

# SABAH'S 2023-2024 PROGRAMS

SABAH offers seven adaptive recreational programs, throughout the year, for those in the community challenged by disability. For more information, go to our website at [www.sabahinc.org](http://www.sabahinc.org)

## SABAH'S adults FIT and fun

SABAH's Adults Fit and Fun program offers adaptive recreation that meets the specific needs of individuals challenged by disability for any adult challenged by disability during the daytime hours of the work week. The program includes adaptive ice skating in the winter and sport court activities in the spring and summer. For more information or to register, go to [www.sabahinc.org/adultsfitandfun](http://www.sabahinc.org/adultsfitandfun)

## OUTDOOR SERIES

SABAH's Outdoor Series is an outdoor adaptive recreational program offered in collaboration with regional New York State Parks! Each session features an outdoor activity that accommodates SABAH athletes of all abilities (check notation for those sites that are open to non-weight bearing participants). One caregiver must accompany each SABAH athlete and both must be registered. Dates and times will be posted on SABAH's website. To learn more or to register, go to: [www.sabahinc.org/outdoorseries](http://www.sabahinc.org/outdoorseries)

## Adaptive Ice Hockey Program

SABAH's Adaptive Ice Hockey Program is offered by invitation to SABAH's most advanced skaters. The program teaches basic skating and hockey skills in a relaxed and non-threatening environment. The program also emphasizes teamwork and commitment during the six-week season.

## Evening & WEEKEND PROGRAMS

SABAH's Evening and Weekend Programs, the organization's most traditional programs, offer adaptive ice skating at four regional rink locations, for anyone of any age, challenged by disability. The Evening and Weekend season runs from October through March and culminates with the season-ending Celebration on Ice Show. For more information, go to [www.sabahinc.org/eveningandweekend](http://www.sabahinc.org/eveningandweekend)

## SCHOOL DAY PROGRAMS:

### School Day Adaptive Ice Skating Program

SABAH's School Day Adaptive Ice Skating program serves children with special needs from 13 regional school districts. The curriculum based program integrates movement with New York State Common Core Standards and life skill development. In an effort to make sure all children, regardless of economic capacity, can participate, SABAH offers the program at no charge to the school or student.

### The Children's Guild Foundation's Summer Athletes Bold At Heart Program

The Children's Guild Foundation's Summer Athletes Bold at Heart program provides adaptive recreation on a sport court surface for children with special needs from regional schools. The curriculum based program integrates movement with New York State Common Core Standards and life skill development. In an effort to make sure all children, regardless of economic capacity, can participate, SABAH offers the program at no charge to the school or student.

## SUMMER SKATES

Beat the heat by joining us for Summer Skates!

SABAH's Summer Skates offer an adaptive ice skating program during the summer months for any individual, of any age, challenged by disability. The adaptive recreational program, which typically runs from July into August, includes approximately six sessions at the Bud Bakewell Riverside Rink in Buffalo. Summer Skates are an excellent opportunity to keep skills sharp during the summer months or to try SABAH for the first time!

For more information regarding SABAH's Summer Skates, go to [www.sabahinc.org/summerskates](http://www.sabahinc.org/summerskates)