

2026 Recreation Therapy Upcoming Events

*All programs are subject to date/time/location change

January 2026

Virtual E-Birding Clinic | January 6

This virtual event will take place via Zoom with three 1.5-hour classes over a 3-month time frame. Participants will have the opportunity to join the Shepherd Center and Feathers with Furr for an online education series on birdwatching. Series topics will be determined closer to the program dates. This program starts in January and will run once a month through March.

January Hunting Clinic | January 8-9

This event will take place at Morrow Farms. Participants will have the opportunity to get out of the city and enjoy a guided deer/boar day hunt on 225 acres on the Flint River in Reynolds, GA. Hunters will also have access to all-terrain vehicles and stocked ponds with onsite lodging available. Participants will be responsible for securing their own transportation for this event.

Snow Ski Clinic with the National Ability Center | January 12-16

This event will take place at the National Ability Center in Park City, Utah. Participants will have the opportunity to join the Shepherd Center and the NAC for snow skiing in addition to various other activities. Please note, participants will be responsible for securing their own airfare for this event. Meals, lodging, equipment, and instruction are included. This event is being sponsored by the Jack Trottier Foundation.

Printmaking Clinic | January 14

This event will take place at the Atlanta Printmakers Studio in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Atlanta Printmakers Studio instructors in an art-based activity that will focus on letter pressing. This course offers educational and hands-on demonstrations.

January Virtual Book Club Clinic | January 22

This event will give the opportunity for participants to join the Shepherd Center and other book lovers on a virtual platform via Zoom to participate in a book club discussion. Participants will be responsible for securing the chosen book, which will be determined closer to the program date.

Best Health Suite (BHS) Wellness Clinic | January 22

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center's Recreation Therapy Department and Best Health Suite Wellness Department for a clinic that will focus on tele-wellness and in-person wellness opportunities. This course offers a guided tour of the Best Health Suite, the opportunity to participate in a guided movement class, and access to tele-wellness content.



Snow Ski Clinic with Catalyst Sports | January 29-30

This event will take place at Beech Mountain Resort in North Carolina. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for snow skiing. Please note, participants will be responsible for securing their own transportation and lodging for this event. Equipment and instruction are included. This event is being sponsored by the Jack Trotter Foundation.

February 2026

Virtual Art Clinic | February 5

This event will give the opportunity for participants to join the Shepherd Center and certified art therapists on a virtual platform via Zoom to participate in an art-based activity. This course offers educational and hands-on demonstrations. Equipment will be mailed to participants prior to the start of the program. Program activity will be cardboard loom weaving.

Virtual E-Birding Clinic | February 10

This virtual event will take place via Zoom with three 1.5-hour classes over a 3-month time frame. Participants will have the opportunity to join the Shepherd Center and Feathers with Furr for an online education series on birdwatching. Series topics will be determined closer to the program dates. This program starts in January and will run once a month through March.

Winter Horticulture Clinic | February 12

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center and certified horticulture specialists for a horticulture clinic that will focus on a basic horticulture/nature craft session. Program activity will be determined closer to the program date.

February Boxing Clinic | February 17

This event will take at Omni Fight Club in Roswell, GA. Participants will have the opportunity to join Shepherd Center and Omni Fight Club instructors for an educational overview on boxing and a 50-minute fitness class. This course offers educational and hands-on demonstrations. Equipment will be provided.

Crafting Expo Clinic | February 26

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center and local artisans for a clinic that will focus on various art mediums. This course offers educational and hands-on demonstrations. Program activities will include tie dye, shrinky dinks, and cross stitching.



March 2026

I-Fly Clinic | March 3

This event will take place at I-Fly Atlanta in Atlanta, GA. Participants will have the opportunity to join Shepherd Center and local instructors for a clinic that will focus on indoor skydiving. This course offers educational and hands-on demonstrations.

March Virtual Book Club Clinic | March 5

This event will give the opportunity for participants to join the Shepherd Center and other book lovers on a virtual platform via Zoom to participate in a book club discussion. Participants will be responsible for securing the chosen book, which will be determined closer to the program date.

Huntsville Climbing Clinic | March 10

This event will take place in Huntsville, AL. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for a clinic focusing on adaptive climbing. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Kelly Brush Foundation.

March Hiking and Wildlife Viewing Clinic | March 12

This event will take place at Sweetwater State Park in Lithia Springs, GA. Participants will have the opportunity to join the Shepherd Center, GA DNR, GA State Parks, and Feathers with Furr to learn more about adaptive hiking and wildlife viewing. This course offers educational and hands-on demonstrations.

