



2010 Summer Programs

*MHS is not just about winter recreational opportunities! Since 1999, participants have enjoyed golf, cycling and paddling throughout Maine in the warmer months. This has given hundreds of participants opportunities to learn new skills, rediscover outdoor recreation, spend quality time with new friends, and enjoy Maine's countless natural wonders. Like all MHS programs, our **Summer Programs are 100% FREE OF CHARGE to registered participants.***



Adaptive Golf

Join Maine Handicapped Skiing for lessons in chipping, putting and driving, or adaptive on-course play at:

Toddy Brook Golf Course, Yarmouth, Maine

- Mondays, June 14th through August 30st (no program at Toddy Brook on July 5th).

Martindale Country Club, Auburn, Maine

- June 10th, July 6th and September 2nd.

Bethel Inn Resort, Bethel, Maine

- July 8th and August 18th.

Adaptive Canoeing & Kayaking

Join Maine Handicapped Skiing for lessons in adaptive kayaking and canoeing at:

Range Pond State Park, Poland, Maine -- basic paddling strokes, and water safety techniques in calm water for all experience and ability levels.

- June 29th, July 13th and 23th, August 11th and 24th

Class II Whitewater, Erroll, NH (NEW for 2010!) – introduction to whitewater kayaking for independent paddlers. – July 21st and August 17th.

Androscoggin River, Western Maine – downriver day trip for experienced paddlers. – Sunday, July 18th.

Seaspray Kayak, Sebasco Estates, Maine – guided sea kayaking day trip for experienced paddlers – Wednesday, July 28th (rain date is August 4th).



Adaptive Cycling

Join Maine Handicapped Skiing for adaptive cycling (hand cycles, foot powered cycles, recumbent cycles, volunteer-assisted cycles) at:

Back Cove Trail, Portland, Maine – ride a smooth surface cycling loop of 3½ miles or customize to your own endurance.

- Thursdays June 24th, July 1st, July 15th, July 29th, August 12th and August 26th.

Acadia National Park (NEW for 2010!) – join us in exploring the carriage roads around Eagle Lake – Friday, June 25th.

Peaks Island, Portland, Maine – we will be hosting a group ride on Peaks Island – Thursday, August 12th.

For more information or to register for MHS programs, please visit our website, email or call our office.

www.skimhs.org - (800) 639-7770 - schedule@skimhs.org