



# Summer Program Schedule 2010

## Camp Giddy Up

The National Ability Center's 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. Three new camp themes have been added to this summer's calendar. The first is a two-week, intermediate camp. The second is an overnight camp that includes participating in the Summit County Horse Show. The summer will conclude with our brand new trails camp. The trails camp will provide participants the unique opportunity to experience a full-day outing in the Uintah Mountains.

**Age:** 8-15

**Dates:** Starting the week of June 14th running each week through August 9th

**Times:** Mon.-Friday 9am-3pm

**Cost:** \$450-\$900 per week, depending on the camp (check website for full schedule)

### ● **Camp Giddy Up: Advanced Overnight Camp**

**Age:** 13-18

**Dates:** August 2nd-6th

**Cost:** \$450

## Discovery Camps

Discovery Camps are available for youth with physical disabilities (Pathfinders), cognitive disabilities (Crusaders) and Autism Spectrum Disorders (Adventurers). Campers will participate in a variety of summer activities and NAC programs.

**Ages:** 8-18

**Dates:** Starting the week of June 14th and running through August 19th (see website for full schedule)

**Times:** Mon.-Thur. 9am-4pm & Friday 9am-3pm

**Cost:** \$280 per week

### ● **Intro to Camp**

**Ages:** 6-9

**Dates:** June 28-30

**Times:** Mon.-Tues. 9am-4pm & Wed. 9am-3pm

**Cost:** \$175

### ● **Crusaders Overnight Camp**

**Ages:** 15-25

**Dates:** July 12-16

**Cost:** \$500

## Camp Xtreme

An outdoor overnight camp for teens with physical disabilities. Campers will be swooshing down the mountains of Park City on a zip line, riding the alpine slide, running rivers, rock climbing, and more! This week-long overnight camp is designed to build confidence and self-esteem. When you are not camping you will be staying at the National Ability Center lodge. Space is limited, so reserve early!

**Ages:** 13-18

**Dates:** August 9-13

**Cost:** \$500

## Cycling

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

### ● **Beginner Dates:**

Session I: June 15th-July 13th  
(5 weeks)

Session II: July 20th-August 17th  
(5 weeks)

**Times:** Tuesdays: 4:00-6:00pm

**Cost:** For the session-\$75-includes bike rental/\$40 without bike rental. Or \$8 per ride with bike rental

### ● **Advanced Dates:**

June 17th-August 19th

**Times:** Thursdays: 5:00-7:00pm

**Cost:** \$25-No additional fee if you own equipment, or \$7.50 per ride for equipment rental

### ● **Private lessons**

**Location:** Bronfman Family Recreation Center & Ranch

**Dates & Times:** Arranged by appointment. Please call Jenn Carpenter at 435.200.0987.

**Cost:** \$20 per lesson



## 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: June 7th-July 10th  
(5 weeks)

Session II: July 19th-August 20th  
(5 weeks-Saturdays-4 weeks)

**Cost:** Person with a disability:  
\$125 per group session

\$175 per private session.

\$35 for non-program private lessons.

**Cost:** Person without a disability:  
\$175 per group session.

## Hippotherapy

**Location:** Bronfman Family Recreation Center & Ranch

**Times:** Monday: 4:40-7:20pm

Wednesday: 4:40-7:20pm

Saturday: 10am-4:40pm

(Treatments are 45 min.)

### **Session Dates:**

Session I: June 7th-July 7th

Session II: July 19th-August 18th

**Cost:** \$175 for initial evaluation

Session I: \$425 for 5 treatments

Session II: \$425 for 5 treatments

Session II: Saturday-\$340 for 4 treatments

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## Aquatics

### **\*\*New Outdoor Location\*\***

**Location:** Racquet Club, Park City

**Times:** Mondays and Tuesdays, 1:30-2:15pm

**Dates:** Session I: June 7th-June 22nd  
Session II: June 28th-July 6th  
Session III: July 12th-July 27th  
Session IV: August 2nd-August 17th

**Cost:** \$60 for session I, III and IV.  
\$40 for Session II

### **\*\*New Wasatch County Location\*\***

**Location:** New Life Fitness, Heber

**Times:** Thursdays and Fridays, 1:00-1:45pm

**Dates:** Session I: June 10th-June 25th  
Session II: July 1st-July 16th  
Session III: July 22nd-August 6th  
Session IV: August 12th-August 20th

**Cost:** \$60 for session I, II and III.  
\$40 for Session IV

## Water Skiing & Tubing

**Location:** Jordanelle Reservoir - Hailstone Recreation Area

**Session Dates:**

Wednesdays: June 23rd-August 25th  
Fridays: June 25th-August 27th

**Water Skiing Times:** 8, 9, 10 & 11am  
(1 person per hour)

**Cost:** Wednesday Session: \$270/\$30 per lesson  
Fridays Session: \$270/\$30 per lesson

## 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



## Adventure Learning

Learn by doing, and have fun while learning! Custom programs lasting 2 hours to 2 weeks in length for established groups of 10 or more.

Programs may include utilization of our low challenge course, high challenge course and/or indoor climbing wall. Many other group adventures and activities are available. Programs may be delivered on-site or off-site, any season and can include overnights in our fully accessible 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 x621

**Lodging:** Available at the National Ability Center Lodge

## Climbing Wall

For climbing wall inquiries please call Kim Millikan at 435.649.3991 x621

**Location:** Bronfman Family Recreation Center & 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

## Archery

**Age:** 8 and up

**Location:** Bronfman Family Recreation Center & Ranch

**Dates:** June 7th-August 20th

### **•Open Range:**

**Dates:** June 7th-August 16th

**Times:** Mondays: 5-8pm

**Cost:** \$5/day. Equipment rental is extra

### **•Beginner Lessons:**

**Dates:** June 9th-August 18th

**Times:** Wednesdays: 3:30-5pm

**Cost:** \$10/lessons or 11-week session for \$100

### **•Intermediate Lessons:**

**Dates:** June 11th-August 20th

**Times:** Fridays: 3:30-5pm

**Cost:** \$10/lessons or 11-week session for \$100



Current NAC 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](http://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.