

Have a Go!

with Adaptive Snowboarding, Alpine & Nordic Skiing
at Mt Washington with VISAS

Wondering if adaptive skiing
and snowboarding is for you?

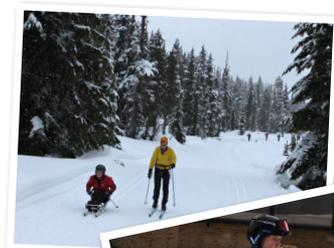
Just give it a try for a day!

We make your first step
into skiing and snowboarding easy.

Our “Have-a-Go” program
is about teaching you
the snowsport of your choice
with trained adaptive snowsport
instructors.

So you can enjoy coming up
to Mt Washington with
friends and family.

Whether it's adaptive skiing,
sit-skiing, snowboarding
or Nordic skiing,
we'll help you get started!



[Vancouver Island Society for Adaptive Snowsports](#)



Have a Go!

Who's it for & What's your part:

- VISAS's "Have a Go" program is for those who have never participated in an Adaptive Snowsports Program and are interested in giving snowsports a try. And it is available to anyone with physical or cognitive challenges.
- The annual CADS (Cdn Adaptive Snowsports Society) membership is waived, and a one-day CADS fee of \$10 is payable on the day of booking your lesson (for insurance coverage).
- Come to Mt Washington, (either the Alpine side or Raven Lodge for Nordic) dressed for winter sports, ([click here for recommended Alpine clothing](#)). Dress in layers (warm hat, gloves, etc.) for [Nordic skiing](#).
- A maximum of one lesson per snowsport, with a maximum of two different snowsports.

What VISAS provides you:

- A day of skiing/snowboarding instruction by one or two of our CADS Certified Volunteer Alpine Instructors, and trained Nordic Instructors
- A free Mt Washington one-day lift pass
- All the skiing/snowboarding equipment you'll need (skis, boots, poles, helmets, snowboard, wrist-guards compliments of Mt Washington)
- And we have specialized adaptive equipment to suit your disability.





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What's your day look like:

- Be at the Alpine Lodge or Nordic Lodge for 9:00 a.m. for introductions, equipment fitting, etc.
- Lesson 10:00 a.m. until noon
- Lunch at Noon until 1:00 p.m. (with friends/family)
- Afternoon lesson 1:00 p.m. until 3:00 p.m.

If you come up with your friends or family, we recommend that they go off on their own to enjoy Mt Washington

... and then, regale friends & family with adventurous stories over lunch and on the ride home.

What you need to do:

- Go to our "[Student Book a Lesson](#)" page and follow the "New Student" steps to create a profile, then book a lesson.
- You choose the day and we'll take care of almost everything else.

So why not?
Indulge yourself!
Come on up & HAVE-A-GO!





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Once the snowsports bug bites you, you can continue taking lessons during the rest of the season, same as our regular adaptive students.

You may also be considered for a spot in our next **Herb Bradley Snowsports Festival**, held each year in early January.

The festival is four consecutive days of instruction....
Imagine how far you'll get with four straight days
of Alpine skiing or snowboarding or Nordic skiing!



Check out the **VISAS website** for more details!



If you have any questions,
please contact us at 250-334-5755 or email

HAG@visasweb.ca