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PARTICIPATE VOLUNTEER SUPPORT

Crystal Ball November 11th, 2017
Each November, Eagle Mount's Crystal Ball Committee creates a sparkling setting for Bozeman's most elegant black the dinner auction. Montana Ale Works will once again be closing their restaurant and opening their doors to host this year's Crystal Ball. Seating is limited, and this event attracts the Gallatin Valley's leaders in business, community, and philanthropy. Most importantly, the Crystal Ball raises critical core support for Eagle Mount and its programs. All funds raised go directly to helping Eagle Mount fulfill its mission. For tickets, contact the Eagle Mount office. This event sells out!

2nd Annual Western Rendezvous June 9th, 2018
Come June, the cowpokes in and around Bozeman will be saddling up to attend Eagle Mount's 2017 Western Rendezvous! Over the years this annual event has become a true Western tradition. Hoedown activities will start on Saturday with kids' activities, followed by dinner at 6:00 pm. The evening will include a silent and live auction and dancing. Help us make this the most successful Rendezvous ever! Please consider volunteering, donating an auction item, and attending. Sponsorships are also available. Tickets can be reserved starting in May 2018.

Digger Days! August 25th, 2018
Think you've got what it takes to operate big construction equipment? Want to find out? Then come join us for Eagle Mount's 8th Annual Digger Days. You'll be able to sit in the cab and operate the controls of the biggest and baddest construction equipment around! Kids of all ages are welcome to join in the fun, food and festivities! Presented by Sime Construction, TMC and Knife River with all proceeds to benefit Eagle Mount. Tickets available before the event and at the gate.

Chicken Dip Each Winter
This winter, the Eagle Mount Aquatics Center invites everyone of all ages and of all abilities to take part in our third annual Chicken Dip. With pledges, we welcome all the chickens in our community to escape the freezing winter weather and jump, dip, or make a splash in our 89 degree pool. All funds raised from this event will go directly to supporting Eagle Mount's Aquatic Therapy Programs

SPECIAL EVENTS

APPLICATION PACKET 2018



**Participant Enrollment
Deadline: December 15**

Everybody Has Challenges. We Have Adventures.

Application Submission Information:
Annual Participant Application Deadline: DECEMBER 15TH
This deadline applies to all of Eagle Mount Bozeman's 2018 programs. Only one application is required for the year. We accept applications all year, but may not be able to include you in the program after the deadline.

Participants - How to Register:

Dates and descriptions of all Eagle Mount Bozeman programs can be found throughout this bulletin. The program registration form on the front page of the application will help you plan all of your activities - indicate **all of the programs** you are interested in, but remember you aren't registered until the program staff confirms your registration. Please only register for programs that you will attend. As in the past, **Physician Approval Forms must be completed every three years** or if medical circumstances change. Physician approval forms are available on our website: www.eaglemount.org

Volunteers:

The 2018 Volunteer Application can be submitted online! If you prefer, paper applications are still available. Please read carefully and be sure the form is complete. All volunteers need to complete a **background check every three years**; please find the link on our website. If you are unsure when you last completed a background check, please call the office and we will check for you. If you don't have internet access, we can help you complete the background check in person in the Eagle Mount office. **Thank you** for sharing your time and skills with our programs!



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WWW.EAGLEMOUNT.ORG

APPLICATION AND REGISTRATION POLICIES

ALL FORMS AVAILABLE ONLINE www.eaglemount.org or by request from the office (406) 586-1781 including Participant Application, Physician Approval Form, Scholarship Application, and Volunteer Application

Scholarships

It is Eagle Mount's policy never to turn away anyone who cannot pay for our services. Our fees are kept very low because of the generosity of people who contribute to make our programs possible. Scholarships are intended for those who are severely financially challenged, have no visible means of income or support, are wards of the State, and/or have no support through an organization, school, or foster family. Scholarship requests are reviewed on an individual basis and kept strictly confidential. Please call the office for scholarship forms. If your financial situation improves please notify Eagle Mount that you no longer require scholarship assistance.

Refund Policy

Similar to tuition for school classes, refunds are not available when participants miss a single class. However, if it is necessary for a participant to drop out of a program prior to the half-way class, a partial refund may be available.

Participant Attendance Policy: Call ASAP if you will miss a class!

