

Fun with Friends

Join Bart Adaptive Sports Center for some fun in the outdoors cycling, golf, guided hikes in Southern Vermont along with our new Martial Arts program. All disabilities and family members age 6 and older are welcome! **All programs are dependent on 3 participants.**

Cycling

Learn how to ride a bicycle or better your riding skills, in a small group setting on a weekly basis. We meet in Manchester on Tuesday morning's in Manchester.

Golf

Have you ever wanted to learn to play golf, or have a more successful golf game? Come join us Wednesday afternoons to better your technique. You have a physical disability? No problem we have a new adaptive golf cart for you to try.

Martial Arts

Are you interested in improving your learning Marital Arts skills? Join us to learn the proper techniques and forms. We meet at Bromley on Thursday mornings.



BART
ADAPTIVE SPORTS
CENTER

Bart Adaptive Sports Center

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Bart J. Ruggiere Adaptive Sports Center

Summer Programming

June – September



Cycling
June – September
Tuesday

- * Recommended for ages 6 and older. Parent or Guardian requested to be present.
- * Time: 10:00 am – 12:00 pm @ Dana Thompson Park in Manchester.
- * Additional lessons are available by reservation. Schedule a 4-week block lesson during July & August or schedule lessons per day during June through September.
- * Minimum of 3 Participants to hold programming.
- * **Closed toed sneakers are mandatory**

Golf
June - September
Wednesday

- * Open to all cognitive or physical disabilities. Bart Adaptive Sports Center has a new golf cart for people with Physical disabilities
- * Learn all aspects of the game of golf from putting to driving the ball down the fairway.
- * Time 1:00 – 3:00 PM at Manchester Country Club
- * Recommended for ages 6 and older. Parent or Guardian requested to be present
- * Minimum of 3 participants to hold program.
- * Additional lessons are available by reservation. Schedule a 4-week block lesson during July & August or schedule lessons per day during June through September.



No Limits
“The only limits that anyone has, are the limits that they set themselves.”



Martial Arts
June – September
Thursday

- * Open to all cognitive or physical disabilities.
- * Recommended for ages 6 and older. Parent or Guardian requested to be present.
- * Minimum of 3 participants for each program to be held.
- * Additional lessons are available by reservation. Schedule a 4-week block lesson during July & August or schedule lessons per day during June through September.
- * Recommended age for participation 6 and older.
- * 10:00 am – 12:00 pm @ Bromley Mountain