Ashville Mountain Biking Clinic | March 14

This event will take place in Asheville, NC. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for a clinic focusing on adaptive mountain biking. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Kelly Brush Foundation.

Glassblowing and Metal Smithing Art Clinic | March 14

This event will take place at the Green Energy Park in Dillsboro, NC. Participants will have the opportunity to join Shepherd Center and Green Energy Park to create various art mediums. Potential art projects include glass blowing, blacksmithing, hand clay building, and ceramics. This course offers educational and hands-on demonstrations and lunch will be provided. Equipment will be provided. Please note, participants will be responsible for securing their own transportation for this event.

Virtual E-Birding Clinic | March 17

This virtual event will take place via Zoom with three 1.5-hour classes over a 3-month time frame. Participants will have the opportunity to join the Shepherd Center and Feathers with Furr for an online education series on birdwatching. Series topics will be determined closer to the program dates. This program starts in January and will run once a month through March.



Day at Zoo Atlanta | March 19

This event will take place at Zoo Atlanta in Atlanta, GA. Participants will have the opportunity to join Shepherd Center for a day at the zoo. Shepherd Center staff will be on-site for this event; however, participants will complete a self-guided tour of the zoo. This event is open to all ages.

Charlotte Fitness Clinic | March 22

This event will take place in Charlotte, NC. Participants will have the opportunity to join the Shepherd Center, Back to Independence Rehab, and Waymaker Offroad Wheelchairs for a day clinic. This course offers educational and hands-on demonstrations focusing on adaptive hiking. Please note, participants will be responsible for securing their own transportation for this event.

Spring Yoga Clinic | March 24

This event will take place at Yonder Yoga in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Yonder Yoga to learn more about adaptive yoga. This course offers educational and hands-on demonstrations.

April 2026

Pond Fishing Clinic | April 2

This event will take place at Tate Farms in Rutledge, GA. Participants will have the opportunity to join the Shepherd Center to learn more about adaptive fishing on a private lake. This course offers educational and hands-on demonstrations and lunch will be provided. Participants will be responsible for securing their own transportation for this event.

Spring Birdwatching Clinic | April 7

This event will take place at the Chattahoochee Nature Center. Participants will have the opportunity to join the Shepherd Center and Feathers with Furr in this guided birding adventure. This guided tour will increase your skill and knowledge in birding, community mobility, and camaraderie with other bird watchers. This program will also offer lunch at completion of guided tour.

Spring Pickleball Clinic | April 10

This event will take place at ITP Atlanta in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and local disabled pickleball athletes/instructors to learn more about wheelchair pickleball. This course offers educational and hands-on demonstrations.

Virtual Education Series: Travel Education | April 16

This event will give the opportunity for participants to join the Shepherd Center on a virtual platform via Zoom to learn more about accessible travel options. Participants will be provided with education on various means of travel and have the opportunity to participate in a Q&A session. There is no cost to attend this virtual education session.



Overnight Birding Clinic | April 17-18

This event will take place at the Charlie Elliott Wildlife Center. Participants will have the opportunity to join the Shepherd Center and Feathers with Furr in this overnight guided birding adventure. This guided tour will increase your skill and knowledge in birding, community mobility, and camaraderie with other bird watchers. Meals, lodging, equipment, and instruction are included. Please note, participants will be responsible for securing their own transportation for this event.

Spring Tennis Clinic | April 19

This event will take place at Blackburn Park in Brookhaven, GA. Participants will have the opportunity to join the Shepherd Center and local disabled tennis athletes/instructors to learn more about wheelchair tennis. This course offers educational and hands-on demonstrations.

April Cooking Clinic | April 21

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and local chefs to learn more about cooking and clean eating. Participants will be able to learn to make soup, smoothies, and a no-bake dessert. This course offers education and hands-on demonstrations. This event is being sponsored by the Bilsky Family Grant.

Spring Horsemanship Clinic at Chastain Horse Park | April 22

This event will take place at Chastain Horse Park in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Chastain Horse Park for a horsemanship clinic that will focus on safety considerations, horsemanship information, and grooming and tacking. Please note, participants are not guaranteed to ride a horse during this clinic; determination will be at the discretion of the Chastain Horse Park staff.

Fly Fishing Clinic | April 30

This event will take place at a private creek near Clarksville, GA. Participants will have an opportunity to get out of the city and onto the water for a day fly fishing trip. Fishermen will have access to a guided fly-fishing experience on a private creek. Lunch will be provided. Please note, participants will be responsible for securing their own transportation for this event.

