

So....You want to ski?!?!

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I am:

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Currently faculty at Temple University in recreational therapy

Born & raised in Maine – been skiing since I was 8 years old

Started teaching adapted skiing in 1990

15+ years in aquatics, adapted aquatics and pool management & coached for Special Olympics and team for swimmers with physical disabilities

Kayaker, hiker, dog owner of 3 dogs, reader, golfer, scuba diver, fan of 2 Steves Brewery, gardener, cook, friend and family member, dominos and card player.

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Skiers who are blind, low vision or who learn differently



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Adapted Skiing

[PENNSYLVANIA CENTER FOR ADAPTED SPORTS \(PCAS\)](#)

4 BOATHOUSE ROW, PHILADELPHIA, PA 19130

215-765-5118

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Adapted Skiing

Skiing – first and foremost!

- May use specialized equipment
- May modify teaching strategies, techniques or style

Instructors

- Solid intermediate skiers
- Must have knowledge in basic ski instruction
- Receive training to teach adapted – but must know skiing and the principles of skiing to teach adapted

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Skiers with amputations or balance/mobility challenges



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Outriggers: Provide support for arms and overall balance

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Monoskis: Skiers with paraplegia or other lower limb impairments with strong trunk and UE



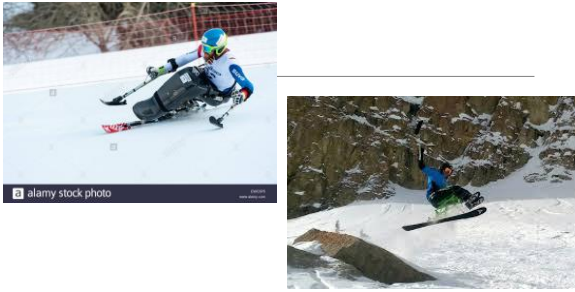
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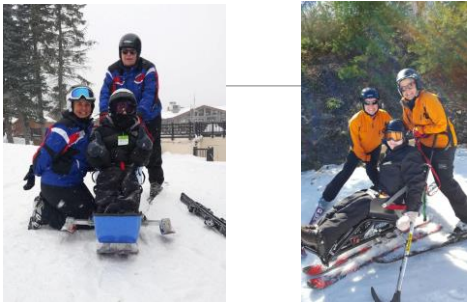


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Biski: Skiers with mobility, endurance, coordination needs

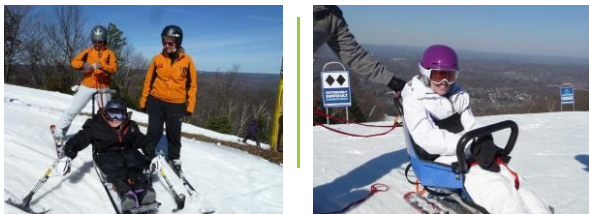
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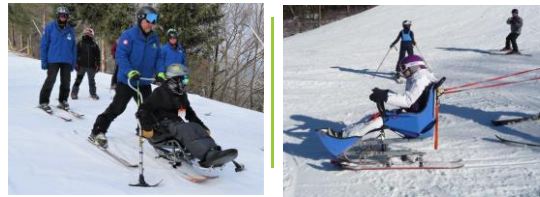
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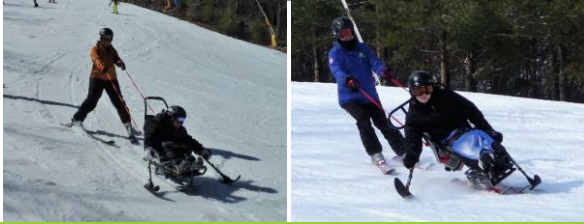
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Sit down skis on a chairlift

[How To-Do Sit Down Skiing Part 2 - Learning to ride the ski lift](#)



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PA Center for Adapted Sports

[PA Center for Adapted Sports 8/31/21 – Rowing](#)

SKIING SCHEDULE 2022

SEASON: JANUARY 2, 2022 - MARCH 12, 2022

DAY: SATURDAY AND SUNDAY

LOCATION: CAMELBACK MOUNTAIN

Please note: All lessons are private and must be booked in advance. Offered only on weekends.

Bookings open December 1, 2021

Lessons booked for 2022

To book a lesson:

PCAS website: [PA Center for Adapted Sports \(centeronline.com\)](http://PA Center for Adapted Sports (centeronline.com))

Phone: 215-765-5118

Email: ski@centeronline.com

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