At least 24 hour notice is requested when a participant is unable to make a class. This allows us time to contact the volunteers scheduled for that same time period. **Two unexcused absences in the program may result in forfeiture of your place in a class and/or loss of scholarship assistance.** Fees will not be waived or refunded for unexcused absences. Call in absences at 586-1781. For Bridger Bowl Ski Program absences, call 587-8221. If a participant is more than 15 minutes late for a class, volunteers may be sent home. If you know you will be late, please call ahead or we may not be able to accommodate you.

Program Dates and Fees

****Dates and Fees are subject to change****

PROGRAM	FALL 2017	WINTER 2018	SPRING 2018	SUMMER 2018	CLASSES PER SESSION	FEES PER SESSION
Adventure Days				JUNE 11-AUG 9	VARIES, SEE PAGE 7	VARIES, SEE PAGE 7
Aquatics (Eagle Swim)	SEPT 18-NOV 18	JAN 15- MARCH 10	MARCH 19- MAY 12	JUNE 18- AUG 18	8 TO 9	\$48 TO \$54
Aquatics (Young at heart)	Monthly Membership- Contact Pool staff for more information				2 TO 3 PER WEEK	\$40 to \$42/Month
Cross Country/ Snowshoe		JAN 16- MARCH 8			8	\$60 TO \$80
Cycling & Wheel Chair Gym	Monthly Membership- Contact staff for more information					
Downhill Ski		JAN 16-MARCH 11			7 TO 8	\$140 TO \$160
Horticulture	AUG 30- OCT 13		MARCH 28- MAY 30	JUNE 1- AUG 24	6 TO 13	\$18 TO \$39
Ice Skating	OCT 9- NOV 15				5 TO 6	\$40
Saturday Night Out/Kids Night Out	Sign Up Each Month- Space is Limited				ONCE per MONTH	\$20/ EVENING
Therapeutic Horsemanship	SEPT 18- OCT 27 OR NOV 13-DEC 15	JAN 22- MARCH 2	MARCH 19- APRIL 13	JULY 9- AUG 3	6 TO 8	\$120 TO \$160
Horsemanship Camp				JUNE 11-16 JUNE 18-22 JUNE 25-29	FULL WEEK, HALF OR WHOLE DAY	\$150 TO \$300

Other Important Dates

NOVEMBER 11	THE 2016 CRYSTAL BALL	MARCH	VOLUNTEER RECOGNITION DINNER
NOVEMBER 23-26	THANKSGIVING - EAGLE MOUNT CLOSED	MARCH 12 - 16	BOZEMAN SCHOOLS SPRING BREAK
DECEMBER 15	WINTER REGISTRATION DEADLINE	MARCH 2017	BIG SKY KIDS SPRING FLING SKI WEEKEND
DECEMBER 25	CHRISTMAS - EAGLE MOUNT CLOSED	MAY 28	MEMORIAL DAY - EAGLE MOUNT CLOSED
JANUARY 1	NEW YEAR DAY - EAGLE MOUNT CLOSED	JUNE 9	WESTERN RENDEZVOUSw
JANUARY 16 & 17	SKI & SWIM PROGRAMS BEGIN	JULY 4	FOURTH OF JULY - EAGLE MOUNT CLOSED
FEBRUARY 17-19	EAGLE MOUNT CLOSED; NO SWIM OR BRIDGER SKI	AUGUST 25	DIGGER DAYS
FEB or MAR 2018	CHICKEN DIP EVENT	SEPTEMBER 3	LABOR DAY - EAGLE MOUNT CLOSED

SATURDAY NIGHT OUT and KIDS' NIGHT OUT

SNO: 4 to 8 PM on the Third Saturday of the month

KNO: 4 to 7 PM on the Second Saturday of the month

Dates subject to change due to Holidays, etc

Participant Information

SNO and KNO are a great chance to socialize with other Eagle Mount participants and volunteers - plus it gives parents an evening respite! During SNO and KNO we play games, listen to music, do crafts, create edible art and sometimes even go swimming! A filling meal is provided and some nights end with a movie. Don't forget every month is a new fun theme! Each session is limited to 10 participants (ages 13-22 for SNO, 5-12 for KNO), so sign up as soon as you can. Spots can be reserved up to one month in advance. Call 586-1781 to reserve your place!

