



MHS Summer Program 2010



Adaptive Golf Lessons

3 Beautiful Courses to Play

Toddy Brook Golf Course
Yarmouth, Maine

Bethel Inn Golf Course
Bethel, Maine

Martindale Country Club
Auburn, Maine

On course lessons are from 9-12

Driving Range or Chip and Putt
9am-10:30 OR 10:30-12pm

Adaptive Cycling Lessons

At Back Cove in Portland, Maine

10am-12pm OR 12pm-2pm
(choose one session)

**The Peaks Island Group Ride and...
Cycling around Acadia National Park**

Cycles from Northeast Passage

Adaptive Canoe & Kayak Lessons

Range Ponds State Park
Poland, Maine

10am-12pm OR 1pm-3pm
(choose one session)

Volunteers should arrive by 9:30am

Come early or stay late for the BBQ
lunch for everyone at noon.

Bring something for the grill.

Advanced Paddling Lessons

On The Androscoggin River

8:30am-3pm

Sun Valley Sports
Bethel, Maine

Coastal Paddle

9:30

Seaspray Kayak
Sebasco Harbor Estates

New* Whitewater Kayak

Errol, NH
Great Glen Trails

Directions and Meeting Places

ADAPTIVE GOLF

Toddy Brook Golf Course on Sligo Rd., Yarmouth, Maine

The group will meet at 9am in the parking lot.

Directions from the South: Take 295 North to Exit 15 (Yarmouth). Follow signs to Route 1 North, 1.2 miles to Route 115. Turn right on Rte. 115. Travel .7 miles. Turn right onto Sligo Rd. Go 3.1 miles to 925 Sligo Rd. to Toddy Brook Golf Course.

Directions from the North: Take 295 South to Exit 17 (Yarmouth). Follow signs to Route 1 South for 1.9 miles. Turn right onto Rte. 115 and travel .7 miles turn right onto Sligo Rd. Travel 3.1 miles on Sligo Rd to Toddy Brook Golf Course.

Martindale Country Club, Auburn, Maine

The group will meet at 9am in the parking lot.

Directions from the South: Take I-95 North to the Auburn exit. Turn left off the ramp on to 202, take second left on to Beech Hill Rd, proceed ½ mile to Golf course on right.

Directions from the North: Take I-95 South to the Auburn exit. Turn left off the ramp on to 202, take second left on to Beech Ridge Rd, proceed ½ mile to Golf course on right.

Bethel Inn and Country Club, Bethel, Maine

The group will meet at 8:30am outside the pro shop.

Directions from the South: Take I-95 North to Exit 63 (Gray/New Gloucester). Follow Route 26 North until you get to Bethel. In Bethel stay straight on Rt 26 until it becomes Main St. At the stop sign at the top of Main St. turn left, then take the immediate right onto Mill Hill Rd. The parking lot will be on the left once you pass the main Inn building.

Directions from the North: Take I-95 South to Exit 75 in Auburn. Take a right off the ramp and go **approx.** 2 miles until you see signs for Route 122. Follow Route 122 to the end where it intersects with Route 26. Turn right (North on Route 26). Follow directions from above.

ADAPTIVE CYCLING

Portland, Maine

The group will meet at the Preble St Ext. Parking Lot opposite Hannaford at 10am for the morning session and at 12pm for the afternoon session. For the evening ride, the sessions will meet at 2pm and 6pm.

Directions from the South: Take I-295 North to Portland. Get off I-295 at Exit 7 (Franklin St.) Go straight to the intersection with Marginal Way. Turn right onto Marginal Way, then right onto Preble St Ext. Parking lot is on right opposite Hannafords.

Directions from the North: Take I-295 South. Get off 295 at Exit 7 (Franklin St.) Follow directions as above.

ADAPTIVE CANOE & KAYAK LESSONS

Range Ponds State Park, Poland, Maine

The group will meet at the group beach/reserved picnic area. **Be sure to tell the Park Ranger that you are with MHS so there will be no cost.** Lessons meet at 10am & 1pm. Come early or stay late for the BBQ lunch for everyone at noon. Bring something for the grill.

Directions from the South: Take the Maine Turnpike North to Exit 63 (Gray/New Gloucester). Follow Rte 26 North to Poland Spring. Turn RIGHT onto Rte 122. Follow the brown signs to Range Pond State Park. **Take first left into the parking lot** and meet near the boat launch.

Directions from the North: Take the Maine Turnpike South to Exit 75 (Auburn). Turn right off the ramp and follow Rte 100 South to Route 122. Turn Right onto to Route 122. Follow the brown signs to Range Pond State Park. Take first left into the parking lot and meet near the boat launch.

ADVANCED PADDLING

*To participate you must; have previous paddling experience with MHS, be able to perform an independent wet exit, and keep pace with the group for an extended period of time.

Androscoggin River Trips, Bethel, Maine

The group will meet at Sun Valley Sports at 129 Sunday River Rd, Bethel, Maine at 8:30am.