May 2026

May Virtual Book Club | May 7

This event will give the opportunity for participants to join the Shepherd Center and other book lovers on a virtual platform via Zoom to participate in a book club discussion. Participants will be responsible for securing the chosen book, which will be determined closer to the program date.



Adventure Skills Workshop | May 15-17

This event will take place at Camp ASCCA in Jackson's Gap, AL. Participants will have the opportunity to join the Shepherd Center for various outdoor, aquatic, and adventure-based activities. Please note, participants will be responsible for securing their own transportation for this event. Meals, lodging, equipment, and instruction are included.

Chattanooga Climbing Clinic | May 19

This event will take place in Chattanooga, TN. Participants will have the opportunity to join the Shepherd Center, The City of Chattanooga Parks and Outdoors Department, and Catalyst Sports for a clinic focusing on adaptive climbing. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Kelly Brush Foundation.

Chocolate Making Clinic | May 21

This event will take place at Chamberlain's Chocolate Factory in Roswell, GA. Participants will have the opportunity to join the Shepherd Center and local chocolatiers to learn more about chocolate making. Participants will be able to create and design their own chocolate bar while enjoying various chocolate samples. This course offers education and hands-on demonstrations.

Spring Golf Clinic | May 28

This event will take place at Bobby Jones Golf Course in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Georgia State Golf Association instructors to learn more about adaptive golf. This course offers educational and hands-on demonstrations.

June 2026

Softball Clinic | June 4

This event will take place near Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and sports specialist to learn more about adaptive softball. This course offers educational and hands-on demonstrations. Event location will be determined closer to the program date.

Sailing Clinic | TBD

This event will take place near Norfolk, VA. Participants will have the opportunity to join the Shepherd Center and the Impossible Dream for an outdoor clinic focusing on adaptive sailing. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event.

June Hiking and Wildlife Viewing Clinic | June 9

This event will take place at Red Top Mountain State Park in Acworth, GA. Participants will have the opportunity to join the Shepherd Center, GA DNR, GA State Parks, and Feathers with Furr to learn more about adaptive hiking and wildlife viewing. This course offers educational and hands-on demonstrations.



Surfing Clinic | June 13

This event will take place near Myrtle Beach, SC. Participants will have the opportunity to join the Shepherd Center and the Adaptive Surf Project for an outdoor clinic focusing on adaptive surfing. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Jack Trottier Foundation.

Deep Sea Fishing Clinic | June 13

This event will take place in Nags Head, NC. Participants will have the opportunity to join the Shepherd Center and Wheels on Deck for an outdoor clinic focusing on adaptive deep sea fishing. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event.

June Water Ski Clinic | June 13

This event will take place at Lake Allatoona in Acworth, GA. Participants will have the opportunity to join the Shepherd Center and local disabled athletes to learn the basics of waterskiing. This course offers educational and hands-on demonstrations of adaptive water skiing. Please note there is a 200lb weight limit due to equipment capacity.

Aquarium Swim | June 17

This event will take place at the GA Aquarium in Atlanta, GA. Participants will have the opportunity to join Shepherd Center and local divers to swim with the whale sharks in the Ocean Voyager. This course offers educational and hands-on demonstrations. Please note, participants will need to complete a screening process to determine appropriateness and eligibility for this clinic.

Virtual Education Series: Travel Education | June 18

This event will give the opportunity for participants to join the Shepherd Center on a virtual platform via Zoom to learn more about emergency preparedness. Participants will be provided with education on fire safety education and natural disaster preparedness. Participants will also have the opportunity to participate in a Q&A session.

Knoxville Kayaking Clinic | June 20

This event will take place in Knoxville, TN. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for a clinic focusing on adaptive kayaking. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Kelly Brush Foundation.

Photography Clinic | June 25

This event will take place at Shepherd Center. Participants will have the opportunity to join the Shepherd Center and local photographer to learn more about adaptive photography. This course offers educational and hands-on demonstrations.



July 2026

Escape Room Clinic | July 8

This event will take place at The Escape Game Atlanta in Atlanta, GA. Participants will have the opportunity to join Shepherd Center to participate in an escape room. Teams will be given 1 hour to complete various puzzles to try to escape the room and complete the given challenge. This course offers educational and hands-on demonstrations.

July Hiking and Wildlife Viewing Clinic | July 9

This event will take place at Panola Mountain State Park in Stockbridge, GA. Participants will have the opportunity to join the Shepherd Center, GA DNR, GA State Parks, and Feathers with Furr to learn more about adaptive hiking and wildlife viewing. This course offers educational and hands-on demonstrations.