For more information about SNO, KNO, and the parent group contact Maggie Perrott, mperrott@eaglemount.org, or call the Eagle Mount office



Volunteer Information

Volunteers play a critical role in the success of SNO, KNO, and all of our programs. If you would like to spend an evening hanging out with our wonderful participants please give us a call. Groups from service organizations or clubs are also welcome to volunteer by providing exciting and fun peer to peer interactions. Volunteer applications can be found at www.eaglemount.org or can be completed in person. A background check is required every three years for volunteers in all of our programs.

Parent Support Group

Eagle Mount, the Bozeman Area Special Education PTA, and the MSU Human Development Clinic host a support group for parents and guardians of children with disabilities. Meetings start with an informational presentation, followed by dinner and a chance to exchange ideas and learn about resources in the community. The support group plans to meet at Eagle Mount on the third Wednesday of each month. Childcare is available on location during sessions through SEPTA. There is no charge for the group.

HORTICULTURE

Program Information

Horticulture begins in the spring with planting seeds in the greenhouse and waking up the grounds. The season continues in the garden and raised beds, interacting with speakers and trips to gardening venues. Autumn is harvest time and putting the garden to bed for the winter. Join us to plant, care for, and harvest a variety of vegetables, fruits and flowers.



Volunteer Information

Do you love playing in the soil? Do you love helping individuals understand and benefit from growing their own food? Do you love watching a garden come alive? If one of these is you then join us in our program and new greenhouse. We'll have plenty to do February through November.

Program Orientation will be held at Eagle Mount on Thursday March 22, 2018 at 6:00 pm - 8:00 pm

New! Individual or Small Group Sessions in the Garden!

Do you want one-on-one time to learn about gardening? Do you need help transplanting annuals into pots? Or maybe you just want to putz around in our beautiful campus and new greenhouse!

Whatever your interest, one-hour individualized/group sessions are available May through September. Please call Colleen for more information. \$10.00 per hour individual/\$20.00 per hour group.

GROUP	SESSION DATES	FEES
TUESDAY GARDENERS (Ages 7-12) 10 AM- 11 AM	I: JUNE 12 - AUGUST 21 (11 WEEKS)	I: \$55
WEDNESDAY GARDENERS (Ages 16+) 3:30 PM - 5 PM	I: MARCH 28- MAY 30 (10 WEEKS) II: JUNE 6- AUGUST 22 (12 WEEKS) III: AUGUST 29- OCTOBER 3 (6 WEEKS)	I: \$50 II: \$60 III: \$30
FRIDAY GARDENERS (All Ages!) 10:30 AM - 12 PM	I: MARCH 30- MAY 29 (9 WEEKS) II: JUNE 1- AUGUST 24 (13 WEEKS) III: AUGUST 31 - OCTOBER 5 (6 WEEKS)	I: \$45 II: \$65 III: \$30

ICE SKATING

Tuesdays and Thursdays, 1:00 to 3:00; October 9 through November 15, 2017

Program Information

The Ice Skating Program gives individuals with a disability the freedom and sheer delight of gliding across the ice. Through the use of adaptive equipment and dedicated volunteers, participants with reduced ability to balance and others in wheelchairs are transformed into ice skaters. Registration starts September 3.

REGISTRATION DEADLINE: October 5, 2017



Volunteer Information

If you love to skate and you'd like to help others enjoy the ice, please sign up to volunteer! Just a couple hours of your week can make a huge difference in our participants' experience. Volunteer applications and background check are available on the website or at the Eagle Mount office. **Volunteer training** will be held October 3rd 1:00-

HANDCYCLING & WHEELCHAIR ACCESSIBLE GYM

Program Information

The **Handcycling Program** is for individuals with lower body impairments. The group meets every Tuesday evening at 6:00pm. The first ride, weather permitting, is scheduled for May 16th, with the last ride of the season taking place on the last Tuesday in September. We will plan to have a few dinners after our rides throughout the summer. Also, plan on participating in three or four longer weekend rides. We are an all-inclusive program and love having new participants come ride with us. Please contact Jenny Woodham for more information jwoodham@eaglemount.org.