Directions from the South: Take I-95 North to Exit 63 (Gray/New Gloucester). Follow Route 26 North until you get to Bethel. Turn right onto Parkway. At stop sign turn right onto Route 2. Turn left on to Sunday River Road. Sun Valley Sports is located on the right side (129 Sunday River Rd)

Directions from the North: Take I-95 South to Exit 75 in Auburn. Take a right off the ramp and go approx. 2 miles until you see signs for Route 122. Follow Route 122 to the end where it intersects with Route 26. Turn right (North on Route 26). Follow directions above.

Coastal Paddle, Sebasco Estates, Maine

The group will meet at Sebasco Harbor Resort, Sebasco Estates, Maine at 9:30am.

Directions: Take 295, north to the Brunswick exit 28, to Rte 1. Proceed north 9 mi. on Rte. 1 to the Congress Ave/Richardson St exit, turn **Left** on State Rd., **Right** on Richardson St, then **Right** on Redlon St 0.1 mi, **Left** on Phoenix Dr 0.2 mi. **Right** on Campus Dr 0.2 mi, **Right** on ME-209 10.2 mi, bear **Right** on Sebasco Rd(ME-117) 1.2 mi to Sebasco Harbor Resort.

Whitewater Kayaking, Errol, NH

The group will meet in the parking lot across from Northern Waters Canoe Rental on Rte 26.

Directions from the South: Take I-95 North to Exit 63 (Gray/New Gloucester). Follow Route 26 North until you get to Bethel. Turn right onto Parkway. At stop sign turn right onto Route 2 east. Take Rte 2 east to Rte 26 north through Grafton Notch to Errol, NH

Directions from the North: Take I-95 South to Exit 75 in Auburn. Take a right off the ramp and go approx. 2 miles until you see signs for Route 122. Follow Route 122 to the end where it intersects with Route 26. Turn right (North on Route 26). Follow directions above.

GOOD THINGS TO BRING TO ALL SUMMER PROGRAMS

WATER

Bug repellent
Hat with visor

Sunscreen
Rain gear
Medications/toiletries

Sunglasses with strap
Long pants
Long sleeve shirt/sweater

GOLF SPECIFIC:

In addition to the items listed at the top

Collared Shirt (men and women)
Appropriate footwear (**no sandals/boots**)
Optional: money for lunch at the clubhouse

NO jeans/cut-off shorts
Snacks

PADDLING PROGRAM SPECIFIC:

In addition to the items listed at the top

Lunch and Snacks
Water shoes
plan on getting wet

Bathing suit
Towel
Change of clothes

Gloves to prevent blisters
Dry bag for personal gear
Plastic bags for wet gear

CYCLING PROGRAM SPECIFIC:

In addition to the items listed at the top

Comfortable clothes Sneakers Gloves to prevent blisters Snacks

Adaptive Canoe/Kayak Lessons/Paddling Activities

*** ELIGIBILITY REQUIREMENTS ***

In order to participate in these programs you must:

- ✓ Meet MHS participant guidelines and have current paperwork complete
- ✓ Be able to breathe independently, not require medical devices to sustain breathing
- ✓ Be able to hold head upright without head/neck support
- ✓ Be able to maintain closed mouth/lips while under water
- ✓ Be able to turn from face down to face up independently in water, while wearing a properly fitted life vest
- ✓ Have the ability to remain seated and balanced in a boat (with or without adaptive equipment)

At Maine Handicapped Skiing Adaptive Canoe/Kayak lessons you will be asked to perform these skills. In order to participate in a River Trip or Coastal Paddle, you must possess these skills as well as successfully execute a wet exit independently.



MAINE HANDICAPPED SKIING SUMMER VOLUNTEER CALENDAR 2010

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10 Golf Martindale	11 Volunteer Paddle Training	12
13	14 Golf range only Toddy Brook	15	16 Group Ride for Bike Owners	17 Rain Date for group ride	18	19
20	21 Golf Toddy Brook	22	23	24 Cycling Back Cove	25 Cycling Acadia	26
27	28 Golf range only Toddy Brook	29 Paddling Range Pond	30			

JULY

				1 Cycling Back Cove	2	3
4	5 No Golf	6 Golf Martindale	7	8 Golf Bethel Inn	9	10
11	12 Golf Toddy Brook	13 Paddling Range Pond	14	15 Cycling Back Cove	16	17
18 River Trip Androscoggin Trek Bethel	19 Golf Toddy Brook	20	21 White Water Errol, NH	22	23 Paddling Range Pond/ Vol Boats	24
25	26 Golf Toddy Brook	27	28 Coastal Paddle	29 Cycling Back Cove	30	31

AUGUST

1	2 Golf Toddy Brook	3	4 Rain date for Coastal Paddle	5	6	7
8	9 Golf Toddy Brook	10	11 Paddling Range Pond	12 Cycling Peaks Island	13	14
15	16 Golf Toddy Brook	17 White Water Errol, NH	18 Golf Bethel Inn	19 River Trip Bethel	20	21
22	23 Golf Toddy Brook	24 Paddling Range Pond	25	26 Cycling Back Cove	27	28
29	30 No Golf	31 Bike Owners Ride				

SEPTEMBER

			1 Rain date for bike owners ride	2 Golf Martindale	3	4
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