



DISABLED SPORTS USA FAR WEST

SUMMER PROGRAMS 2012

Information & Reservations

www.disabledsports.net 530-581-4161 reservations@disabledsports.net

Your **annual membership of \$30 or more** qualifies you to participate in our programs at these **discounted rates**. Membership is due for renewal each year on **October 1st**.
Scholarships available to those who qualify. <http://www.dsusafw.org/scholarship.pdf>

Whitewater Rafting: Professional guides take you through the exciting Class II/III rapids on the American River and serve you a scrumptious river lunch. What a great way to beat the heat of a hot summer day! Average trip time is 4 hrs.

Young rafters will enjoy our shorter float trip through Class I and II rapids. Bring your own lunch to enjoy at a park along the river when you're done.

Participants must be water safe. (see bottom of page*)

\$90 per person for Class III Trips / \$110 for non-members
\$55 for Class II Trips (no lunch) / \$70 for non-members
June, July and August weekend dates by request.



Water Skiing: New! Bill Bowness Water Ski Camp

Bill Bowness was a member of the US Disabled Water Ski Team for 10 years and serves on the BOD of Water Skiers with Disabilities (WSDA). Bill's 40 years of experience teaching and coaching water skiing will make learning to waterski a joy. Your lesson will be customised to your ability from beginner level to competition level.

Participants must be water safe. (see bottom of page*)

\$40 per lesson/ \$75 for non-members
June 9, 22, 23; July 20, 21; Aug 3, 4, 21, 22
Wake Island Lakes, Sacramento area

Sierra Summer Sports:

Join us at Donner Lake to get your fill of boating, jet skiing, sailing, canoeing, kayaking, and tubing. Disabled Sports staff introduce each participant to the beginning skills of these water sports and accompany them on the water. Lunch is served lakeside where you can relax and enjoy the beauty of this mountain lake.

Two days is the best way to get a good sample of all the sports.

Participants must be water safe. (see bottom of page*)

\$80 per person, per day / \$150 for non-members
10am-3pm Includes full day of activities & lunch.
July 27, 28, 2012



4-WD Adventures: Experienced drivers help you explore the beautiful Sierra backcountry along rugged 4WD terrain. Picnic lunch provided for day trips. Average trip time is 6 hours. All meals provided for 3 day, 2 night trip on the famous Rubicon trail.

\$50 per person / \$120 for non-members
July 14 – Ice House day trip

\$160 per person / \$350 for non-members
August 10, 11, 12 - Rubicon overnight trip

Your **annual membership of \$30 or more** qualifies you to participate in our programs at these **discounted rates**. Membership is due for renewal each year on **October 1st**.

***WATER SAFE:** Participants must be able to turn themselves face-up from a face-down position in the water while wearing a life vest.