Stop by to check out **Eagle Mount's wheelchair accessible gym!** The gym is designed primarily for people with spinal cord injuries. The equipment we have emphasizes aerobic fitness as well as basic range of motion and strength training. The gym is open during regular pool hours year-round. Individual training will be available as well as small group classes. A circuit class will also be offered in the fall and winter. To find out if the gym is a good fit for you or for general information, contact Eagle Mount at eaglemount@eaglemount.org or 406-586-1781.

Fees: \$6/ day or \$24/month

Volunteer Information

If you are an avid cyclist or just enjoy getting out to enjoy a summer evening on a bike, then we would love to have your company. The needs of the handcyclists are simple: some need assistance getting bikes out of cars and others will need help getting set up on a borrowed bike, and then each cyclist rides with one volunteer to aid in visibility (these cycles are low to the ground). If you like tinkering or working on bikes, we we could definitely use you! Volunteer applications and background check information can be found on our website at www.eaglemount.org. **Volunteer Training:** **May 8th from 6:00 pm to 7:30 pm.**

Do you know a child who has cancer?

Eagle Mount's **Big Sky Kids** program provides summer camps for children ages 5-23 with cancer. For further information, contact the Big Sky Kids Director: bigskykids@eaglemount.org



Do you know a veteran who is ready to get back outdoors?

EMBLEM Camps might be just the thing! For further information, contact Chad, director of the EMBLM Program: cbiggerstaff@eaglemount.org

ALL FORMS AVAILABLE ONLINE www.eaglemount.org
or by request from the office (406) 586-1781

EAGLE MOUNT SKI SCHEDULE

BRIDGER BOWL SKI: JANUARY 25th - MARCH 11th

BIG SKY SKI: NOVEMBER 24th, 2017- APRIL 15th, 2018

CROSS COUNTRY/ SNOWSHOE-BOHART: JANUARY 16th - MARCH 8th

CROSS COUNTRY/SNOWSHOE- BOHART

DOWNHILL - BRIDGER BOWL

FIRST SESSION DEC. 12th- JAN. 9th

TUESDAY

1:00 - 3:00

Sit Ski Program Only
(No program DEC. 26th)

SECOND SESSION JAN. 16TH -MARCH 8TH

(CROSS COUNTRY, SNOW- SHOE, AND SIT SKI)

TUESDAY

10:00-12:00

Bozeman School

1:00 - 3:00

Sit Ski Program only

Thursday

10:00-12:00

Bozeman School

1:00-3:00

Adults



Programs will be cancelled if lifts are not operating or if the temperature is below zero (factoring windchill). If you have a question about whether we will hold class, please check our website or Facebook page, or call the ski hut at **587-8221**. You can also contact the Eagle Mount office, 586-1781. Program staff will attempt to call you before the lesson in the event of cancellation. No refunds or rescheduling will apply.

MONDAY

10:00 - 12:00

Belgrade School

TUESDAY

10:00 - 12:00

Bozeman School

1:00 - 3:00

Counterpoint

WEDNESDAY

10:00 - 12:00

Livingston Schools

THURSDAY

10:00 - 12:00

Bozeman Schools

1:00 - 3:00

REACH

FRIDAY

10:00 - 12:00

Bozeman Schools

1:00 - 3:00

Individual Lessons

SATURDAY

10:00 - 12:00

Individual Lessons

1:00 - 3:00

REACH

SUNDAY

10:00 - 12:00

Individual Lessons

1:00 - 3:00

Individual Lessons

****Destination and Ski PE Lessons need to have ALL paperwork in a week prior to Eagle Mount Lesson(s)****

PARTICIPANT ENROLLMENT DEADLINE: DEC 15TH

TRAINING SCHEDULE FOR SKI VOLUNTEERS

New Volunteers: Please sign up for a New Volunteer Orientation and either a Big Sky or Bridger Clinic.

Returning Volunteers: Please sign up for a Dryland Clinic and a Veteran On Snow Day (First Day of Any Clinic unless you are training for a new skill).

NEW VOLUNTEER AND DRYLAND TRAININGS:

Eagle Mount Bozeman - 6901 Goldenstein Lane
5:30pm - 7:30pm

NEW VOLUNTEER ORIENTATION **Choose One*

Tuesday, November 14th **or** Tuesday, January 3rd
An overview and introduction to Eagle Mount, programs offered, detailed information about the ski program, disabilities and equipment.

