



# Adaptive

## Program Information

---

*All classes are designed for people with disabilities, and are for ages 18+, unless noted otherwise.*

### **Classes & Activities**

These classes and activities are designed for people with disabilities. Courses are structured for different levels of ability. All Adaptive Recreation courses require registration. *A Participant Information Form is required before attendance.* Fees do not include the cost of meals at events, unless otherwise noted. For more information call 541-682-5311.

### **Orientation**

Staff are available to discuss recreation opportunities. For new participants please call before registering for classes. A Certified Therapeutic Recreation Specialist can help answer your questions regarding the activities that are most appropriate for you, a family member or an individual in your care.

### **Conduct**

Every effort will be made to reasonably accommodate each individual, however, if a person's conduct poses physical harm, risk to self or to others, he/she may be removed from City programs and activities.

### **Inclusion Services**

All programs offered by Eugene Rec are open to people with disabilities. It's as easy as 1-2-3:

- 1) Discuss your request for inclusion services with the person taking your registration and/or
- 2) Request accommodations *at least two weeks in advance* using a City of Eugene inclusion request form at [GetRec.org/recinclusion](http://GetRec.org/recinclusion).
- 3) Once a request has been received, a Recreation staff person will contact you.

Eugene Rec staff is committed to making all reasonable efforts to ensure that its facilities, programs and services are accessible to and usable by all people, including individuals with disabilities.

For additional information and/or questions on inclusion, accessibility and accommodations call 541-682-5311.

### **Wanted: Volunteers**

Your friendship and involvement with participants in the Adaptive Rec program is critical. You need not be an expert – support and feedback are provided for all volunteers. If you or your group are interested in volunteering any amount of time, and if you'd like to have fun and interesting experiences helping others, please call 541-682-5311.

# Bicycling

## Adapted Bike & Equipment Services All ages

Adaptive Recreation Services maintains a unique fleet of adaptive equipment, including all-terrain wheelchairs and bikes such as recumbent trikes, tandems and hand cycles. Individual and group services can be provided to support adaptive recreational equipment needs for people of varying abilities and skill levels, including fittings and rentals. For more information call 541-682-5311 or visit [GetRec.org/recadaptive](http://GetRec.org/recadaptive).

All services at Hilyard Community Center

## Adapted Bike Assessment & Fitting

Staff assess needs and recommend equipment. Designed for people with disabilities, medical conditions or those who wish to preview equipment before rental or purchase.

By appointment; available M-F 9a-5p

Jan 1-Mar 31 \$5 #6445

Apr 1-Jun 30 \$5 #6446

## Adapted Bike Rental

Available after initial fitting or assessment.

By appointment; available M-F 9a-5:30p

	Jan-Feb-Mar	Apr-May-Jun
\$5/half hour	#6448	#6447
\$10/hour	#6449	#6450
\$20/half day	#6451	#6452
\$40/day	#6453	#6454
\$50/weekend	#7523	#7526

## Free Adapted Bike Rentals

Free rentals the entire month of May. Available after initial fitting or assessment.

By appointment; available M-F 9a-5p

Free half hour to full day #6858

# Cooking

## Creative Cooking

Bring out the spatulas and spoons for a spectacular cooking class. Learn basic knife and chopping skills, healthy eating and kitchen safety.

Hilyard Community Center

Jan 14-Mar 17 Tu 6-8p \$95 #6531

Apr 14-Jun 16 Tu 6-8p \$95 #6532

# Dance

## Valentine's Day Dance

It's the dance of hearts, hope and friendship. Participants must register by 5:30 p.m. Friday, Feb. 7. No registrations taken at the door. Personal support workers attending with participants get in free, registration isn't required.

Hilyard Community Center

Feb 8 Sa 7-9p \$8 #7479

# Skiing

## Alpine Adventures Adaptive Skiing

Adaptive Recreation and Oregon Adaptive Sports (OAS) offer an adaptive skiing and snowboarding program for people with disabilities in the southern Willamette Valley. Accessible transportation between Eugene and Hoodoo Ski Area is provided. Volunteers with ski and snowboard experience are needed, contact [info@oregonadaptivesports.org](mailto:info@oregonadaptivesports.org). Get more information and register through OAS at [info@oregonadaptivesports.org](mailto:info@oregonadaptivesports.org) or 541-306-4774.

