In every corner of the world, there is something to be remembered. Here in Utah, we believe that is wild lands and a welcoming spirit.

Adventure with us in the Wasatch and Uinta Mountains or explore waterways like the Green or Colorado River. Wherever you go, Utah’s diverse landscape fosters a range of activities with terrain to suit any ability. The state has nurtured an outdoor culture with tourism campaigns touting our “Mighty 5” National Parks, and an outdoor community that really gets behind the National Ability Center – as volunteers, corporate partners and generous donors who help run and fund our programs.
Rooted in Utah, the NAC has basecamps in **Park City, Salt Lake City** and **Moab**. Whether you prefer the cold silence of freshly fallen snow or the warmth of a desert wind; the heady feeling of standing atop a mountain peak, or the peace of waking to nature just outside your window, there is something here for you.

**Our 26-acre Park City Ranch Headquarters is:**

- 10 minutes from Park City Mountain, Deer Valley Resort and the Jordanelle Reservoir
- 40 minutes from SLC International Airport
- Under 4 hours from the Moab desert
- 5 minutes from Park City Hospital
- Surrounded by 4-season activities, mountains and trails
- Home to an on-site lodge for individuals, families and groups participating in NAC programs
OUR Vision

Inspire individual achievement and create a global impact for people of all abilities.

WHAT WE CHASE

Together, we chase fun and the transformational power of adventure. We believe that learning to climb, to swim, to set out independently into nature sets people up to live more fulfilling lives and, in turn, to create a better world for those around them.
Jack Fanning is a veteran and avid skier. He has complete tetraplegia (also called quadraplegia) – so when he came to the National Ability Center looking to get back on the mountain, we partnered with the University of Utah’s TRAILS program to bring in a “Sip and Puff” ski. This equipment allowed Jack to control his sit-ski (a bucket mounted to a traditional alpine ski that allows skiers to ride the mountain without standing) using only his breath.

Wonder how you or a family member could do one of our programs?
Ask us! (435) 649.3991 or info@discovernac.org
Adaptive recreation, also known as inclusive or accessible recreation, simply means that people with disabilities adapt their equipment and technique and/or work with the support of trained guides and volunteers to participate in recreational activities.
ALPINE SKI & SNOWBOARD
Ages: 3+ | Under 200 lbs for assistance loading/unloading chairlifts or after a fall
Ski or ride at Park City, Deer Valley, Brighton or Solitude! We offer 3-track, 4-track, Mono-Ski, Bi-Ski, snow slider, ski bike and snowboarding as well as guides for skiers and riders with low vision or blindness. Once you’ve been checked off, you can rent equipment to ride independently with friends.

NORDIC SKIING & SNOWSHOEING
Ages: 5+
We provide both sit and standing equipment based on your adaptive needs so you and your family can get outside and enjoy the snow together. Make it an adventure and snowshoe to our Yurt in the Uintas or other off-site locations!

INDOOR CLIMBING
Ages: 4+ | Must be able to wear properly fitted harness
Climb with us at our indoor wall in Park City or at a Salt Lake City gym. Boulder close to the ground or conquer a new route to the top. Our team will use a variety of mechanical advantage systems and more to help you adapt while ensuring a safe, yet challenging experience.

CYCLING
Ages: 4+
Develop physical fitness, confidence, socialization and independence on roads and paved bike paths or even hard-packed gravel. Ride plans are tailored to your goals and abilities. Once you’ve been fitted and are comfortable using the equipment, bikes may be rented for personal use.

ARCHERY
Ages: 4+
Harness your inner Katniss. Our instructors have a wealth of expertise to make archery adaptive, whether you use a power wheelchair, have low vision/blindness or use your teeth to shoot the bow. Friends and family are welcome to join in!
WATERSKIING/WATERSPORTS
Ages: 5+ | Under 200 lbs for sit skiers
Meet us at the Jordanelle Reservoir for water skiing, wakeboarding, wake surfing or tubing. Our boat is outfitted with a variety of adaptive gear including sit water skis or wake boards, a boom, Delgar sling and more to ensure a fun and adaptive learning environment.

PADDLEBOARDING, KAYAKING & CANOEING
Ages: 4+ | Under 275 lbs
Paddleboard (SUP or seated), canoe or kayak with us at the Jordanelle and other nearby reservoirs. A wide variety of specialized equipment and teaching methods provides accessibility for individuals with adaptive needs.

AQUATICS
Ages: 4+
Learn to swim and develop water safety with our year-round aquatics program. With the help of trained volunteers and adaptive instructors, we provide high-quality and affordable swimming lessons focused on water safety.

CHALLENGE COURSE
Ages: 8+ | 33–300 lbs, Max height: 6’8”
Explore adaptive elements like a high bridge wide enough for a wheelchair, a zipline without an abrupt stop and more to move past fears or barriers while building trust with members of your team or family. Join an open climb, spend quality time with family or book a custom program.

