

Sports Programs

Horsemanship

**Outdoor
Explorations**

Children's Programs

Senior Programs

Fun Day Activities



Eagle Mount Great Falls

www.eaglemount.net

eagle_mountgf@eaglemount.net

P.O. Box 2866

Great Falls, MT 59403

Phone (406) 454-1449

Fax (406) 454-1780

**Eagle Mount Great Falls
is a Chapter of
Disabled Sports USA
www.dsusa.org**



P.O. Box 2866
Great Falls, MT 59403



INFORMATION

PARTICIPANT

Eagle Mount offers exciting programs that allow infants, youth, adults, and seniors to explore recreation and take on new adventures based on their abilities, not their disabilities. Each program has great benefits for both our participants and parents. All of these programs offer participants new friendships, teach new skills in recreational activity, provide exercise, offer access to highly trained and certified program instructors, and make volunteer assistance and adaptive equipment available. Parents can watch their children grow socially, emotionally, and physically and are given an opportunity to develop a personal support network with each other. Eagle Mount is always in the process of looking for new activities to help serve a greater population of individuals with disabilities.

Sports Programs

Skiing

- Ages 5 years and up.
- Enjoy the fresh mountain air and beautiful Montana scenery.
- Sit skis have a weight limit of 180 lbs.

Bowling

- Ages 10 years and up.
- Socialize & have fun with peers.

Karate

- Ages 8 years and up.
- Physical Exercise, Character Development

Ice Skating / Sled Hockey

- Ages 6 years and up.
- Put your disability on ice!

Horsemanship

- Ages 6 years and up.
- Activities: **Wranglers, Recreational Riding, Hippotherapy, Equine Assisted Learning.**
- Learn to play with and care for horses and their homes.
- Horses have a weight limit of 180 lbs.

Outdoor Explorations

- Ages 6 years and up.
- **Rafting**
- **Pontoon Boat Ride**
- **Other activities as planned.**

Children's Programs

Tippy Toes

- Ages 6 weeks and up.
- Creative movement - rhyme & chanting games, music, movement pattern for brain growth.

Gymnastics

- Toddler Class: Ages 18 months - 4yrs
- IncredABLES: Ages 6 and up.

Summer Fun Days

- Ages 6 and up
- Lots of fun summer activities.

Senior Programs

- Ages 55 years and up
- Socialize and exercise.

Fun Day Activities

- All ages (activities planned for specific age groups)
- Special activities (i.e., holiday parties, picnics, fun in the sun days, snow days, movie nights, drama, dancing, etc.)

Not all recreational activities may be appropriate for all disabilities, ages or behaviors. A diagnosed disability (physical, developmental, mental, and/or behavioral challenges), applications and pre-registration are required. Participants will be assessed for appropriateness in the programs.