DRYLAND CLINICS

Open to all volunteers

Thursday, November 16th & Thursday, November 30th
Dry Land trainings provide an in-depth look into the world of working with individuals with disabilities. The details for these fall training sessions will be posted on our website by November first.

General Volunteer Information

Eagle Mount relies on you, our dedicated volunteers, to make these ski programs possible. We would like to receive volunteer applications by December 15, but your application is always welcome. To volunteer, please complete the Eagle Mount Volunteer Application and the Ski Volunteer form. A background check is required every three years and can be done through our website. **THANK YOU** for making our programs possible!

ON SNOW TRAINING

Check In: 8:30am (on snow by 9:00am)
Bridger Bowl-4th Floor Saddle Peak Lodge
Big Sky-Madison Room

Big Sky Training: Saturday & Sunday, December 16 & 17

All Volunteers: Standing Skills & Sitting Skills
This training is open to all volunteers, but is set up primarily for those teaching at Big Sky.

Bridger Clinic I: Thursday & Friday, January 4 & 5

New Volunteers: Standing Skills and Snowboarding Skills

Bridger Clinic II: Saturday & Sunday, January 6 & 7

New Volunteers: Standing Skills and Snowboarding Skills
Returning Volunteers: Choose between sitting skills, general tethering, ski legs, visual impairment, and tips & tricks for effective teaching.

Bridger Clinic III: Monday & Tuesday, January 8 & 9

All Volunteers: Sitting Skills - how to teach & tether a bi-ski.

Bridger Clinic IV: Saturday & Sunday, January 13 & 14

Same agenda as Clinic II

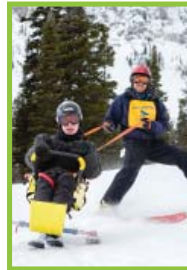
Cross Country Sit Ski Clinic:

Tuesday, December 5th, 1:00-3:00pm, Bohart Ranch
Tuesday, January 9th, 1:00-3:00pm, Bohart Ranch

Cross Country & Snowshoe General Clinic:

Thursday, January 11th, 10:00am - 3:00pm, Bohart Ranch

SKI VOLUNTEER CLINIC DESCRIPTIONS



STANDING SKILLS: This is a good introduction to adaptive skiing for New Volunteers. The clinic focuses on working with participants who ski in an upright standing position. Adaptive equipment may include ski tip stabilizers, tethers, and harnesses. Training includes teaching progressions from beginner to intermediate, discovering different learning styles, acquiring teaching skills, and hands-on teaching with and without adaptive equipment.

SITTING SKILLS: This clinic focuses on working with the bi-ski. A bi-ski is used for people with upper and/or lower limb deficiencies, or those who are not ambulatory. This clinic is open to all interested volunteers, but advanced skiing skills are required.



SNOWBOARDING SKILLS: The clinic focuses on working with participants who are snowboarders. At this time, we have less than a dozen snowboarders and they typically snowboard on Tuesdays or the weekends. Snowboarders may be asked to assist with skiers if snowboard participants are not available.



SWIM PROGRAM INFORMATION

Eagle Swim is for children, young adults, and adults with developmental disabilities. Classes focus on developing swim skills in a safe, supportive and fun environment. The aquatics program offers parent/tot, beginner, intermediate and advanced swim courses to fit individual needs. Each participant is paired with a volunteer who works with him/her exclusively throughout the session.

We also offer adaptive swim and exercise classes for young adults wanting to work on swim skills and physical activity. The teamwork involved in aquatics classes increase participant confidence, independence and skills in the water.

Eagle Swim Session Dates and Fees

****SCHEDULES ARE SUBJECT TO CHANGE****

SESSION	DATES	FEE
FALL SESSION 2017	SEPTEMBER 18- NOVEMBER 18 (9 WEEKS) (NO CLASS THE WEEK OF THANKSGIVING)	\$54
WINTER SESSION	JANUARY 15 - MARCH 10 (8 WEEKS)	\$48
SPRING SESSION	MARCH 19 - MAY 12 (8 WEEKS)	\$48
SUMMER SESSION	JUNE 18- AUGUST 18 (9 WEEKS)	\$54
FALL SESSION 2018	SEPTEMBER 17- NOVEMBER 17(9 WEEKS) (TENTATIVE)	\$54

Aquatics Volunteer Information

If you love warm water and helping others, then this is the place for you. The Eagle Mount aquatics program is year round and offers multiple opportunities for volunteer experience. Building relationships with children and adults in the Eagle Mount pool is a satisfying way to give back and help others achieve their goals. Swimming skills are not necessary, but helpful. Ladies, your one piece suit is recommended, but not required. Volunteer applications and background check information can be found on our website, www.eaglemount.org.

