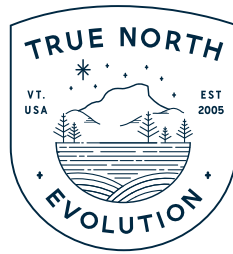


P.O. Box 857
Waitsfield, Vermont 05673



OFFICE (802) 583-1144
ADMISSIONS (802) 560-8063

Outdoor Adventure Offerings

We are committed to supporting student wellness and include a wide range of additional services designed to enrich the student experience and promote holistic well-being. These offerings complement our core programs, providing opportunities for personal growth and support. Please note that not all services are available at all times, and some may not be suitable for every student.

Downhill Skiing Program

Downhill skiing and snowboarding is an addition to our winter wellness program, offering clients opportunities for fun, personal growth, confidence building, and mindful outdoor engagement. Whether you're a beginner or experienced skier, our program adapts to support your development.

Frequency: 2 full days per week

Location: Local Vermont ski resorts, providing both therapeutic challenge and outdoor engagement

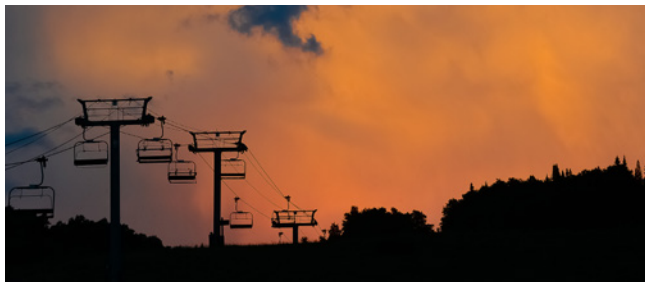
Pricing:

Program base price: \$1,500 (own gear supplied)

Gear rental: Used gear +\$230 / New gear +\$330

Lessons: (does not include gear)

Lessons available starting at \$225 per two hour session



Fat Tire Mountain Biking

Fat tire mountain biking is an addition to our winter wellness program, offering clients opportunities for personal growth, confidence building, and mindful outdoor engagement. Whether you're a beginner or experienced mountain biker, our program adapts to support your development.

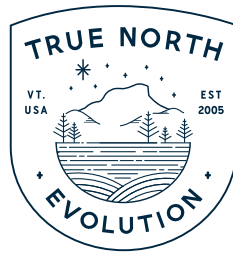
Frequency: as the weather permits, winter mountain biking is incredibly dependent upon snow quality and firmness of trails

Location: Local mountain bike trails and outdoor centers, providing both therapeutic challenge and outdoor engagement

Pricing: \$75 per experience



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Additional Wellness Offerings

Chiropractic Care

Regular chiropractic care may support overall wellness and can help address physical tensions that often accompany emotional stress. Chiropractic care is often used by clients who are managing long term physical complaints or recovering from an injury.

Provider: Mahoney Chiropractic Group
www.drseanp.com

Insurance Accepted: CIGNA, Blue Cross Blue Shield, Aetna, CBA Blue, Medicare

Payment Options: Cash, Visa/debit, check

Pricing: Determined at initial consultation

Physical Therapy

Professional physical therapy services support our clients' physical wellness goals and aid in injury prevention and recovery, particularly important for those participating in active programming.

Provider: Elevation Physical Therapy at Green Mountain Valley School
www.elevationpt.com

Insurance Accepted:

In-Network: BCBS of Vermont, CIGNA, MVP, Medicaid, Medicare, Tricare

Out-of-Network: United Healthcare, Aetna

Payment Options: Cash, Visa/debit, check

Pricing: Varies based on services needed

Acupuncture

Acupuncture may support overall wellness and can help address physical tensions that often accompany emotional stress. Acupuncture may be used by clients who are managing long term physical complaints or recovering from an injury.

Provider: Three Moons Wellness Center
www.threemoonswellness.com

Payment Options: Cash, Visa/debit, check

Pricing: Determined at initial consultation

Sauna and Cold Plunges

Infrared sauna and cold plunge therapy offers evidence-based stress reduction, improved sleep quality, and enhanced recovery. Offering exposure to wellness oriented lifestyle choices provides opportunities for our clients to build a long term model for personal health.

Provider: Drip Culture Infrared Saunas
www.dripculturesaunas.com

Schedule: Monday/Thursday

Session Length: 45 minutes

Pricing:

First session free, then \$45 per session

Cold plunge: \$15 per session