SLED HOCKEY
Ages: 4+ | Offered in partnership with Park City Ice Arena
Sled hockey is just like hockey except that players are seated in a sled with shortened hockey sticks. This fast-moving sport is great for inclusive groups with a competitive spirit. Book a group or join a drop-in sled hockey game to meet new friends.
GO BEYOND!

There’s no need to be an experienced climber or hardcore biker; in fact you don’t need any experience at all to go further out and get off the beaten path. But if pushing the limits is your thing, we’ve got adventures for you too!

Our Splore adventure programs draw from decades of adaptive experience on the rivers, rocks and trails of Utah to make our state’s National Parks, public lands and outdoor-based adventures accessible to people of all abilities, their families and friends.
OUTDOOR CLIMBING

**Ages: 4+ | Must be able to wear properly fitted harness**

Utah is home to some of the most sought-after climbing routes, and we’re opening them to everyone. Our guides will choose accessible crags and are experts in adaptive systems to allow every level of climber to challenge themselves. Climb year-round with our Indoor Rock Climbing and RockOn! programs in Salt Lake City or Park City.

MOUNTAIN BIKING & FAT TIRE BIKING

**Ages: 8+**

Our experienced guides will pair you with the right equipment from our wide variety of adaptive and upright mountain bikes to help you explore miles of dirt road and Utah’s world-class intermediate to advanced single track trails. In winter, upright and recumbent or hand-powered fat tire bikes allow you to explore those same trails on snow!

NORDIC SKIING & SNOWSHOEING

**Ages: 5+**

Adaptive Nordic skiing and snowshoeing’s smooth aerobic movements provide cardio plus training for balance and spatial awareness. We provide both sit and stand equipment based on your needs so you and your family can get outside and enjoy the snow together. Make it an adventure with a snowshoe to our Yurt in the Uintas or other off-site locations!

RAFTING

**Ages: 5+ | Minimum 50 lbs, must be able to wear a maximum 58” chest sized PFD**

From a mild float through red rock canyons to the thrilling splash of whitewater, we have something for everyone and all abilities. Choose from day, overnight or expedition-based adaptive rafting trips on the Colorado and Green Rivers. Find trip descriptions online at discovernac.org

CAMPING

**Ages: 8+ | Select facilities with no minimum age**

Get out of the city and into the mountains with an adaptive overnight camping trip. Even if you’ve never camped before, we provide the gear and expert guides to get you out there! Camp Oakley and our Uinta Yurt provide accessible alternatives to tent camping for those who want to ease into “roughing it”.

CURRENT PROGRAMS, REGISTRATION & SCHOLARSHIP: discovernac.org
Equestrian

Focus on horsemanship and horseback riding with our equestrian programs, which can be adapted to meet the needs of riders and individuals with physical, developmental or cognitive abilities. From the inclusive, all abilities Camp Giddy Up to adaptive riding, Equine Assisted Learning (EAL) and hippotherapy, all programs offer therapeutic benefits, confidence and skill building opportunities and much more.

A CERTIFIED PATH INTERNATIONAL PREMIER CENTER

As the only PATH Int’l Premiere Center in Utah, we are committed to providing the highest level of programming and industry standards.
ADAPTIVE HORSEBACK RIDING & TRAIL RIDING
Ages: 4+ with disability, 8+ without disability | Under 200 lbs
Trail Riding: Ages 8+ | Under 200 lbs

Choose a private or group adaptive riding lesson. You’ll start by grooming and tacking up your horse with assistance from a volunteer or instructor if needed. From there, develop your skills from walking with a leader to steering independently – or at the canter. Then, take riding to the trails with family and friends in our trail riding program.

EQUINE ASSISTED LEARNING (EAL)
Ages: 4+ | No weight limit

This unmounted program provides experiential education focused on self, family or group development. Horses are known to mirror human intentions, and Equine Assisted Learning (EAL) uses that behavior to focus on self-awareness, interpersonal relationships and communication skill. All people, including those with developmental disabilities, PTSD (or exposure to trauma), substance abuse, and other social-emotional differences can benefit from EAL.

HIPPOTERAPY
Ages: 2+ | Under 100 lbs

Hippotherapy is a treatment strategy incorporating the horse’s movement into a medical treatment from Physical and Occupational Therapists as well as Speech Language Pathologists. We offer physical therapy using equine movement in fun barn setting which is particularly effective for children. This program requires an initial evaluation followed by recurring weekly treatments. While we do not accept insurance, we offer a robust scholarship program.
We owe it to our nation’s heroes – especially those who face injury, illness or disability – to share with them the adventures and outdoor skills that will help them to strengthen their families, build their support networks and create their best lives.

That’s why National Ability Center welcomes veterans, military personnel and their family members to experience our adaptive programs, camps, clinics, expeditions and Military Family Days (MFDs).

