



Summer Programs 2017

**Celebrating 10 Years of Helping Others
Reach The STARS!**

About STARS

Who We Are

Steamboat Adaptive Recreational Sports "STARS" was founded in 2006. STARS provides life changing experiences for clients with intellectual and physical disabilities, autism, injured military veterans and their families. Clients gain self-esteem, independence, social skills, resilience and courage through our adaptive recreational programs and camps.

Last years, STARS served over 580 individual clients with more than 20,000 lesson hours in skiing, snowboarding, biking, water skiing, camping, kayaking, horseback riding and more.

Reservations

Summer activities are available by reservation only. To make reservations, call us at 970.870.1950 or toll free at 888.330.1454. Advance booking is required for all summer programs and camps. Book early as space may be limited!

STARS Summer Office Hours:
Monday - Friday // 8am - 4:30pm

STARS Affiliations & Partners



Visit www.steamboatstars.com for the most up-to-date program and event information.

About STARS



Scholarships

STARS believes everyone should have the opportunity to participate. Full and partial scholarships are available based on financial need. Online applications can be downloaded at www.steamboatstars.com

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Visit www.steamboatstars.com for the most up-to-date program and event information.

Youth & Teen Adventure Camp



3-three week sessions this season, each with a different focus!

Fun & Sun: Land based, fun sports in addition to a few social/leisure activities. Activities may include cycling, hiking, golf, wheelchair basketball, climbing, tennis and archery.

Wet & Wild: Water based adventure and leisure sport activities. Activities may include swimming, fishing, kayaking, and stand -up paddle boarding.

Go For The Gold: Introduce campers to Paralympic and Special Olympic Sports. Activities may include sled hockey, cycling, volleyball, wheelchair basketball, and kayak racing.

**Please note all campers requiring personal care must provide their own personal care provider to assist.

Youth & Teen Adventure Camp

Youth Adventure Camp

Monday & Wednesday // 10am - 3pm

Ages: 5 - 5th Grade

Fun & Sun: June 12th - 28th

Wet & Wild: July 3rd - 19th

Go For The Gold: July 24th - August 9th

1/2 Day sessions available for Pre-K only

Cost: \$210/session

Teen Adventure Camp

Tuesday & Thursday // 10am - 3pm

Ages: Middle School - High School

Fun & Sun: June 13th - 29th

Wet & Wild: July 6th - 20th

Go For The Gold: July 25th - August 10th

Cost:

Fun & Sun: \$210

Wet & Wild: \$175

Go For The Gold: \$210



Behind The Boat Water Sports Camp



Behind The Boat Water Sports Camp

Sunday, July 9th - Wednesday, July 12th

This camp is open to clients of all ages with a physical disability. Participants will spend 3 nights and 2 days on Bald Eagle Lake where they can learn how to water ski or wake board with some of the best water sport instructors in the county.

Cost: \$300/person. Cost includes 3 nights of lodging, 2 dinners, 2 lunches and water ski and wake board instruction and equipment.

Western Adventure Camp



Western Adventure Camp

Monday, June 19th - Friday, June 23rd

This STARS Day Camp is for youth ages 9-18 with intellectual disabilities. Five full days of horseback riding and other outdoor sports and activities. Participants will ride each morning and participate in other activities each afternoon. Activities may include horseback riding, cycling, swimming, archery and kayaking.

Cost: \$350/person. Cost includes all activities. Campers are required to bring their own lunch.

Rising STARS Camp



Rising STARS Camp

Wednesday, July 19th - Sunday, July 23rd

This camp is for ages 16-25 with Down Syndrome and includes 2 days of horseback riding and other outdoor sports, including fishing, biking, kayaking, archery and swimming, plus one overnight camping experience at beautiful Camp Nanimo in Steamboat.

Cost: \$350/person. Cost includes all activities plus dinner and breakfast on the overnight trip.

****Please note all campers must be independent in self-care.**

Trail Blazers Camp



Trail Blazers Camp

Wednesday // 10am - 3pm

Session I: June 28th - July 12th

Session II: July 19th - August 2nd

Session III: August 23rd - September 13th

This program is designed for adults (18 & over) with intellectual disabilities to participate in various activities throughout the summer to keep them active and healthy.

Activities may include kayaking, hiking, tubing, golf, basketball, volleyball, horseback riding, cycling, fishing, frisbee golf, and swimming.

Cost:

Session I and II: \$105/person

Session III: \$140/person (includes 2 days of horseback riding)

Adaptive Horseback Riding



Adaptive Horseback Riding

Join us at the STARS Equestrian Center, located at Wandering Creek Ranch - 33850 County Road 14.

Learn basic horsemanship, grooming, tacking, horse health and behavior. Interaction with horses, whether mounted or from the ground, has a positive impact in the lives of people with intellectual, physical, and behavioral disabilities.

Horseback riding can improve core strength, balance, gross and fine motor skill development, and self-esteem.

Group, private, and vaulting lessons available.

