

# Life is an adventure, Explore it with our *Custom events*



## Exercise Programs

Get moving and have fun doing it

### Includes 1 hour of instruction:

- ✓ Walking, Jogging, or Running Groups (A)
- ✓ Cardio or Strength Training (B)
- ✓ Sports Skills & Scrimmages (B)
  - Basketball
  - Kickball
  - Pickleball
  - Soccer
  - Softball
- ✓ Yoga or other specialty class (C)
- ✓ Snowshoeing, Cross Country Skiing or Swimming (D)



## Skills Development

Learn something new with your friends

### Includes 1.5 hours of instruction:

- ✓ Independent Living Skills (B)
  - Community Resources
  - Kitchen Safety
  - Budgeting
  - Safety 101
  - Social Media 101
  - First Aid 101
  - Cleaning & Laundry
- ✓ Social Skills (B)
  - Advocacy Skills
  - Conflict Resolution
  - Living with a Roommate
- ✓ Gratitude & Mindfulness (B)
- ✓ Custom Class (C)
- ✓ Cooking Class (D)



## Just for Fun

Socialize, make friends, and explore your community

### Includes 1.5 hours of instruction:

- ✓ Talent Show (A)
- ✓ Birding or Nature Scavenger Hunt (A)
- ✓ Wii Bowling Tournament (A)
- ✓ Yard Games & Mocktails (B)
- ✓ Board Games & Snacks (B)
- ✓ Holiday Parties (B)
- ✓ Karaoke, Bingo or Dance (B)
- ✓ Coloring Night (A) or Card Making (B)
- ✓ Ice Cream Social (B)
- ✓ Themed movie & Snack (B)
- ✓ Community Outing (C)
- ✓ Craft Project (Includes up to \$100 of supplies) (C)
- ✓ Nature Photography (C)



Any event that requires staff to stay longer than the above listed time will be billed at \$42.00 per hour (in 15 min increments) per staff requested.

# Planning & Facilitation Pricing & Packages

Custom events



## A - Basic

**\$124**

- Walking, Plogging, or Running Groups
- Talent Show
- Birding or Nature Scavenger Hunt
- Wii Bowling Tournament
- Mindful Coloring

## B - Intermediate

**\$229**

- Cardio or Strength Training
- Sports Skills & Scrimmages
- Independent Living Skills
- Social Skills Class
- Games & Snacks
- Holiday parties
- Cardmaking



## C - Advanced Planning & Prep

**\$254**

- Community Outing (C)
  - This fee covers only the community outing planning and facilitation and other staff expenses. Other expenses (such as bowling fees, food ordered, play tickets, museums admission, etc.) will be the responsibility of the participant or the organization contracting with Reach.
- Craft Project
- Nature Photography
- Custom Skills Class

*Includes planning, facilitation and up to \$75 in supplies*



## D - Advanced Planning & Prep

**\$308**

- Cross Country Skiing
- Swimming
- Snowshoeing
- Cooking
- More elaborate crafts

*Includes up to \$125 in supplies, room fees, and/or equipment rental. Other fees will be billed as needed*

Unless otherwise specified, the charge for the program includes planning, supplies, and one team member to facilitate. When more than 15 participants are registered, two team members will be sent to facilitate and an additional charge of \$42 will be added.