## Regular Season Ages 8+

Financial assistance available through OAS. Accessible transportation provided from Eugene on Fridays and Sundays.

Meet at Hilyard Community Center

Jan 10-Mar 8 FSu 7a-6p Free

## Heroes Veterans Ski Weekend All ages

OAS hosts Veterans with disabilities in a fun-filled weekend on the slopes. This event offers opportunities on several levels, providing the chance for Veterans to participate or assist as a volunteer. Family members welcome. Accessible transportation provided from Eugene each day as needed.

Meet at Hilyard Community Center

Jan 24-26 F-Su 7a-6p Free

## Jr. Racers - Kids Ski Day Ages 5-18

Join in the fun of adapted skiing with the free Jr. Racers event at Hoodoo Ski Area, provided by OAS and supported by Adaptive Recreation. Register to ride the Eugene Rec bus to the mountain and back. Accessible transportation provided from Eugene for athletes and parents. Space is limited. Designed for youth with physical disabilities.

Meet at Hilyard Community Center

Feb 1 Sa 7a-6p Free

# Adaptive

## Social Gatherings

### Community Explorers Ages 18-29

Make wonderful memories with great friends as you explore the recreational opportunities in the Eugene and Springfield areas. Occurs on the second and fourth Fridays of the month.

Meet at Hilyard Community Center

Jan 24-Mar 13	2nd/4th F	6:30-9p	\$78	#7468
Apr 24-Jun 26	2nd/4th F	6:30-9p	\$78	#7470

### TGI Friday Ages 30-39

Make wonderful memories with great friends as you explore the recreational opportunities in the Eugene and Springfield areas. Occurs on the first and third Fridays of the month.

Meet at Hilyard Community Center

Jan 17-Mar 20	1st/3rd F	6:30-9p	\$78	#6652
Apr 17-Jun 19	1st/3rd F	6:30-9p	\$78	#7469

### Friday Recreation

Join in popular recreation interests and explore exciting activities, planned and implemented by enthusiastic Adaptive Rec interns. Bring your own lunch. Community Outings available with separate registration.

All activities meet at Hilyard Community Center

Friday Rec Sessions

Jan 17-Feb 7	F	12-2p	\$22	#6428
Feb 21-Mar 13	F	12-2p	\$22	#6429
Apr 17-May 8	F	12-2p	\$22	#6430
May 22-Jun 12	F	12-2p	\$22	#6431

Community Outings

Eugene Science Center				
Feb 14	F	11:30a-2:30p	\$20	#6432
MECCA				
Mar 20	F	11:30a-2:30p	\$20	#6433
UO Rec Center				
May 15	F	11:30a-2:30p	\$20	#6435
Camp Putt				
Jun 19	F	11:30a-2:30p	\$20	#6436

Also see pages 11-13

### Hilyard Social Club Ages 22-49

Join in as we work together to plan and implement fun activities and community ventures. This program is designed as a community integration, life and social skill-building class. Please only register for Tuesday or Thursday class, not both.

Hilyard Community Center

Jan 14-Mar 17	Tu	1:30-4p	\$72	#6644
Apr 14-Jun 16	Tu	1:30-4p	\$72	#7471
Jan 16-Mar 19	Th	1:30-4p	\$72	#6646
Apr 16-Jun 18	Th	1:30-4p	\$72	#7473



### Saturday Night Action Ages 18+

Join friends for Saturday night fun. Light snacks and drinks will be provided.

All activities meet at Hilyard Community Center

New Year's Celebration

Jan 18	Sa	5:30-8:30p	\$15	#7478
--------	----	------------	------	-------

Shamrock Social

Mar 14	Sa	5:30-8:30p	\$15	#7480
--------	----	------------	------	-------

Earth Day Celebration

Apr 25	Sa	5:30-8:30p	\$15	#7481
--------	----	------------	------	-------

### Wii & Games Ages 18+

Have fun and challenge your friends to a Nintendo Wii game, a board game or an outdoor game on the patio. A healthy snack will be provided.

