

# 2023 Glens Falls/Saratoga Area *Summer* Program Fees

**Fees increase after June 1**

<b>Alpine &amp; Freeride*</b>	<b>Early Rate (before 6/1/23)</b>	<b>Regular Rate (after 6/1/23)</b>
<p><b>2-Day Summer Programming (9 and older)</b> 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><b>Days:</b> 2 days / week. On Tuesdays and Thursdays  <b>Dates:</b> July 6 - August 24  <b>Sessions:</b> 9 - 11 AM  <b>Location:</b> 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><i><b>Additional fees for ropes course and rafting trips.</b></i></p>	<p>2 days/week: \$595</p>	<p>2 days/week: \$745  <i>Drop in: \$60/session</i></p>
<p><b><i>*Freeride summer pool options can be found on <a href="https://nysef.org/camps">nysef.org/camps</a>.</i></b></p> <p><b><u>Program Fee</u></b></p> <p><b>Not Included in enrollment:</b> additional training, camps (unless described above), athlete travel expenses, competition registration and membership fees (U.S. Ski and Snowboard, USASA, USANS, NYSSRA, etc.)</p>		