

# 2010 Winter Schedule

## January

- 5- Snowshoeing- Sinks: 1pm (Tues)
- 5- Participant Council: 4pm (Tues)
- 12- Crystal Hot Springs: 10:30am (Tues)
- 13- Tai Chi- Common Ground: 10am (Wed)
- 13- Snowshoeing- Mantua: 10:30am (Wed)
- 14- Indoor Rock Climbing: 1pm (Thurs)
- 14- Open House: 5pm (Thurs)
- 19- Recreation Night: 6pm (Tues)
- 19- Chili's Give Back Night (Tues)
- 22- Art Project: 4pm (Fri)
- 26- Ice Fishing: 1pm (Tues)
- 27- Tai Chi- Common Ground: 10am (Wed)
- 27- Hardware Ranch Tour: 11am (Wed)

## February

- 2- Movie Night: 6pm (Tues)
- 10- Tai Chi- Common Ground: 10am (Wed)
- 10- Snowshoe- Squirrel Hollow: 11:30am (Wed)
- 11- Dogsled Pre-Trip: 5pm (Thurs)
- 12- Art Project: 4pm (Fri)
- 16- Recreation Night: 6pm (Tues)
- 24- Tai Chi- Common Ground: 10am (Wed)
- 26-28- Dogsledding Trip (Fri-Sun)

## March

- 2- Participant Council: 5pm (Tues)
- 2- Movie Night: 6pm (Tues)
- 8- Snowshoeing- Sinks: 1pm (Mon)
- 9- Rock Climbing Clinic: 1pm (Tues)
- 10- Tai Chi- Common Ground: 10am (Wed)
- 11- St. Patrick's Day Dinner: 6pm (Thurs)
- 16- Rock Climbing Clinic: 1pm (Tues)
- 17- Art Project: 4pm (Wed)
- 23- Rock Climbing Clinic: 1pm (Tues)
- 24- Tai Chi- Common Ground: 10am (Wed)
- 25- Aquarium: 9am (Thurs)
- 31- Recreation Night: 6pm (Wed)
- Beaver Bash: Date to be determined

Ski dates are located on opposite side.

## Open House

Come and meet the Common Ground Staff, check out our adaptive equipment, and learn more about upcoming activities.

# Activity Descriptions

## Snowshoeing/XC Skiing

**1/5, 3/8- The Sinks:** 1-4pm. Rise above the inversion at this fantastic, groomed outdoor wonderland. The Sinks is located in Logan Canyon near Beaver Mountain. \$5

**1/13- Mantua:** 10:30-1:30pm. We'll be meeting the friendly LINC group from Brigham City halfway at Box Elder Campground. \$5

**2/10- Squirrel Hollow:** 11:30-2:30pm. On this day we will join the Franklin DDA group near Preston for a fun afternoon of winter recreation. \$5

-Adaptive sit skis and walkers are available  
-Participants on these activities will have the choice of either snowshoeing or cross country skiing.

## Participant Council

**1/5, 3/2-** The council will meet for 1 hour at Common Ground to give feedback and suggestions for activities. A great opportunity for your voice to be heard! Free

## Crystal Hot Springs

**1/12-** 10:30-1pm. Feeling chilly? Join us for a soothing, warm soak. Please pack a lunch. \$6

## Indoor Rock Climbing

**1/14 3 Week Clinic- 3/9, 3/16, 3/23**  
**Rockhaus:** 1-3pm. Learn the basics of rock climbing or fine-tune your skills with a three week clinic offered in March. \$8 for a single day or 3 week clinic for \$20.

## Recreation Nights

**1/19, 2/16, 3/31-** **Logan Recreation Center:** 6-8 pm. Join us for wally-ball, basketball, volleyball, and other fun gymnasium games. Meet at Common Ground at 6pm for a ride to the Rec. Center. \$3

## Art Projects

**1/22- Winter Art:** 4-5:30pm. We'll be making snowmen and snow flakes. \$3

**2/12- Valentine's Day Art:** 4-5:30pm. Construct Valentine's Day art. \$3

**3/17- Leprechaun Art:** 4-5:30pm. It might be white outside on this day, but there's sure to be some green inside Common Ground! \$3