Hilyard Community Center

Jan 13-Mar 16	M	3:15-4:15p	\$30	#7462
---------------	---	------------	------	-------

Apr 13-Jun 15	M	3:15-4:15p	\$34	#7465
---------------	---	------------	------	-------

Jan 13-Mar 18	W	3:15-4:15p	\$37	#7463
---------------	---	------------	------	-------

Apr 15-Jun 17	W	3:15-4:15p	\$37	#7466
---------------	---	------------	------	-------

Jan 17-Mar 20	F	3:15-4:15p	\$37	#7464
---------------	---	------------	------	-------

Apr 17-Jun 19	F	3:15-4:15p	\$37	#7467
---------------	---	------------	------	-------

No class Jan 20, Feb 17, May 25

### Disability Awareness Movie Club

Movies about people with disabilities will be shown and discussed. All community members welcome. Bring your own lunch. Snacks and drinks provided.

Hilyard Community Center

Jan 25	Sa	12-3p	\$5	#7482
--------	----	-------	-----	-------

Apr 18	Sa	12-3p	\$5	#7543
--------	----	-------	-----	-------

## Special Interest

### Adaptive Game Day Ages 21+

For people who've experienced a stroke and are interested in playing cards, table games, outings and socializing with others. The program is provided by the University of Oregon Communication Disorders and Sciences program. Volunteers are available to assist participants. For more information including dates and times, contact Elise Peltier at 541-346-2589 or [elisep@uoregon.edu](mailto:elisep@uoregon.edu).

Hilyard Community Center

### Loud Crowd

The University of Oregon Communication Disorders and Sciences program is pleased to offer a maintenance program to help people with Parkinson's regain and maintain effective communication. The LOUD Crowd is led by a speech-language pathologist and graduate clinicians. In order to participate, members must first complete the SPEAK OUT! therapy. For more information or to schedule a speech evaluation, please contact Sierra Corbin at 541-301-8901 or [scorbin@uoregon.edu](mailto:scorbin@uoregon.edu), or Jayme Sloan at 541-346-0923 or [jaymes@uoregon.edu](mailto:jaymes@uoregon.edu).

Hilyard Community Center

Ongoing Tu 2-3:15p Free #6459

## Sports

### Athletes In Motion Ages 6+

Athletes in Motion is designed to introduce and support continued involvement of people with physical disabilities in wheelchair sports, fitness and recreation opportunities. Adaptive equipment is provided. Current offerings include adaptive rock climbing, adaptive paddling and adaptive cycling. For more information call 541-682-5311 or email Carly at [cschmidt@eugene-or.gov](mailto:cschmidt@eugene-or.gov).

### Amputee Sports Clinic Ages 6+

Power On With Limb Loss presents "Discover Your Potential with Limb Loss & Physical Challenges," a day of educational and powerful speakers and activities including archery, rock climbing, Bo Yoga and more. For more information and to register, contact Paula Free at 541-510-5866, [123poweron@gmail.com](mailto:123poweron@gmail.com) or get more information at [PowerOnWithLimbLoss.com](http://PowerOnWithLimbLoss.com).

Bob Keefer Center, 250 S. 32nd St., Springfield

Apr 4 Sa 9:30a-3:30p Free

### Northwest Association for Blind Athletes All ages

The NWABA provides life-changing opportunities through sports and physical activity to blind and visually impaired people. It provides year-round sports programs for all ages and abilities. Every third weekend of the month NWABA offers a variety of sport events in Eugene and the southern Willamette Valley. For more information, contact Megan Ahleman at 360-768-5649 or [mahleman@nwaba.org](mailto:mahleman@nwaba.org).

## Swim Lessons

### Safety & Swim Skills Ages 5-12

This class focuses on basic water safety and introduction to swimming skills. Designed for kids who need extra support and modified teaching techniques. Instructors and volunteers provide unique and fun activities in an inclusive and supportive environment. Online registration is not available. For questions or to register, call 541-682-5311.

