

PROGRAM GUIDE

October 2021-April 2022



EAGLE
MOUNT

Everybody Has
Challenges. We Have
Adventures.
EAGLEMOUNT.ORG



APPLICATION PACKET

2021-2022

PROGRAMS

CAMPS

EVENTS

Welcome to Eagle Mount. The following bulletin includes descriptions of programs and activities we intend to offer over the next 6 months. Please be sure to visit our website at eaglemount.org for up-to-date program information. We look forward to seeing you on the trails as the fall and winter unfolds. We'll be sending out another 6 month program guide in late winter which will cover Eagle Mount's spring and summer programs. Please don't hesitate to reach out with any questions at 406-586-1781 or eaglemount@eaglemount.org.

Participants

We have made significant changes to our application procedures. Please read through the *Application Procedures and Guidelines* on page 3 and reach out to Eagle Mount with any questions you may have.

Volunteers

If you haven't submitted your annual application, please visit eaglemount.org. All volunteers need to complete a background check every three years. Please find the link on our website. If you are unsure when you last completed a background check or have any questions, please call the office. Thank you to our volunteers for sharing your time and talents with Eagle Mount!

Community Needs Survey

As our community grows and needs change over time, Eagle Mount aims to move with the tide to provide the right services and programs for our community. Please provide your feedback with the enclosed community needs survey. Thank you!

What's Inside!

Application Procedures & Guidelines	p. 3
Horsemanship	p. 4
Aquatics	p. 4-5
Climbing	p. 5
Snow Sports	p. 6
Ice Skating	p. 6
Family Engagement	p. 7
Horticulture	p. 7
Arts	p. 8
Save the Date	p. 8



Please Remember

Please be sure to visit our website at eaglemount.org for up-to-date program information and program dates. Only one application is required for the year. If you have sign-up questions, please call our office at 406-586-1781 or email eaglemount@eaglemount.org.

APPLICATION PROCEDURES & GUIDELINES

ALL FORMS ARE AVAILABLE ONLINE: EagleMount.org or by request from the office (406) 586-1781 including Participant Application, Scholarship Application, and Volunteer Application.

Participant Enrollment

Beginning on Oct. 1st, 2021, we will be updating our participant enrollment processes.

- Annual participant applicants and physician approval forms will be due on the same date. This date will be referred to as your Eligibility Date.
- Individual Eligibility Dates will be based upon the date we received your most recent Physician Approval form (this is on record at Eagle Mount).
- We will begin sending you reminders two-months prior to your eligibility expiring to ensure you have ample time to complete the necessary paperwork.
- All applications must be completed online. If you do not have access to a computer and internet, or if need assistance completing the application, please schedule an appointment with Eagle Mount staff to assist you.

Physical Approval Form

In consultation with local experts, and in reflection of the broader adaptive community, Eagle Mount has updated our Physician Approval form. This new form will be placed into circulation beginning on Oct. 1st, 2021.

- Physician Approval forms will now be used to establish participant eligibility (according to our eligibility guidelines) and to baseline health precautions relevant to our recreational offerings.
- All Eagle Mount participants must submit a completed Physician Approval form in the coming year.
- The Physician Approval form is not available online. It will be auto-generated and emailed directly to you when an application has been submitted.
- Once a copy of the new Physician Approval form has been submitted, participants will move to an annual self-reporting format. Updated Physician Approval forms will only be requested when there is significant change in a participant's health status.
- Participants with Down syndrome will still be required to submit an annual statement regarding neurological symptoms of Atlantoaxial instability, signed by a medical professional.

Volunteer Applications

Beginning on Oct. 1st, 2021, Eagle Mount Volunteer Applications will require self-reporting on health precautions relevant to our recreational offerings to ensure that all volunteers and participants are as safe as possible.