ALL FORMS AVAILABLE ONLINE www.eaglemount.org
or by request from the office (406) 586-1781

DATES POOL IS CLOSED
SEPTEMBER 4-13, 2017
NOVEMBER 23-25, 2017
DECEMBER 25 - JANUARY 6, 2018
MARCH 12 - MARCH 17, 2018
MAY 28 - JUNE 2, 2018
JULY 4, 2018
SEPTEMBER 3-9, 2018

Adult and Young At Heart Swim is for individuals over 50 years of age (YAH) and any adult who meets the Eagle Mount Eligibility Guidelines. Our adult and Young at Heart classes offer water experiences designed to improve strength, balance, endurance, and overall health improvement. You can choose water aerobics or a slower version of water exercise to get your body in shape while having fun and making new friends.

Adult/YAH Membership and Fees

Ready to swim? Membership fees must be paid up front and include either two or three classes per week. **Membership options - prepay and save!**
Mon/Wed/Fri classes (3x per week):
\$42/month, \$110/quarter, or \$420/year
Tues/Thurs classes (2x per week):
\$40/month, \$100/quarter, or \$400/year
(If you prepay for the year, you get two months free!)
Pool closures are listed below:

ADVENTURE DAYS

Are you ready for some summer fun?

GROUP	PROGRAM DATES	TIME	FEES
TINY TREKKERS (Ages 5 to 11)	JUNE 14- JULY 5 OR JULY 19- AUGUST 9	THURSDAYS 9:00 AM - 12:00 PM	\$10/Day
BRIDGER BOUNDERS (Ages 9 to 14)	JUNE 12 - JULY 3 OR JULY 17 TO AUGUST 7	TUESDAYS 8:30 AM - 1:00 PM	\$12/Day
EAGLE EXPLORERS (Ages 13 to 19) *WILL NOT MEET JULY 4	JUNE 13 - JULY 11 OR JULY 18 - AUGUST 8	WEDNESDAYS 8:30 AM - 3:00 PM	\$18/Day
GALLATIN GALAVANTERS (Ages 18 - 29)	JUNE 11 - JULY 2 OR JULY 16 - AUGUST 6	MONDAYS 8:30 AM - 3:00 PM	\$18/Day
BRAVE BOBCATS (Adult Group- Tuesdays)	JUNE 12 - JULY 3 OR JULY 17 - AUGUST 7	TUESDAYS 3:00 - 6:00 PM	\$10/Day
MADISON MOUNTAINEERS (Adult Group- Thursdays)	JUNE 14 - JULY 5 OR JULY 19 - AUGUST 9	THURSDAYS 2:00 - 7:00 PM	\$14/Day
CAMP OUT (Ages 15 and up)	JULY 12 - 13 (Subject to change)	THURSDAY 2:00 PM - FRIDAY 12:00 PM	\$20/Person
CLIMBING SESSION @ Spire Climbing Gym (Ages 5 and up)	JUNE 14 - JULY 5 OR JULY 19 - AUGUST 9	THURSDAYS 10:00-12:00 PM	\$10/Day

Participant Information

Due to popular demand, Adventure Days will continue to offer two sessions. Age groups are staggered to ease the transition to older groups. This summer you can choose between the first or second four week sessions (June 11th to July 11th OR July 16th to August 9th). This will allow twice as many individuals to enjoy adventuring with Eagle Mount in the great outdoors. Dates listed in the bulletin may change slightly; by May 1st the final summer schedule will be posted on our website. This year's activities will likely include kayaking, zip lining, rafting, hiking, and visiting local farms.

Eligibility criteria: Participants must be able to handle their toileting needs independently. If medication will be required during program times, participants must be able to self-administer. Eagle Mount staff and volunteers are not permitted to administer medication.