Sheldon Pool & Fitness Center

Feb 1-Mar 21	Sa	11a-12p	\$60	#6535
Apr 18-Jun 6	Sa	11a-12p	\$60	#6538

### Accessible Pursuits

Are you looking for exciting and rewarding activities for your group? Organizations, agencies and individuals are invited to participate in the Accessible Pursuits services. It uses the expertise and resources of Adaptive Rec to design a recreation program that meets your specific needs.

In addition, City staff can present clinics, workshops, in-services and trainings in adaptive recreation and inclusion services for employees, participants and family members.

The benefits include:

- Activities that are affordable and tailored to the needs of your organization and clients.
- Access to a wide variety of adapted equipment and services.
- Activities that are safe and accessible.
- Activities that are designed by Certified Therapeutic Recreation Specialists and other trained and knowledgeable staff.

Accessible Pursuits focuses on helping participants discover their own innate talents, acquire greater independence, and develop enduring peer relationships that are instrumental to improving the quality of their lives. Let Accessible Pursuits bring fun directly to you. For more information call 541-682-5311.



## Adaptive

# Wellness

### Dance Fusion

Have fun and get fit with this unique dance fitness class. Learn basic moves to multicultural music as you shake, shimmy and salsa your way to a healthier you.

Hilyard Community Center

Jan 17-Mar 20	F	4:30-5:30p	\$42	#7474
Apr 17-Jun 19	F	4:30-5:30p	\$42	#7475

Amazon Community Center

Jan 17-Mar 20	F	4:30-5:30p	\$42	#7530
Apr 17-Jun 19	F	4:30-5:30p	\$42	#7531

### Fitness for All

This fun fitness class is just right for all abilities. Class uses energizing circuit training and motivating activities with positive support. Learn quality exercises and move toward a healthier you.

Hilyard Community Center

Jan 13-Mar 18	MW	4:30-5:30p	\$72	#7458
Apr 13-Jun 17	MW	4:30-5:30p	\$76	#7461

No class Jan 20, Feb 17, May 25

# Support Groups

### ALS Support Group Ages 21+

For people living with Lou Gehrig's Disease, families, caregivers and friends. Meetings are free, offer speakers on relevant topics and are designed to share information as well as strategies for preserving independence and quality of life. For more information call 541-990-1246.

Hilyard Community Center

Ongoing 2nd W 3-5p Free Drop-in



### Amputee Support Group All ages

Power On With Limb Loss hosts meetings for amputees and people with physical challenges, which include speakers and peer mentorship to support people with physical challenges to help build independence and improve quality of life. For more information, contact Paula Free at 541-510-5866 or 123poweron@gmail.com.

Crescent Park Senior Living, 2951 Coburg Rd.

Ongoing 4th W 6:30-8:30p Free Drop-in

### Brain Injury Group (BIG) All ages

For people who've experienced a brain or head injury. Meetings offer weekly opportunities to share experiences and information on an informal basis. For more information call Curtis Brown at 541-998-3951.

Hilyard Community Center

Ongoing Tu 11a-1p Free Drop-in

### Hearing Loss Association of Lane County All ages

For people experiencing hearing loss, their families, caregivers and friends. Meetings offer education on technology, employment, communication, medication and more, and provide informal opportunities to socialize and find support in coping with hearing loss. For more information contact Clark Anderson at clarkoa@msn.com or visit [hearinglosslane.org](http://hearinglosslane.org).

Hilyard Community Center

Mar 12, Jun 11 Th 6:30-9p Free Drop-in

### Mama I'm Low All ages

This is a local non-profit organization created to provide emotional and practical support for families of children living with Type 1 diabetes. It gives kids from preschool to teens opportunities to connect through monthly fun activities. It offers twice-monthly parent support groups, an educational speakers series and caregiver seminars for family members, friends and babysitters. For information, locations and calendar call 541-484-0591 or visit [mamaimlow.com](http://mamaimlow.com).

