



ARISE & Ski is one of the longest running premier adaptive winter sports programs in Central New York. We are dedicated to ensuring that anyone who wants to participate in winter sports will be able to.

Each year, **ARISE & Ski** provides lessons to individuals with various disabilities, including spinal cord injuries, developmental disabilities, sensory impairments and many others. We provide expert instruction and adaptive equipment to ensure all skiers have a safe and fun experience on the mountain. More than 100 volunteers devote their time to training and lessons. SkiCNY lends incredible support to this inclusive recreation program.

Contact Us

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Special Thanks

[Special thanks to SkiCNY for hosting our ARISE & Ski Program](#)