Registration for Adventure Days starts at the **Open House***, on May 1st, 2018 OR May 2nd, 2018 or call after May 3rd to register by phone. Program registration is first-come, first-served basis. Once each day's quota is reached, we will start a wait list and notify you immediately if space becomes available. *If siblings of different age groups want to register, the family can attend the May 1 OR May 2 sign up day.

Open House Dates/Registration Opportunity:

For Tiny Trekkers and Bridger Bounder Age Groups:
May 1st, 5:30pm – 7:00pm @ Eagle Mount

For Gallatin Galavanners and Eagle Explorers
May 2nd, 5:30pm – 7:00pm @ Eagle Mount

For Madison Mountaineers and Brave Bobcats
May 3rd, 12:00pm – 1:00pm @ REACH

Volunteer Information

Do you have a passion for the great outdoors? Are you ready to help people with disabilities enjoy Montana's summer adventures? If so, this is the program for you! For new volunteers, preference will be given to those who are able to make a regular weekly time commitment. For returning volunteers and those with specialized skills (kayak, fishing, rock climbing, etc.) please let us know your availability and we will contact you about specific dates. Your help is appreciated and we want this experience to be fun-filled for you! Full day

ADVENTURE DAYS VOLUNTEER TRAINING

New Volunteer Training: May 24, 5:30 - 7:00 PM

Cycling: May 9, 5:30 - 7:30 PM	Climbing: May 30, 12:00 - 1:00 PM
Kayak: May 29, 5:30 - 8:00 PM	Rafting: May 31, 9:00am - 3:00 PM

Eagle Mount reserves the right to cancel or change activities if weather or other circumstances would endanger participants' safety.

AQUATICS SCHEDULE

Adult and Young at Heart Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM		LAP SWIM		LAP SWIM	
8:00 AM	YAH RISE AND SHINE WATER AEROBICS	LAP SWIM	YAH RISE AND SHINE WATER AEROBICS	LAP SWIM	YAH RISE AND SHINE WATER AEROBICS
9:00 AM	YAH ARTHRITIS WATER AEROBICS	YAH REHAB WATER WALKING	YAH ARTHRITIS WATER AEROBICS	YAH REHAB WATER WALKING	YAH ARTHRITIS WATER AEROBICS
10:00 AM	ADULT WATER FITNESS 10	WATER EXERCISE FOR AGING ADULTS	ADULT WATER FITNESS 10	WATER EXERCISE FOR AGING ADULTS	ADULT WATER FITNESS 10
11:00 AM	ADULT WATER FITNESS 11	INDIVIDUAL WATER THERAPY	ADULT WATER FITNESS 11	INDIVIDUAL WATER THERAPY	ADULT WATER FITNESS 11
12:00 PM	CANCER SUPPORT COMMUNITY*	INDIVIDUAL WATER THERAPY		INDIVIDUAL WATER THERAPY	CANCER SUPPORT COMMUNITY*
1:00 PM		LIGHT WATER EXERCISE		LIGHT WATER EXERCISE	
2:00 PM					
3:00 PM	INDEPENDENT WATER WORKOUT		INDEPENDENT WATER WORKOUT		INDEPENDENT WATER WORKOUT

*The **Cancer Support Community** is an organization open for those with cancer at any stage. Their programs are offered free of charge, including this CSC sponsored class at Eagle Mount. Before attending any CSC program, including this class at Eagle Mount, participants must meet with Katelyn Stewart, the Cancer Support Community Program Director. For information about CSC activities, contact Amber R: Amber@cancersupportmontana.org or 406-582-1600.



Eagle Swim Classes for Children and Young Adults

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 PM	ADAPTIVE WATER EXERCISE				YOUNG ADULT WATER AEROBICS
2:00 PM	YOUNG ADULT WATER AEROBICS				
3:00 PM					
4:00 PM	KIDS SWIM	KIDS SWIM	KIDS SWIM	KIDS SWIM	
5:00 PM	KIDS SWIM	KIDS SWIM	KIDS SWIM	KIDS SWIM	

SATURDAY SCHEDULE

9:00 AM - 10:00 AM	LAP SWIM	10:30 AM - 11:00 AM	PARENT/TOT AQUATIC EXPERIENCE	11:00 AM - 11:45 AM	KIDS SWIM	12:00 PM - 1:30 PM	FAMILY SWIM**
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Parent/Tot Aquatic Experience

Come explore the water with us! This class is a guided water experience using songs and games to build confidence, develop motor skills, and teach personal water safety for children ages 6 months to 3 years with a parent/caregiver. Water diapers are required.