Ongoing Dates/times vary Free Drop-in

### Support for Independent Living with Visual Impairment (SILVI) All ages

For individuals living with visual impairment. Informal meetings offering opportunities to share experiences and information. For more information call 541-682-5311.

Hilyard Community Center

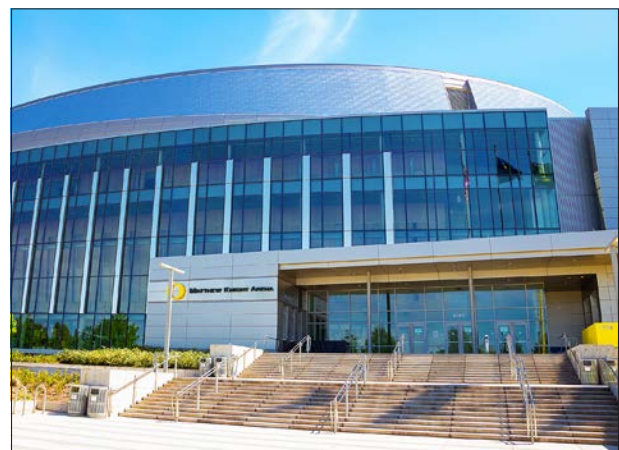
Ongoing 2nd/4th F 11:30a-1:30p Free Drop-In

*More support groups are on page 72.*

# Trips

*Descriptions are on pages 11-13.*

Dates	Day	Time	Title	Cost
Jan 19	Su	12:30-5p	U of O Basketball Game	\$32
Feb 14	F	11:30a-2:30p	Community Outing: Eugene Science Cntr	\$20
Feb 22	Sa	8:30a-5:30p	Hoodoo Autobahn Snow Tubing	\$40
Mar 7	Sa	8:30a-5p	OMSI	\$60
Mar 8	Su	12-4p	U of O Acrobatics/Tumbling	\$15
Mar 20	F	11:30a-2:30p	Community Outing: MECCA	\$20
Mar 21	Sa	9a-3p	Cherry Blossom Day	\$20
Mar 29	Su	9a-5p	Whale Watching*	\$35
Apr 1	W	10a-2p	Hike & Picnic at Mt. Pisgah	\$15
Apr 3	F	10a-4p	Albany Carousel	\$25
Apr 5	Su	9a-4p	Fall Creek Hike	\$30
Apr 11	Sa	10a-3p	Chintimini Wildlife Center	\$35
Apr 26	Su	1-8p	Cottage Theater "Mamma Mia!"	\$53
May 2	Sa	2-6p	Women's Roller Derby	\$15
May 8	F	11:30a-2:30p	Community Outing: UO Rec Center	\$20
May 9	Sa	9a-5p	Old Town Florence*	\$35
May 17	Su	9a-5p	Salt Creek Falls Hike	\$30
Jun 6	Sa	10a-3p	Fawn Hills Animal Sanctuary	\$35
Jun 12	F	11:30a-2:30p	Community Outing: Camp Putt	\$20
Jun 14	Su	9a-4p	Sahalie & Koosah Falls Hike	\$30
Jun 20	Sa	4-8p	TrackTown Fan Festival	\$20
Jun 25	Th	4-8p	TrackTown Fan Festival	\$20



\*Please only register for one coast trip, not both.

All trips meet at Hilyard Community Center (unless noted otherwise), are designed for people with disabilities and are for ages 18+. Personal support workers must register by calling 541-682-5311.

Boxed numbers **1** indicate activity levels, see key on page 12.

## U of O Basketball Game **1**

Spend the afternoon cheering on the Oregon women's basketball team. Reserved seat admission is included in the trip cost. Bring money for lunch.

Jan 19 Su 12:30-5p \$32 #6649

## Community Outing: Eugene Science Center **1**

Explore the exhibits at Eugene Science Center. Bring \$5 for admission and a sack lunch.