Attendance Policy

At least 24 hour notice is requested when a participant is unable to make a class. This allows us time to contact the volunteers who are scheduled. **Two unexcused absences in the program may result in forfeiture of your place in a class and/or loss of scholarship assistance.** Fees will not be waived or refunded for unexcused absences. Call in absences at 406-586-1781. If a participant is more than 15 minutes late for a class, volunteers may be sent home. If you know you will be late, please call ahead or we may not be able to accommodate you. For Bridger Bowl Ski Program absences, call 406-587-8221.

Refund Policy

Similar to tuition for school classes, refunds are not available when participants miss a single class. However, if it is necessary for a participant to drop out of a program prior to the half-way class, a partial refund may be available.

Scholarships

It is Eagle Mount's policy never to turn anyone away who cannot pay for our services. Our fees are kept low because of the generosity of volunteers, partner organizations, and donors. A scholarship application must be turned in annually and requests are reviewed on an individual basis and kept confidential. If your financial situation improves, please notify Eagle Mount that you no longer require





HORSEMANSHIP

PROGRAM

Learning how to handle and care for a horse promotes confidence, patience, self-esteem, and improves social skills. Horseback riding (mounted lessons) help improve flexibility, balance, and muscle tone. Unmounted lessons focus on establishing a working relationship with a therapy horse and learning life skills that often result in employment opportunities in veterinary clinics and stables. Eagle Mount's Adaptive Riding Center is a Premier Accredited Center and our instructors are registered and certified through the Professional Association of Therapeutic Horsemanship International (PATH).

Program Information

Through the remainder of 2020 and the winter of 2021 the Adaptive Horsemanship Program is conducting 4 and 6 week rolling sessions. Classes will be offered five days a week.

Training Program

Eagle Mount offers the unique ability to certify yourself as a Therapeutic Riding Instructor. This is a very rewarding program, however it is also a significant commitment. If you are interested in pursuing this opportunity, please email horsemanship@eaglemount.org to begin registration.

Volunteer Information

Most volunteers serve as sidewalkers or horse leaders. No previous experience is needed. Volunteers are also needed for non-class activities such as tack cleaning, barn help, and special events. For more information on volunteering with our horsemanship program, please email horsemanship@eaglemount.org.

SESSION DATES:	
SESSION	DATES
Session 1 (four weeks)	October 11th – November 5th
Session 2 (four weeks)	November 15th – December 17th
Session 3 (six weeks)	January 10th – February 18th
Session 4 (four weeks)	February 28th – March 25th
Session 5 (six weeks)	April 4th – May 3rd



AQUATICS

PROGRAM

Eagle Mount's Aquatics Program offers year round adaptive swim and exercise opportunities to individuals with a wide range of abilities. With the support of trained and dedicated staff and caring volunteers, people with disabilities enjoy the therapeutic benefits unique to our warm saltwater pool. From learning to swim to regaining strength and balance, our aquatic programs offer all participants the opportunity to engage with other participants, stay active and reach personal fitness goals.

Program Information:

Adult and Young At Heart (YAH)

For individuals over the age of 50 who also meet Eagle Mount's Eligibility Guidelines. Our adult and Young at Heart classes offer water experiences designed to improve strength, balance, endurance, and overall health improvement.

Individual Exercise

A 45 minute block of time set aside for individuals who want to work at their own pace independently.

Young Adult Water Exercise Classes

For participants aged 18-30 who are looking for the opportunity to either swim laps together, or do water exercise once a week. In these classes we not only work on physical exercise, but also social communication. These classes are led by an instructor and are limited to 6 participants.

Family Swim

Provides an opportunity for families to enjoy the use of the entire pool for a 45 minute block of time. It is offered Monday through Saturday. Space is limited and must be scheduled in advance. There will be no instructor, but a lifeguard will be on duty.

Cancer Support Community (CSC)

Water aerobics classes are held in partnership with the Cancer Support Community.

Participant Information

For more information or to register for any of the above programs, please contact the Eagle Mount's Barnard Aquatics Center at 406-586-1781 or email aquatics@eaglemount.org.

Volunteer Information

Building relationships with children and adults in the Eagle Mount pool is a satisfying way to give back and help others achieve their goals. Volunteers are also needed for cleaning, administrative support, and special initiatives. For more information on volunteering with our aquatics programming, please email aquatics@eaglemount.org.