Summer Horticulture Clinic | July 16

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center and certified horticulture specialists for a horticulture clinic that will focus on a basic horticulture/nature craft session. Program activity will be determined closer to the program date.

July Water Ski Clinic | July 18

This event will take place at Lake Allatoona in Acworth, GA. Participants will have the opportunity to join the Shepherd Center and local disabled athletes to learn the basics of waterskiing. This course offers educational and hands-on demonstrations of adaptive water skiing. Please note there is a 200lb weight limit due to equipment capacity.

Summer Clinic with the National Ability Center | July 20-24

This event will take place at the NAC Lodge in Park City, UT. Participants will have the opportunity to join the Shepherd Center and NAC for various outdoor and adventure-based activities. Please note, participants will be responsible for securing their own airfare for this event. Meals, lodging, equipment, and instruction are included. This event is being sponsored by the Jack Trottier Foundation.

Atlanta Kayaking Clinic | July 23

This event will take place in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for a clinic focusing on adaptive kayaking. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Kelly Brush Foundation.

Atlanta Cycling Clinic | July 26

This event will take place in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for a clinic focusing on adaptive cycling. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Kelly Brush Foundation.



August 2026

Atlanta Climbing Clinic | August 1

This event will take place in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for a clinic focusing on adaptive climbing. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Kelly Brush Foundation.

August Virtual Book Club Clinic | August 6

This event will give the opportunity for participants to join the Shepherd Center and other book lovers on a virtual platform via Zoom to participate in a book club discussion. Participants will be responsible for securing the chosen book, which will be determined closer to the program date.

Atlanta Water Ski Clinic | August 8

This event will take place at Lake Allatoona in Acworth, GA. Participants will have the opportunity to join the Shepherd Center and local disabled athletes to learn the basics of waterskiing. This course offers educational and hands-on demonstrations of adaptive water skiing. Please note there is a 200lb weight limit due to equipment capacity.

Summer Clinic with the Adaptive Sports Center | August 9-13

This event will take place at the Adaptive Sports Center in Crested Butte, CO. Participants will have the opportunity to join the Shepherd Center and ASC for various outdoor and adventure-based activities. Meals, airfare, lodging, equipment, and instruction are included. This event is being sponsored by the Kelly Brush Foundation.

August Cooking Clinic | August 13

This event will take place at The Cooking Schools in Hapeville, GA. Participants will have the opportunity to join the Shepherd Center and local chefs to learn more about cooking. Participants will be able to learn to make hand-rolled pasta from scratch. This course offers education and hands-on demonstrations. This event is being sponsored by the Bilsky Family Grant.

Target Shooting Clinic | August 20

This event will take place at the Governors Gun Club in Kennesaw, GA. Participants will have the opportunity to join the Shepherd Center to learn more about adaptive target shooting. This course offers educational and hands-on demonstrations.

Jewelry Making Clinic | August 25

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center, the Atlanta Bead Society, and local jewelry makers to learn more about adaptive jewelry making, focusing on beading. This course offers educational and hands-on demonstrations.



Best Health Suite (BHS) Wellness Clinic | August 27

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center's Recreation Therapy Department and Best Health Suite Wellness Department for a clinic that will focus on tele-wellness and in-person wellness opportunities. This course offers a guided tour of the Best Health Suite, the opportunity to participate in a guided movement class, and access to tele-wellness content.

September 2026

Rafting Clinic | September 3

This event will take place at the Nantahala Outdoor Center in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and experienced rafting instructors to learn more about adaptive rafting. This course offers educational and hands-on demonstrations.

Fall Horsemanship Clinic at Chastain Horse Park | September 16

This event will take place at Chastain Horse Park in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Chastain Horse Park for a horsemanship clinic that will focus on safety considerations, horsemanship information, and grooming and tacking. Please note, we cannot guarantee that participants will be able to ride a horse; however, all participants will be able to interact with horses throughout the clinic.

September Hiking and Wildlife Viewing Clinic | September 17

This event will take place at Fort Yargo State Park in Winder, GA. Participants will have the opportunity to join the Shepherd Center, GA DNR, GA State Parks, and Feathers with Furr to learn more about adaptive hiking and wildlife viewing. This course offers educational and hands-on demonstrations.