Feb 14 F 11:30a-2:30p \$20 #6432

## Hoodoo Autobahn Snow Tubing **1**

Join in for an adventurous day of tubing on the slopes at the Autobahn Tubing Park at Hoodoo Ski Resort. Tubing is fun and accessible for people of all abilities. Bring \$21 for tubing and a sack lunch or money to buy lunch. Involves uneven, snowy terrain and higher altitude. Wear warm clothing and snow boots. If warm clothing is needed, please contact Hilyard Community Center at 541-682-5311. Learn more about Hoodoo tubing at [skihoodoo.com/explore/autobahn-tubing-park](http://skihoodoo.com/explore/autobahn-tubing-park). If registering a personal support worker, please call Hilyard Community Center to pay for admission cost.

Feb 22 Sa 8:30a-5:30p \$40 #7483

# Adaptive

## OMSI ☒

Explore the exhibits and activities at the Oregon Museum of Science and Industry (OMSI) in Portland. Trip registration includes museum admission. Bring money for lunch. Be prepared for lots of walking or bring a mobility device. Learn more about OMSI at [omsi.edu](http://omsi.edu). If registering a personal support worker, please call Hilyard Community Center at 541-682-5311 to pay for admission cost.

Mar 7 Sa 8:30a-5p \$60 #7552

## U of O Acrobatics/Tumbling ☒

Join friends and watch the dynamic strength and teamwork of the Oregon women's acrobatics and tumbling team. Bring money for lunch.

Mar 8 Su 12-4p \$15 #7484

## Community Outing: MECCA ☐

MECCA is the Materials Exchange Center for Community Arts, with an open studio to create our own art pieces. Bring \$5 for supplies and a sack lunch.

Mar 20 F 11:30a-2:30p \$20 #6433

## Cherry Blossom Day ☒

Fly kites and enjoy lunch at Cherry Blossom Day at the Oregon State Capitol. Bring a sack lunch.

Mar 21 Sa 9a-3p \$20 #7485

### Activity Level Ratings

**Level 1** Little walking. OK for those with walkers, wheelchairs or walking difficulties.

**Level 2** Moderate walking. Similar to that at a shopping center or large museum.

**Level 3** Walking of 1-2 miles (1 to 1.5 hours), as on a walking tour of gardens or the zoo. May be steps or hills.

**Level 4** Walking of 3-6 miles on moderate trails. May be rough, hilly or at higher altitude. Access to medical help may be limited.

**Level 5** Long hikes of 5+ miles. May be very rough, hilly or high altitude. Access to medical help may be limited.

Consult your physician before participating in any trips/activities to be sure they are appropriate for you. Weather and/or trail conditions may change unpredictably. These levels are approximations only; your experience may vary.

### Trip Policies

Fees include bus transportation, leadership and insurance, unless noted otherwise. Meals and admission to venues are not included in the fee unless noted otherwise in the description. Every attempt is made to follow the itinerary; if circumstances beyond our control do not allow that to happen, no refunds will be given.



## Whale Watching ☒

Head to Yachats for whale watching week. Trained volunteers will help us spot whales from the shore. We'll visit Cape Perpetua and Heceta Head Lighthouse if time allows. Bring money for lunch. Please only register for one coast trip, this one or Old Town Florence.

Mar 29 Su 9a-5p \$35 #7372

## Hike & Picnic at Mt. Pisgah ☒

Spring is here. Let's get outside! Hike and picnic at Mount Pisgah. Bring a sack lunch.

Apr 1 W 10a-2p \$15 #7486

## Albany Carousel ☒

Spend a fun day in downtown Albany visiting historic sites, including the world-class carousel complex. Each animal has been hand-carved and painted by local artists. Pick your favorite and ride the carousel. Bring money for carousel rides (\$2 per ride) and money for lunch at a local restaurant. Learn more about the carousel at [albanycarousel.com](http://albanycarousel.com).

Apr 3 F 10a-4p \$25 #7487

## Fall Creek Hike ☒

Enjoy the serenity of quiet nature in the Fall Creek area. Bring a sack lunch to have a picnic. Involves hiking for up to two hours on uneven terrain and hills.