AQUATICS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 8:45 am	Lap Swim	Therapy All Day	Lap Swim	Therapy All Day	Lap Swim	
9:00 - 9:45 am	YAH Water Aerobics	YAH Water Aerobics	YAH Water Aerobics	YAH Water Aerobics	YAH Water Aerobics	Family Swim
10:00 - 10:45 am	Water Aerobics	Lap Swim	Water Aerobics	Lap Swim	Water Aerobics	Family Swim
11:00 - 11:45 am	Water Aerobics	Lap Swim	Water Aerobics	Lap Swim	Water Aerobics	Family Swim
12:00 - 12:45 pm	Independent Exercise	Independent Exercise	Independent Exercise	Independent Exercise	Independent Exercise	Family Swim
1:00 - 1:45 pm	Independent Exercise	Water Aerobics	Independent Exercise	Water Aerobics	Independent Exercise	Family Swim
2:00 - 2:45 pm	CSC	Young Adult Water Aerobics	Cleaning	Cleaning	CSC	Family Swim
3:00 - 3:45 pm	Cleaning	Young Adult Lap Swim	Libery Place	Young Adult Water Aerobics	Family Swim	
4:00 - 4:45 pm	Professional Development	Kid Swim	High School	Family Swim	Family Swim	
5:00 - 5:45 pm	Kid Swim	Kid Swim	Intermediate High School	Family Swim	Family Swim	
6:00 - 6:45 pm	Family Swim	Family Swim	Family Swim	Family Swim		

Aquatic schedule may be subject to change.



CLIMBING

PROGRAM

Develop your strength, endurance, agility, balance and mental control... and see how high you can go too! This indoor climbing program is designed to encourage positive progression in every participant. We practice safe and proper techniques and use specialized, adaptive equipment. All necessary gear will be provided.

Volunteer Information

For more information on volunteering with climbing, please email recreation@eaglemount.org.

Saturdays
11:30 am – 1:30 pm
September 11th – November 6th





SNOW SPORTS

PROGRAM

Eagle Mount's snow sports programming gives participants the opportunity to experience the unbelievable feeling of gliding down the mountain and giving them that sense of freedom of mobility. Adaptive skiing also works on establishing strength, balance and coordination, by developing and accomplishing different skill sets. These cerebral and physical experiences undoubtedly build confidence and enhance self-empowerment.

Participant Information: Bridger Bowl

The Eagle Mount ski program at Bridger Bowl will begin on January 18th, 2022. For more information on participating or volunteering in the Bridger Ski Program, please email recreation@eaglemount.org.

Big Sky

The Eagle Mount ski program at Big Sky will operate from Thanksgiving until the end of April. Contact Sarah Wolf, the Big Sky Ski Program Director, to schedule a lesson by emailing bigsky@eaglemount.org.

Cross Country Skiing and Snowshoeing

Cross country skiing and snowshoeing gives participants the opportunity to connect with the natural world in a way that only cross country skiing and snowshoeing allows. This program will again meet at Crosscut Mountain Sports Center. Sessions dates are still being determined. Information will be updated on our website and social media channels.

Volunteer Information

Each winter season, over 500 volunteers are needed to support our winter programming at Eagle Mount. If you are an avid skier or snowboarder and would like to help others experience these amazing sports, then we would love for you to volunteer with Eagle Mount.



Downhill Skiing Training Dates:

October 27th - Live Training Webinar (returning volunteers)
November 3rd - Live Training Webinar (new volunteers)
December 2nd - December 5th, on-snow at Big Sky

December 9th - December 12th, on-snow at Big Sky
December 16th - December 19th, on-snow at Big Sky
January 6th - January 9th, on-snow at Bridger Bowl



ICE SKATING

PROGRAM

Enjoy the freedom and sheer delight of gliding across the ice. Through the use of specialized equipment, participants with reduced mobility or balance inconsistencies will be transformed into ice skaters!

