



December & January Adaptive Sports

Learn to Alpine Ski

Sitting and Standing Options

Cataloochee Ski Area, NC

SA January 11th

W February 12th SA March 7th

- **\$80 fee for full day lesson, lift ticket, and lunch**
- **Must provide own transportation to the ski area**
- **Space is limited - fee required for reservation**



Learn to Play Sled Hockey

W December 4th 12:00-2:00pm

@ Ice on Main

F December 13th 12:00-2:00PM

@ Bon Secours Wellness Arena

Each participant will receive two FREE tickets to the 12/13 Swamp Rabbits game

TH January 2nd 8:00-10:00am

@ Ice on Main



Adaptive Curling

SA January 4th 9-11am

@ The Pavilion



Adaptive Pickleball

W January 15th 10am-12pm

@ Victor Gym



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For more information visit ghs.org/ucan OR facebook.com/rogercpeace
Text UCAN to 41444 to donate to our adaptive sports programs