Apr 5 Su 9a-4p \$30 #7491

## Chintimini Wildlife Center ☒

Learn about and interact with animal rehabilitation sanctuaries. Meet raptors, reptilians and mammals, and learn about how to safely live near and enjoy wildlife. Bring a sack lunch.

Apr 11 Sa 10a-3p \$35 #7508



### Cottage Theatre "Mamma Mia!" 📅

Visit the Cottage Theatre to enjoy a matinee performance of "Mamma Mia!" the hit musical based on the music of ABBA. Bring money for dinner following at a local restaurant in Cottage Grove. Admission ticket is included in registration fee. For more information about this performance visit [cottagetheatre.org](http://cottagetheatre.org).

Apr 26 Su 1-8p \$53 #7488

### Women's Roller Derby 📅

Check out the local women's roller derby team crush its competition in a powerful and playful way. Get in on the action at the Big O international roller derby tournament at the Lane County Fairgrounds, hosted by Eugene's Emerald City Roller Derby. Bring money for snacks. For more information visit [ecrg.com/bigo](http://ecrg.com/bigo).

May 2 Sa 2-6p \$15 #7507

### Community Outing: UO Rec Center 📅

Visit the U of O Recreation Center and participate in accessible games provided by Rec Center staff. Bring lunch.

May 8 F 11:30a-2:30p \$20 #6435

### Old Town Florence 📅

Head to Florence for great views, shopping and lunch at Mo's Seafood and Chowder. Please only register for one coast trip, this one or Whale Watching.

May 9 Sa 9a-5p \$35 #7490

### Salt Creek Falls Hike 📅

Tour beautiful Salt Creek Falls. Enjoy the scenery and spend part of the day hiking the trails. Participants will hike up to three miles, rain or shine. Wear good walking shoes and dress for the weather.

May 17 Su 9a-5p \$30 #7493

### Fawn Hills Animal Sanctuary 📅

Learn about and interact with animal rehabilitation sanctuaries. Visit with the horses, donkeys, pigs and chickens at Fawn Hills Animal Sanctuary. Bring a sack lunch.

Jun 6 Sa 10a-3p \$35 #7492

### Community Outing: Camp Putt 📅

Mini golf at Camp Putt and pizza at Roaring Rapids. Bring \$6 for golf and money for pizza, or a sack lunch.

Jun 12 F 11:30a-2:30p \$20 #6436



### Sahalie & Koosah Falls Hike 📅

Enjoy the Cascade Range beauty while walking along the hiking trail. Bring a sack lunch to have a picnic. Involves hiking for up to two hours on uneven terrain and hills.

Jun 14 Su 9a-4p \$30 #7489

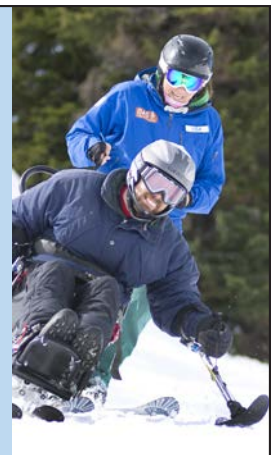
### TrackTown Fan Festival 📅

See the best track and field athletes in the world on the brand new Hayward Field. Enjoy athletic events, local history and world-renowned art.

Jun 20 Sa 4-8p \$20 #7494  
Jun 25 Th 4-8p \$20 #7495

### Join the Alpine Adventures Adaptive Ski Program for a dynamic skiing adventure this winter!

Adaptive Recreation and Oregon Adaptive Sports (OAS) offer Alpine Adventures, an adaptive skiing & snowboarding program for people with disabilities in the southern Willamette Valley. Accessible transportation between Eugene and Hoodoo Ski Area is provided.



Session 1: Fridays, January 10, 17, 31, February 7  
Session 2: Sundays, January 12, 19, February 2, 9  
Session 3: Fridays, February 14, 21, 28, March 6  
Session 4: Sundays, February 16, 23, March 1, 8

Please register at [oregonadaptivesports.org](http://oregonadaptivesports.org)  
For more information:  
Email: [info@oregonadaptivesports.org](mailto:info@oregonadaptivesports.org)  
Phone: 541-306-4774