Camp Twin Lakes Weekend Clinic | September 18-20

This event will take place at Camp Twin Lakes in Rutledge, GA. Participants will have the opportunity to join the Shepherd Center and Camp Twin Lakes for various outdoor and adventure-based activities. Please note, participants will be responsible for securing their own transportation for this event. Meals, lodging, equipment, and instruction are included.

Atlanta Mountain Biking Clinic | September 19

This event will take place near Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for a clinic focusing on adaptive mountain biking. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event. This event is being sponsored by the Kelly Brush Foundation.

Fall Birdwatching Clinic | September 22

This event will take place near Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Feathers with Furr in this guided birding adventure. This guided tour will increase your skill and knowledge in birding, community mobility, and camaraderie with other bird watchers. This program will also offer lunch at completion of guided tour.



Golf Clinic | September 24

This event will take place at Bobby Jones Golf Course in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center, Georgia State Golf Association, and local disabled golf athletes/instructors to learn more about adaptive golf. This course offers educational and hands-on demonstrations.

Fall Pickleball Clinic | September 28

This event will take place at ITP Atlanta in Atlanta, GA, and will be sponsored by the ALTA Foundation. Participants will have the opportunity to join the Shepherd Center and local disabled pickleball athletes/instructors to learn more about wheelchair pickleball. This course offers educational and hands-on demonstrations.

October 2026

Fall Tennis Clinic | October 4

This event will take place at Blackburn Park in Brookhaven, GA, and will be sponsored by the ALTA Foundation. Participants will have the opportunity to join the Shepherd Center and local disabled pickleball athletes/instructors to learn more about wheelchair tennis. This course offers educational and hands-on demonstrations.

Day at Fernbank | October 13

This event will take place at Fernbank Museum of Natural History in Atlanta, GA. Participants will have the opportunity to join Shepherd Center for a day at the museum. Shepherd Center staff will be onsite for this event; however, participants will complete a self-guided tour of the museum. This event is open to all ages.

October Virtual Book Club Clinic | October 15

This event will give the opportunity for participants to join the Shepherd Center and other book lovers on a virtual platform via Zoom to participate in a book club discussion. Participants will be responsible for securing the chosen book, which will be determined closer to the program date.

Fall Yoga Clinic | October 20

This event will take place at Yonder Yoga in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Yonder Yoga to learn more about adaptive yoga. This course offers educational and hands-on demonstrations.

Painting Clinic | October 27

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center and certified art specialist for an art clinic that will focus on completing a seasonal acrylic painting. Painting design will be determined closer to the program date.



November 2026

Skeet Shooting Clinic | November 3

This event will take place near Atlanta, GA. Participants will have the opportunity to join the Shepherd Center to learn more about adaptive skeet shooting. This course offers educational and hands-on demonstrations. Event location will be determined closer to the program date.

Fall Horticulture Clinic | November 5

This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center and certified horticulture specialists for a horticulture clinic that will focus on a basic horticulture/nature craft session. Program activity will be determined closer to the program date.

Curling Clinic | November 8

This event will take place in Marietta, GA. Participants will have the opportunity to join the Shepherd Center and Peachtree Curling Association for a clinic that will focus on wheelchair curling. This course offers educational and hands-on demonstrations and equipment will be provided.

Virtual Art Clinic | November 12

This event will give the opportunity for participants to join the Shepherd Center and certified art therapists on a virtual platform via Zoom to participate in an art-based activity. This course offers educational and hands-on demonstrations. Equipment will be mailed to participants prior to the start of the program. Program activity will be determined closer to the program date.

Bowling Clinic | November 19

This event will take place at Midtown Bowl in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center for a clinic that will focus on bowling. This course offers educational and hands-on demonstrations and equipment will be provided.

December 2026

December Virtual Book Club Clinic | December 3

This event will give the opportunity for participants to join the Shepherd Center and other book lovers on a virtual platform via Zoom to participate in a book club discussion. Participants will be responsible for securing the chosen book, which will be determined closer to the program date.

December Boxing Clinic | December 8

This event will take place at Omni Fight Club in Roswell, GA. Participants will have the opportunity to join Shepherd Center and Omni Fight Club instructors for an educational overview on boxing and a 50-minute fitness class. This course offers educational and hands-on demonstrations. Equipment will be provided.



Snow Ski Clinic at the Adaptive Sports Center | December 14-18

This event will take place at the Adaptive Sports Center in Crested Butte, CO. Participants will have the opportunity to join the Shepherd Center and the ASC for snow skiing in addition to various other activities. Airfare, meals, lodging, equipment, and instruction are included. This event is being sponsored by the Jack Trottier Foundation.

