

### **CASCADE PERFORMANCE SPORTS ACADEMIES PROGRAMS**

Programs available from winter season 2010. Contact Cascade Performance Sports Academies at [info@cascade-academy.com](mailto:info@cascade-academy.com) for requests and more information.

#### **7-night Health program:**

- 7-night accommodation
- Full-board
- Health assessment on arrival
- Medical health check-up
- Nutritional consultation
- Regular progress reports
- Wellness activities (including personal trainer, gym, spa, walking, swimming, biking etc.)
- Access to golf practice facilities (subject to availability)
- Range balls at the Cascade driving range; 2 tokens per person per day
- Free use of the Cascade gym and spa
- 2 standard massage treatments

#### **Weekend Health program:**

- 2-night accommodation
- Full-board
- Health assessment on arrival
- Medical health check-up
- Nutritional consultation
- Regular progress reports
- Wellness activities (including personal trainer, gym, spa, walking, swimming, biking etc.)
- Access to golf practice facilities (subject to availability)
- Range balls at the Cascade driving range; 2 tokens per person per day
- Free use of the Cascade gym and spa
- 1 standard massage treatments

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