**Family Swim is Open to ALL Eagle Mount participants and their families.

Please register by 3:00 the day before as space is limited to 20 swimmers. Fee: \$10/Family

Summer 2018, Family Swim will move to Friday evenings (5PM to 6:30PM).

Therapeutic Horsemanship

Participant Information



Space is limited and classes are filled on a rotating basis to ensure that as many riders can join us as possible. We will schedule according to the age and ability level of the rider, so times may be somewhat restricted. Please refer to website for height, weight and horse requirements, unmounted lessons will be offered to individuals who exceed the height and weight limits.

Summertime is hot, but we ask that all participants wear long pants and boots or heavy shoes. Remember to dress for the winter weather appropriately, too!

Volunteer Information

What makes volunteering in the Equine Program so rewarding is seeing the physical and emotional benefits our riders and their families receive. Most volunteers serve as sidewalkers or leaders for therapeutic riding classes. No previous experience is needed. Volunteers are also needed for non-class activities such as tack cleaning, barn help, and special events. The minimum time commitment is 1 ¼ hours per week for the duration of the session, plus attendance at a 2.5 hour New Volunteer training and orientation session. Training is held the week prior to the beginning of each session, typically in the evening. Contact volunteer coordinator Katie Jacobson (kjacobson@eaglemount.org; 586-1781) for more information and to schedule your training. Closed toe shoes must be worn for training and volunteer time. Volunteers interested in Horse Leader training should also contact Katie.

Program Information

Individuals with developmental, cognitive, and/or physical disabilities can benefit from our purposeful, safe, supervised interaction with horses. Because horseback riding gently and rhythmically moves the rider's body in a manner similar to a human gait, riders with disabilities often show improvement in flexibility, balance, and muscle tone. The unique relationship formed with the horse can lead to increased confidence, patience, self-esteem, and improved social skills.

Eagle Mount Therapeutic Riding Center is a Premier Accredited Center and our instructors are registered and certified through the Professional Association of Therapeutic Horsemanship International (PATH). Currently, Eagle Mount offers six types of equine assisted therapy that serve over 110 participants a week with the help of over 250 volunteers. Classes are held Monday through Friday 9:00 am to 6:30pm.

PROGRAM DATES

SESSION IV	SEPT 18 - OCT 27
SESSION V	NOV 13 - DEC 15
SESSION 1	JAN 22 - MAR 2
SESSION II	MAR 19 - APR 13
SESSION III	JULY 9 - AUG 3
ALL ABILITIES DAY CAMPS	JUNE 11-16 & 18-22
ALL ABILITIES HALF DAY CAMPS	JUNE 25-29
ALL ABILITIES ADVANCED RIDERS CAMP	AUG 7 - AUG 11

Recreational and Sports Riding

This class is a one hour lesson with one to four other riders similar in age or ability. Instructors, with individuals' goals in mind, create a variety of games and exercises designed to promote social and therapeutic benefits. Sport riders will work on improving their horsemanship skills and are taught how to help groom and saddle their horses.

Developmental Riding

This class is offered to individuals who may not be ready for recreational and sports riding. In these classes a Therapeutic Riding Instructor works one on one with the rider to maintain or improve the rider's muscle tone, balance, and hand-eye coordination and to achieve other functional goals.



Specialty Classes

Spinal Cord Injury

Focus on increasing core strength and range of motion, maintaining balance, and using the movement of the horse to release body tension and increase flexibility.

M.S. Facilitated Ride

This class is held in the coolest part of the day in order to avoid exacerbating the rider unduly. The motion of the horse helps relax the muscles and restore the muscle memory as the rider needs to work his or her muscles to remain upright on the horse.

Miniature Horse Experience, Horsemanship and Barn Management Class

In the Miniature Horse Class, the participants learn horsemanship skills to include leading, grooming, and exercising the horses. Our Horsemanship Class offers the opportunity to learn how and what to feed horses, horse handling techniques, and general horse care.

ALL FORMS AVAILABLE ONLINE www.eaglemount.org
or by request from the office (406) 586-1781