*In most cases veterans access National Ability Center recreation and adventure programs at NO COST, with scholarships available by request for service members and accompanying family members.*

**DID YOU KNOW?**

Military programs are in our roots. NAC’s first programs were started by our founders, Meeche White and Pete Badewitz who took a handful of Vietnam Veterans skiing on the slopes of Park City Mountain in 1985.
MILITARY FAMILY DAYS (MFDs)
Veterans, military personnel and their family members of all abilities

These inclusive events offer adaptive recreation activities like whitewater rafting, climbing, mountain biking or camping in the Uinta mountains. Because the National Ability Center exists to empower individuals of all abilities, every program can be adapted for family members with a (dis)ability. Here, no one is left behind.

MILITARY CAMPS & EXPEDITIONS
Veterans and military personnel of all abilities

Join fellow warriors in a community-style camp or expedition. Through progressive recreation and wilderness experiences, veterans advance their skills and gain meaningful tools that translate from the wilderness into everyday life.

From multi-day river trips and mountain bike camps to winter camping, leadership summits and more, the National Ability Center is your waypoint for adventure.

PARTNER WITH US TO HOST YOUR MILITARY GROUP
Veterans, military personnel and their family members of all abilities

We collaborate with community partners across the country including rehab hospitals, VA medical centers, veteran centers, military hospitals, veteran service organizations and other adaptive sport programs to host camps and events for service members.

Contact info@discovernac.org to learn more about building an experience.
Train with the National Ability Center to take your athletic pursuits to the next level at competitions including the Paralympic Games and Special Olympics.

As a Gold Level U.S. Paralympic Sport Club, our high performance team offers opportunities for individuals with physical disabilities to learn about elite level sports and reach their personal goals.
HIGH PERFORMANCE TEAM

Athletes with Paralympic classifiable, physical disabilities

Join our High Performance Team for alpine ski racing and snowboard cross training that fosters athlete development while fine tuning skills needed for high-level competition. We encourage and expect personal achievement for every athlete, helping them to reach the top step of their own personal podium.

TEAM FLYERS

Athletes with cognitive and developmental disabilities

As part of Team Flyers, athletes with cognitive and intellectual disabilities develop high level sport-specific and general life skills through year-round training. Winter opportunities include skiing and snowboarding in both freestyle and race disciplines. Summer and fall welcomes athletes interested in cycling and general fitness.
Whether you are a teen with a physical disability or an adult with autism, you can find a National Ability Center Camp specifically designed for your abilities, age and needs.

Come for a day camp, or spend the night at an overnight camp in our accessible, on-site lodge or partner yurt locations. Look for one of our Siblings Camps to bring a friend or sibling of any ability to experience camp together.

Camps are offered year-round. Please check our seasonal camp schedule online.
**ACTION/X-TREME**  
*Tens with physical & visual disabilities*  
This week-long overnight camp is designed to build confidence and self-esteem. Fly down the mountains of Park City on a zipline, ride the alpine slide, ski or snowboard, rock climb and more.

**DISCOVERY CAMP**  
*Ages: 8-18 | Campers of all abilities*  
Discovery camps allow campers with and without physical or developmental disabilities to enjoy inclusive outdoor activities and more together.

**CAMP GIDDY UP**  
*Ages: 8-18 | Campers of all abilities*  
For campers interested in horses and horseback riding, Camp Giddy Up facilitates inclusive experiences for people both with and without disabilities. Campers start their day with grooming, riding and barn activities then enjoy a variety of outdoor recreational activities in the afternoon.

**FAMILY & HOLIDAY CAMPS**  
*Ages: All Ages | Campers of all abilities*  
Enjoy a stay in our cozy, Park City lodge. Whether you spend the week with a significant other or bring the whole family, these camps are an opportunity to connect and recreate with loved ones. Camp activities may include: skiing, snowboarding, sled hockey, climbing wall, equestrian, swimming, Nordic skiing and snowshoeing.

CURRENT PROGRAMS, REGISTRATION & SCHOLARSHIP: discovernac.org
In addition to adaptive recreation and outdoor adventures, the National Ability Center provides training and community-based programming including some of the best inclusive events in the state (Spring Formal & Halloween Party). And, from NAC internships for individuals of all abilities, including Therapeutic Recreation majors, to training opportunities for professionals, there are so many ways to be a part of the #AdaptiveNation.
COMMUNITY

Fun, community programs equip participants with life skills and friendships. From our Halloween Party or our buzz-worthy Spring Formal Dance to partner programs with PCALL, NAC is the place to be!

TRAINING & EDUCATION

Book a National Ability Center training event for your company, school, government entity, community group or family. Designed with inclusion as a first priority, these opportunities empower teams. We can provide an introductory educational session, continuing education days, speakers or multi-week student and professional internships.

INTERNATIONAL PROGRAMS

In collaboration with Clemson University, San Diego Diplomacy Council and Kids Play International, we promote social change for under-served youth – primarily those with disabilities – in Vietnam, Cambodia, Laos, Korea, Myanmar and Thailand. Through a cooperative agreement with the U.S. Department of State, Bureau of Educational and Cultural Affairs, this project, Adaptive Sports for Social Change (ASSC), provides sports trainings for youth, coaches and sports administrators that will help to establish sustainable life-changing sports programs.