

2022 Glens Falls/Saratoga Area *Summer* Program Fees

Fees increase after June 1

| Alpine & Freeride* | Early Rate (before 6/1/22) | Regular Rate (after 6/1/22) |
|---|--|--|
| <p>2-Day Summer Programming (9 and older) Fun focused programming for athletes learning the fundamentals of ski conditioning.</p> <p>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 2022-2023 winter season.</p> <p>NYSEF aims to provide adventure opportunities with snowsport conditioning while forging a fun and healthy lifestyle so we will incorporate mountain biking, ropes courses, hiking and swimming into the adventure programming.</p> <p>The main focus of this summer conditioning program is on overall fitness, agility and positive mental skills.</p> <p>Days: 2 days / week. On Tuesdays and Thursdays Dates: July 5 - August 25 Sessions: 9 - 11 AM Location: 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.</p> <p style="text-align: center;"><i>Additional fees for ropes course and rafting trips.</i></p> | <p>2 days/week: \$550</p> <p><i>(NEW: Includes program gift!)</i></p> | <p>2 days/week: \$700 Drop in: \$50/session</p> <p><i>(NEW: Includes program gift!)</i></p> |

***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.)