Adaptive Horseback Riding

Semi-Private Riding Lessons - (six) 1 hour lessons

Session I: June 26th - July 15th (no lessons on July 4th, make up day July 7th)

Session II: July 24th - August 11th

Session I & II will ride either Monday and Wednesday or Tuesday and Thursday at 8:30am or 10:30am*

Cost: \$210/session

Private Lessons

45 minute private lessons

June 26th - September 22nd

Monday - Thursday at 9:45am or 11:45am //

Friday at 11am

Cost: \$40/lesson

**All private lessons must be booked 48 hours in advance

Group Vaulting - New for Summer 2017

Session I: June 30th and July 14th // \$50 (2 lessons)

Session II: July 28th, August 4th and August 11th // \$75 (3 lessons)

Interactive vaulting is an activity in which the participants perform movements on and around the horse. These movements can be very simple such as sitting without holding onto the surcingle or a more elaborate vaulting position move such as kneeling or standing on the horse. It all depends on the individual need of the vaulter.

Interactive vaulting fosters teamwork, teaches respect for the horse, fosters independence, builds confidence, encourages social interacting, offers individualized instruction while mounted, and introduces all gaits in a short period of time.

Water Ski Fridays



Water Ski Fridays - New this summer!

10am - 4pm

Friday, June 16th

Friday, July 14th

Friday, August 11th

Utilizing the latest in adaptive equipment, tournament quality tow boats and individual instruction, STARS creates an atmosphere that promotes independence and success no matter what the physical or intellectual limitation.

Cost: \$40/day

Adaptive Cycling Club



STARS Adaptive Cycling Club - New this summer!

May 11th - September 28th // Thursdays at 8am

May 14th - October 1st // Sundays at 10am

Cycling program for independent athletes with disabilities to ride on a regular basis for fitness, friendship and fun!

Requirements:

All riders must be primarily independent and able to ride at least 3 miles to start

Personal equipment is preferred, but STARS can provide some equipment for riders. Must be arranged in advance.

Cost: Free but riders must register with STARS to participate.

Military Camps



STARS & Stripes Adventure Camp

Thursday, July 27th - Sunday, July 30th

This military camp focuses on injured veterans who are looking for a more active camp experience. Activities include road biking, kayaking, paddle boarding and water skiing. All activities will be accessible for any disability.

All accommodations, most meals and sport activities are included in this camp.

Cost: A \$100 deposit is required from all Veterans which will be returned upon completion of the camp.

Please call or email Brett Maul - STARS Military Manager, to see if this camp is right for you.
970.870.1950 // brettm@steamboatstars.com

Military Camps



STARS & Stripes Western Camp

Wednesday, August 23rd - Monday, August 28th

This military camp combines therapeutic recreation with Steamboat's western heritage to give participants a unique experience that you don't find anywhere else. Activities include horseback riding, off horse activities, fishing (CO license required), Old Town Hot Springs, archery, kayaking, SUP and an evening rodeo.

All accommodations, most meals and sport activities are included in this camp.

Cost: A \$100 deposit is required from all Veterans which will be returned upon completion of the camp.

Please call or email Brett Maul - STARS Military Manager, to see if this camp is right for you.
970.870.1950 // brettm@steamboatstars.com

Adaptive Bike Rental



Adaptive Bike Rental

Rent an adaptive bike from STARS and enjoy biking with your family and friends. Youth and adult hand cycles and buddy bikes are available when reserved in advanced and are based on availability.

Cost: \$20 for 3 hours or \$25 for the day. Advanced booking required.

Customized STARS Group Programs

Let us help you plan a group experience. We can tailor activities to fit your group's needs. For information, contact Joel at 970.870.1950 or email him at joel@steamboatstars.com. Groups must be 5 or more clients.

Cost: Based on group size. Advanced booking required.

Events



STARS Farm to Barn Dinner - August 9th

This exclusive 6 course dinner is prepared by local top chefs and includes wine paired by master sommeliers and a high end auction to benefit STARS. For tickets, call STARS at 970.870.1950.

Steamboat Wine Festival

August 9th - 13th

STARS is proud to be the beneficiary of The Steamboat Wine Festival

After Farm to Barn, enjoy the rest of the weekend with the Steamboat Wine Festival! More than 100 food artisans, wineries, breweries, distilleries, epicurean purveyors, and locally made products will be showcased at tastings, seminars, & cooking demonstrations.

For tickets and information, go to www.steamboatwinefestival.com

STARS Biking the Boat Charity Ride

Join STARS in the 6th Annual 2017 STARS Biking the Boat Charity Ride August 26, 2017



Participants can choose from four different road rides: 75, 55 or 26 mile Challenge Ride or a 5 mile All Abilities Ride.

Registration includes: Après ride party with food & beer. Learn more at www.steambostars.com

**You Make The Impossible
POSSIBLE**



Support

Volunteer

Volunteers are vital to help us carry out our mission. There are numerous opportunities to volunteer with STARS. You can help empower individuals with disabilities to participate in life-changing recreational experiences.

For more information on volunteering, visit www.steamboatstars.com.

Donate

Every dollar given to STARS helps to further our mission to empower and enrich lives through adaptive recreational activities.

- Check: Mail a check to STARS, PO Box 770208 Steamboat Springs, CO 80477
- Credit Card: Donate online at www.steamboatstars.com
- Gift Planning: Include STARS in your estate planning. Your bequest can take the form of a specific asset (such as a condo or home), or a specific amount or percentage of your estate. Bequests may reduce your taxable estate.
- Life Insurance/Retirement Accounts: You can name STARS as the beneficiary of a life insurance policy, IRA or other retirement account.
- Stocks: STARS can receive gifts of stock. Contact the office for more information. 970.870.1950

STARS is a 501(c)3 organization: 20-5823688



STARS Executive Offices

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