

Glens Falls/Saratoga Area *Summer* Program Fees

Fees increase after June 1

Alpine & Freeride*

Early Rate
(before 6/1/21)

Regular Rate
(after 6/1/21)

2-Day Summer Programming (YOB 2011 and older)

Fun focused programming for athletes learning the fundamentals of ski conditioning.

These sessions will center around strength, balance and coordination. The "Open Air" programming will also provide movement based circuits to refine your skiing/riding technique into the 2021-2022 winter season.

NYSEF aims to provide adventure opportunities with snowsport conditioning while forging a fun and healthy lifestyle.

The main focus of this summer conditioning program is on overall fitness, agility and positive mental skills.

Days: 2 days / week. On Tuesdays and Thursdays

Dates: June 29– August 26

Sessions: 9 - 11 AM

Location*: Tuesdays
 Thursdays

**Most of the activities will be in the Saratoga/Glens Falls region, with a few days in North Creek or other surrounding areas. Specific locations will be communicated via TeamSnap*

2 days/week: \$450

2 days/week: \$650
Drop in: \$50/session

****Freeride summer pool options can be found on nysef.org/camps.***

Program Fee

Not Included in enrollment: additional training, camps (unless described above), athlete travel expenses, competition registration and membership fees (U.S. Ski and Snowboard, USASA, USANS, NYSSRA, etc.)