

# Enjoy winter on the slopes!

## Volunteer as an Adaptive Ski and Snowboard Instructor

Courage Kenny Rehabilitation Institute's Sports & Recreation Department hosts one of the largest adaptive ski and snowboard programs in the country. The program, supported by 400 volunteer instructors, provides more than 1,200 lessons per year at four locations across Minnesota and Wisconsin.

Experienced skiers and boarders are needed as volunteer instructors. All volunteers receive instruction on adaptive equipment and techniques for teaching skiers and boarders with disabilities. Come have fun, make new friends, and enjoy the winter with our alpine recreation community!

## Ski & Snowboard Locations:

Lessons run 6-8 weeks from January to March with a once a week volunteer commitment.

- **Welch Village** – Sunday mornings
- **Afton Alps** – Saturday mornings
- **Hyland Hills** – Saturday mornings, Monday & Wednesday evenings
- **Trollhaugen** – Sunday afternoons



**Deadline to sign up  
- Nov 3rd**

For more information contact:

Courage Kenny Ski and  
Snowboard Team

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