## Ice Fishing

**1/26-** 1-3pm. Join us for fishing at Hyrum Dam. All Participants must have a fishing license. Call for details on a free lifetime license. \$3

## Hardware Ranch Tour

**1/27-** 11-1pm. Come join us for a sleigh ride through the elk refuge at Hardware Ranch. We will also have the opportunity to learn a few tidbits about the local elk population. \$8

## Movie Night

**2/10- Up:** 6-8pm. Join us for this fantastic film about a man willing to do anything to get to his dream vacation destination. \$3

**3/2- Kung Fu Panda:** 6-8pm. A fighting Panda? Be sure not to miss this one! \$3

## Aquarium

**3/25-** 9-2pm. The Living Planet Aquarium in Sandy features 267 fascinating species from waters around the world. \$8

## Tai Chi

**1/13, 1/27, 2/10, 2/24, 3/10, 3/24** - 10-11am. Feeling stressed out? Join us for this ancient Chinese form of martial arts (don't worry there's no fighting) that is sure to leave you feeling peaceful and refreshed. \$3

**To sign up for a trip or activity, contact Common Ground at (435) 713-0288.**

# Beaver Adaptive Ski Evolution (BASE)

New for ski season 2010! Common Ground will be working with the Beaver Mountain Snowsports School to offer adaptive ski instruction. BASE is funded in part by The Gibney Family Foundation. Contact David for any questions or transportation needs. All spots are limited and will be offered on a first-come-first-serve basis.

## Ski Clinic

This will be the best deal of the ski season. Mix and match your days and times between 6 Wednesdays and Saturdays either mornings (9:30-12pm) or afternoons (1-3:30pm). Cost: \$150 for 6 sessions (\$130 w/ scholarship) or \$40 for a single day (\$30 w/ scholarship).

January- 13, 16, 20, 23, 27, 30.

February- 3, 6, 10, 13, 17, 20.

March- 13, 20.

## Learn to Ski

On these single day events, we will focus on teaching the basics to beginning youth or adult skiers. There will be a 9-12pm session and a 1-4pm session on both the youth and adult days. Cost: \$40 (\$30 w/ scholarship).

March- 6 (Youth), 11 (Adults)

## Wounded Warrior

This ski day at Snowbasin is intended for veterans with disabilities. It is also open to anyone else who is interested. Funded in part by the Wounded Warrior Project.

February- 25. 7:30am.

## Beaver Bash

Come join us for a day of skiing and BBQ as we celebrate yet another year of successful adaptive skiing at Common Ground. This event will feature the "Big Air" and "Pond Skim" competitions.

# Destination Trips

## Dog Sledding

Depart- Feb. 26 @ 1pm Return- Feb. 28 @ 6pm  
Pre-trip Meeting- Feb. 11 @ 5pm

Join us for this three day winter excursion to Jackson Hole. We will be snowshoeing and dogsledding at the base of the beautiful Teton and Gros Ventre mountain ranges. Lodging will be the cabins at Teton Science School, located just north of Jackson. This is sure to be one of the highlights of the year at Common Ground!  
Cost: \$250

# Save The Date

Sign up early and start your payment plan now to save a spot on these exciting trips.

## Salmon River

Jun 3-9: We will be rafting the Salmon River again in 2010, located in northern Idaho.

## Gates of Ladore

July 13-18: Cruise down the Green River with us in the breathtaking Ladore Canyon in northeastern Utah.

## Glacier National Park

August 1-7: Join us as we travel to one of the most beautiful parks in the world, located in northern Montana.

- All participants on Common Ground destination trips must attend the mandatory pre-trip meeting.
- A non-refundable \$50 deposit is required for all participants to secure a spot on a destination trip.
- Custom trips are available upon request. Call us and we will do our best to design a trip for you.
- **To sign up for a trip/activity contact our office:**

(435) 713-0288

[www.cgadventures.org](http://www.cgadventures.org)  
[programs@cgadventures.org](mailto:programs@cgadventures.org)

# 2010 Winter Program Guide



Common Ground  
Outdoor Adventures  
335 North 100 East  
Logan, UT 84321

Providing outdoor recreation for youth and adults with disabilities for over 16 years.

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U.S. Postage  
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