Volunteer Information

If you love to skate and you'd like to help others enjoy the ice, please join us on the ice. For more information on volunteering with ice skating, please email recreation@eaglemount.org.



Ice Skating Session Dates:

Fall Session:
Tuesdays & Thursdays
1:15 pm - 2:15 pm
September 21st - November 4th

Spring Session:
Tuesdays & Thursdays
1:15 pm - 2:15 pm
March 29th - April 14th



FAMILY ENGAGEMENT

PROGRAM

Eagle Mount understands the unique delights and challenges many families face when a family member has special needs. The Family Engagement program is designed to improve the lives of caregivers, parents and siblings by providing respite, support, and family-centered recreational opportunities. This goes right to the heart of Eagle Mount's mission: using recreation as a means to improve and transform lives.

Volunteer Information

Come spend time at Eagle Mount! For more information on volunteering with family engagement activities, please email Maggie Lowry at familyengagement@eaglemount.org.

Ongoing Activities:

Family Bonfires:
Wednesday evenings

Family Hikes/Snowshoeing:
Thursday afternoons

Sibling Night Out (SNO):
Once a month
beginning in October

Adult Night Out (ANO):
Once a month
beginning in October



Family Engagement Special Events:

Monday, October 4th:
Bozeman Police Meet & Greet
6-8 pm

Thursday, October 28th
Eagle Mount Halloween
5-8 pm

Thursday, December 9th
Christmas on Campus
Time TBD

Family Ski Days at Bridger Bowl
March 25th - 27th

We'll be adding additional family activities throughout the fall and winter and hope to see your family on the Eagle Mount Campus.

Community Needs Survey

As our community grows and needs change over time, Eagle Mount aims to move with the tide to provide the right services and programs for our community. Please provide your feedback with the enclosed community needs survey. Thank you!



HORTICULTURE

PROGRAM



Do you love watching a garden come alive? How about understanding the benefits of growing your own food? In addition to having fun, experiences in Eagle Mount's garden and greenhouse helps improve memory, cognitive abilities, task initiation, language skills, and socialization. Horticulture can also help strengthen muscles and improve coordination, balance, and endurance.

Participant Information

Spring horticulture will begin early April 2022. For more information on participating in our horticulture program, please email horticulture@eaglemount.org.

Volunteer Information

Volunteers are needed throughout the year prepping garden beds, water, winterizing, and leading activities with participants. For more information on volunteering with the Horticulture Program, please email horticulture@eaglemount.org.





**Everybody Has
Challenges. We Have
Adventures.**
EAGLEMOUNT.ORG

NONPROFIT ORG.
U.S. POSTAGE
PAID
BOZEMAN, MT
PERMIT #404



NEW! ARTS

Eagle Mount is pleased to begin offering adaptive arts programming starting the fall of 2021. We invite you to join us in building community and confidence through creativity and movement. We'll be adding additional adaptive arts throughout the winter and spring. Please email Maggie Lowry at familyengagement@eaglemount.org to be included in upcoming programming.

Volunteer Information

For more information on volunteering with adaptive arts programming activities, please email Maggie Lowry at familyengagement@eaglemount.org.

PROGRAM

Details:

Theater:
Tuesdays, 4 pm – 5 pm
September 21st – November 16th

Dance:
Wednesdays, 4:30 – 5:30 pm
September 22nd – December 15th

SAVE THE DATE FOR EVENTS



Celebrate Eagle Mount's 40th Anniversary

Starting the fall of 2021 and continuing throughout 2022, Eagle Mount will celebrate its 40th Anniversary! Events, activities, and initiatives are being planned to celebrate participant accomplishments, thank our volunteers, and recognize the communities that have supported our mission over the past four decades. Join us as we honor our past, embrace our present, and envision our future! Visit eaglemount.org/40 for up to date information.

Community Needs Survey

As our community grows and needs change over time, Eagle Mount aims to move with the tide to provide the right services and programs for our community. Please provide your feedback with the enclosed community needs survey. Thank you!

