



Spring Program Schedule 2010

Aquatics

Location: Ecker Hill Aquatic Center, Park City

Times: Monday, 5:15 - 6pm

Dates: April 26th-May 24th

Cost: \$50 for a 5 week session

****New Wasatch County Location****

Location: New Life Fitness, Heber

Times: Thursdays, 5:00 - 5:45pm

Dates: April 29th-May 27th

Cost: \$50 for a 5 week session



Climbing Wall

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

Location: Bronfman Family Recreation Center and Ranch

●Private Lessons

Age: all ages and abilities

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. Party room is available for rent, \$25 per hour

Times: Flexible, please call to reserve

●Just For Kids

Age: 8 and above

Dates: April 25th-May 22nd

No climbing on May 15th

Times: Saturdays, 10:00am - noon

Cost: \$10 per day.

Must register by Thursday of that week, based on space available. No walk-ins please.

Adventure Learning

Custom programs from two hours to two weeks in length are created for groups of 10 or more. The programs may include utilization of our low or high challenge ropes courses and/or indoor rock climbing wall. There are many other activities to choose from, as well. Programs may be delivered on or off-site during any season and can include overnights in our beautiful lodge. Most equipment is provided for the programs you choose.

Location: Bronfman Family Recreational Center and 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

Available Recreational Activities with Adventure Learning:

- Sled hockey (may combine with Golden Eagles sled hockey team)
- Nordic skiing (snow permitting)
- Snowshoeing (snow permitting)
- Climbing wall

*These activities can be scheduled in conjunction with team-building activities or as standalone programs

For more information, visit our website at www.DiscoverNAC.org, become a fan on Facebook, and follow us at [Twitter.com/AbilityCenter](https://twitter.com/AbilityCenter).

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Summer Camp Registration:

- The National Ability Center offers **Discovery Camps** packed with fun, adventure and activities that will challenge your camper (ages 8-18) to **discover abilities** while making friendships to last a lifetime. Activities encourage campers to make friends, build social skills, strengthen physical agility and develop recreational skills while having more fun than they've ever had before. Separate camps are offered for campers with physical or cognitive disabilities. Due to popular demand, there are separate camps for campers with Autism Spectrum Disorders, as well.
- In **Camp Xtreme**, campers will swoosh down the mountains of Park City on a zip line, ride the alpine slide, run rivers, rock climb, and more! This week-long overnight camp is designed to build confidence and self-esteem.
- **Camp Giddy Up** is a horsemanship program designed to meet the needs of horse enthusiasts ages 8 to 15. Each camp is designed based on riders' skill levels, and newly reduced camp sizes provide more one-on-one attention and increased riding time. The learning progression throughout the summer is also designed to allow participants to attend multiple weeks in a row, building on skills learned each week.

Check out DiscoverNAC.org or contact Jenn Carpenter @ 435.200.0985 / info@DiscoverNAC.org for more information about joining us for summer camp!

Early bird registration ends April 15th.

Hippotherapy

Location: Bronfman Family Recreation Center and Ranch

Times: Tuesday: 10:00am - 6:00pm
Wednesday: 9:00am - 2:00pm
(Treatments are 45 min.)

Session Dates:
April 13th-May 28th

Cost: \$175 for initial evaluation
Session: \$595 for 7 treatments



Horseback Riding

Location: Bronfman Family Recreation Center and Ranch

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

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

April 12th-May 29th
(7 weeks except for Saturdays-6 weeks)

Cost: Person with a disability:

Monday-Friday: \$175 per group session; \$245 per private session.

Saturdays: \$150 per group session; \$210 per private session.

\$35 for non-program private lessons.

Person without a disability:

Monday-Friday: \$245 per group session.

Saturdays: 210 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.