

Experience the **BEST ADVENTURES** of the great outdoors!



Shepherd Center  
RECREATION THERAPY



# 2022 ADVENTURE SKILLS WORKSHOP

## ACTIVITIES ARE DESIGNED FOR PARTICIPANTS WITH DISABILITIES

This fun-filled weekend is designed for people with spinal cord injury or disease, acquired brain injury, multiple sclerosis, spina bifida, post-polio syndrome, Guillain-Barré syndrome, transverse myelitis or amyotrophic lateral sclerosis (ALS). You'll get hands-on practice in activities you've always loved, as well as those you've always wanted to try. If you need assistance with self-care, transfers, mobility, following maps or directions, feeding or anything else, you must bring a friend or family member.

Whether you are newly injured and attending for the first time, or an Adventure Skills Workshop veteran coming back for more, be assured that you'll have the opportunity to explore new activities, learn new skills, meet new people and have fun. We believe you'll leave with a new outlook on life —seeing everyday as an adventure.

## LOCATION

Camp ASCCA is an accessible facility located on Lake Martin near Jackson's Gap, Alabama, approximately 2-1/2 hours from Atlanta. Directions and a detailed information packet will be sent upon receipt of your application. Housing is in air-conditioned group cabins with a limited number of private rooms.

## DATES & FEES

May 20 -22, 2022

Check-in: Friday, May 20, from 9 a.m. to 3 p.m.

Check-out: Sunday, May 22, by 9:30am

\$225 for participants covers meals, lodging, activities, instruction and a T-shirt.

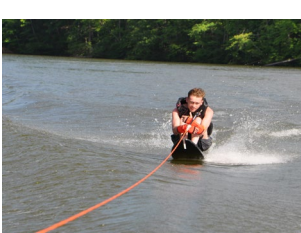
\$205 for family or attendants covers lodging, meals and a T-shirt.



### FEATURED LEISURE SKILL INSTRUCTION INCLUDES:

|              |                             |            |              |
|--------------|-----------------------------|------------|--------------|
| Water Skiing | Climbing Wall with Zip Line | Water Polo | Scuba Diving |
| Tubing       | Jet Skiing                  | Swimming   | Fishing      |
| Riflery      | Skeet Shooting              | Art        | Kayaking     |
| Tennis       | Golf                        |            |              |

*You must pass THE ENTIRE SWIM TEST before participating in ANY water sports! Adaptive equipment is provided, or you may bring your own. Participation in some activities may be limited based on your physical abilities.*



**Caregiver/friend/family member accompanying participant must be 18 years or older.**

Limited financial assistance is available. If you would like accommodations other than the camp's lodging, you can contact any of the following area hotels to make your own reservations. Please note that there will be no discount given on the registration fee if you choose to provide your own accommodations outside of Camp ASCCA. Each hotel has a limited number of accessible rooms, so please reserve your room prior to returning your registration form.

American Inn: (256) 329-8858   Days Inn: (256) 234-6311   Quality Inn: (256) 234-5900   Super 8: (256) 234-7099

Please go to [Adventure Skills Workshop | Shepherd Center](#) for more information and to register starting **Thursday, March 17<sup>th</sup>. REGISTRATION DEADLINE – APRIL 22 SPACE IS LIMITED**