Adaptive Ski Programs in Minnesota
We are lucky to have so many adaptive ski programs in Minnesota! Each program is slightly different in the population they serve and where the program is located. Please contact the individual programs for more information.

**AR&LE**
**DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB**
Six week program is for individuals seven and older with the ability to stand up while learning to ski or snowboard. Ski Club members must be referred by ski lesson staff and be able to ski independently. Students with mobility impairments are referred to Courage Kenny Ski & Snowboard. Various locations and times offered.

**Contact:**
Ann Jindra Recreation Supervisor
Richfield Recreation Services
Phone: 612-861-9361
Email: ajindra@cityofrichfield.org
Address: 7000 Nicollet Avenue South Richfield 55423
Website: [www.cityofrichfield.org](http://www.cityofrichfield.org)

**Padraig’s Place - Buck Hill, Burnsville, MN**
Padraig’s Place, a local non-profit organization, and Buck Hill Ski and Snowboard School have come together to provide a fun experience for skiers and snowboarders with both physical and cognitive disabilities. Padraig’s Place has adaptive equipment that can assist stand-up and sit downs skiers as well as balance equipment for snowboarders. We also offer instructors that have trained with the latest equipment and current techniques to make the experience memorable and safe. Many of the Instructors are PSIA certified, trained through the National Sports Center for the Disabled and active in the special needs community outside of the ski area.

**Contact:**
Padraig’s Place @ Buck Hill
Brian Foley 612-889-7001  bfoley@specialkidcare.org
Eileen Foley 612-236-7177  efoley@padraigsplace.org

**Hyland Hills Ski Stars**
Hyland Hills offers a weekly lesson program for youth with developmental disabilities. Individuals will have fun and develop your skiing skills in a safe and controlled environment. Limited space available. Rental equipment included.
Contact: 763-559-6700
https://www.threeriversparks.org/page/snowsports-academy

MSC DEAF AND HARD OF HEARING
The Midwest Sport/Ski Council’s Deaf and Hard of Hearing (DHH) Program teaches children how to ski or snowboard for the first time or advance their current skills with additional instruction.
Contact: MSCDHHProgram@mnski.org

Mankato Area Adaptive Ski Program (MAASP)
MAASP is an adaptive ski program in Mankato. This program was developed to give people with physical disabilities the opportunity to ski!
Contact:
Email: ljohns2@isd77.k12.mn.us
Phone: (507) 207-3036
Website: www.maasp.org

PowderRidge- Kimball MN
Offers 2 adapted programs:
The Bi-ski program is designed for those with physical and/or cognitive disabilities and are unable to learn on regular skies. The skier actually sits while skiing and is tethered down the hill by an instructor.
The Modified Ski program is for those with cognitive disabilities that need one-on-one instruction and modifications in order to learn to ski. These skiers will use regular skis and boots.
Both programs include a lift ticket, equipment rental, helmet rental and 1-1/2 hour private lesson.

Contact: Powder Ridge Ski School
Email: skischool@powderridge.com
Phone: 1-800-348-7734
Joann Moats Powder Ridge 320-237-7956 cell phone

Special Olympics Adaptive Skiing -- 612.333.0999
Area 3: Carlton, Cook, Itasca, Koochiching, Lake, Pine & St. Louis counties
Contact: Ben Swarts, SOfit & Program Manager – ben.swarts@somn.org 612.604.1251

Area 7: Benton, Isanti, Kanabec, Mille Lacs, Sherburne, Stearns & Wright counties
Contact Marissa Rinowski, Program Manager marissa.rinowski@somn.org 612.604.1271
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