



EXPLORE *With Us*

ADAPTIVE SPORTS PARTNERS

of the NORTH COUNTRY



Swimming

Adaptive swim lessons are designed to develop basic swim skills in a structured setting with individualized support from certified SwimBox Adaptive Swim instructors as well as trained volunteers. Adaptive swim lessons are for athletes who may be working on conquering their fear of the water to become more comfortable moving in and under it, new swimmers learning the skills needed to be safe and have fun in the water or swimmers looking to improve swim skills they may already have.



Biking

ASPNC has a fleet of bikes to encourage all people to bike. We have a variety of two-wheeled bicycles, three-wheeled recumbents, adaptive children's bikes and handcycles, tandems, and an e-trike are among the fleet of bikes that make this program a great option for children and adults of varying abilities. The Learn to Bike Program begins with the goal of teaching an athlete how to move, balance and stop using a two-wheeled balance bike. As an athlete progresses, the bikes can be easily converted from balance-mode to pedal mode.



Kayaking, Hiking, Rockclimbing

ASPNC offers a lot of other programs throughout the year. Check out our website at adaptivesportspartners.org or contact us at kelly@adaptivesportspartners.org

CONTACT US

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