



College Summer Adventure Program

The Wellspring College Program, located on Wellspring's flagship campus in California, is pleased to announce a non-academic summer program for young adults ages 18-24, in addition to the traditional academic program offered by the College Program over the summer.

The College Summer Adventure Program is designed to maximize your weight loss and give you the knowledge to maintain a healthy life style after you leave our program. Time will be split between exciting off-campus adventures and intense on-campus work-outs and activities. Valuable culinary, nutrition and personal training sessions will complement your experience and provide lasting skills needed to maintain the progress you have made over the summer. Sign up for an 8-12 week session or join us to further your academic goals in the fall. Summer sessions start May 16th and enroll weekly through June 22nd.

During the summer you will explore some of California's most exciting and scenic areas such as;

- **Yosemite National Park** (hiking, climbing and sight seeing)

Not just a great Valley...



Half-Dome and Yosemite Valley seen from Clouds rest, sunset. Yosemite National Park, California, USA.

but a shrine to human foresight, strength of granite, power of glaciers, the persistence of life, and the tranquility of the High Sierra.

Yosemite National Park, one of the first wilderness parks in the United States, is best known for its waterfalls, but within its nearly 1,200 square miles, you can find deep valleys, grand meadows, ancient giant sequoias, a vast wilderness area, and much more.



Nevada Falls with rainbow, afternoon. Yosemite National Park, California, USA.

While in Yosemite Students will see many waterfalls, open high mountain meadows and lakes and of course, the famous Half Dome and, El Capitan mountains. One whole day will be taken to explore the valley floor.

- **Sequoia/Kings National Parks** (hiking, climbing and sight seeing)

A LAND OF GIANTS



General Grant Tree. The Nation's Christmas Tree is a younger than General Sherman by several hundred years but it's almost as big.

These two parks testify to nature's size, beauty, and diversity: Immense mountains, rugged foothills, deep canyons, vast caverns, and the world's largest trees!

The parks lie in the southern Sierra Nevada, east of the San Joaquin Valley. Activities vary greatly by season and elevation - which ranges from 1300' to 14,494'

King's and Sequoia Parks border each other so you have the chance to experience two of the country's most beautiful and majestic parks at the same time. You will learn backpacking and mountaineering skills, explore caves and see sites that are not possible anywhere else in the world.



- **High Sierra mountains and lakes** (hiking, canoeing and swimming)



Long Meadow at Dusk

Some of the most beautiful and serene places in the world can be found not far from our campus. Days can be spent hiking fishing canoeing and enjoying nature.



Merced Lake

- **California's beautiful coastline** (surfing, boogie boarding, kayaking and hiking)

Ventura, CA

Ventura has some of the best surfing in Southern California, especially Surfer's Point. The Ventura Harbor is home to fishing, seafood restaurants and a shopping village at Ventura Harbor Village. The Channel Islands National Park Headquarters is also located in this harbor, and boats to the Channel Islands depart from there daily.



Surfer's point, Ventura, CA

A week at the beach! What could be better? Each student will have the opportunity to spend two days at the beach, learning to surf. You will learn from qualified instructors and have plenty of time to work on your new skills by yourself. One day will be spent sea kayaking in the Pacific Ocean. Don't worry, there will be plenty of time site see and take in the local surroundings.



Channel Islands National Park, Ventura, CA

- **Los Angles and San Francisco** (day trips, shopping, sight seeing, service work)



Downtown Los Angeles, CA

What else needs to be said about two of the world's most famous cities? With each of them being only a few hours away a day trip to Hollywood Blvd or a baseball game by the bay are not out of the question.



San Francisco Bay and Golden Gate Bridge

And when we're on campus, you should expect a variety of fun and educational activities to keep you learning and moving. Some of these include;

- Personal training sessions with certified Trainers
- Group sports and aerobic/fitness classes
- Hands-on, interactive culinary and nutrition classes
- Swimming
- Fitness center
- Weight room
- Mountain biking

The Wellspring College Program is a fitness and weight loss program that **WORKS!** The three reasons for this are;

1. Results – At Wellspring our Students average a weight loss of over 3 pounds per week.

2. Simplicity – Students depart with a new healthy lifestyle that is sustainable at home or at college.
3. FUN – From our beautiful Campus to the surrounding areas, our Central California location makes the recreational opportunities endless.

Make the choice now for a summer that will change your life forever!

Contact Wellspring College Program admissions at 866-364-0808 x2.