

► Leisure Trax Calendar

August 2014 - October 2015

DAY TRIPS

SATURDAY, AUGUST 16

NY Mets vs.

Chicago Cubs \$75

SATURDAY, SEPTEMBER 20

Six Flags \$100

SATURDAY, OCTOBER 11

Jersey Boys \$90

SATURDAY, NOVEMBER 29

Radio City Music Show

\$110

OVERNIGHT TRIPS

SEPTEMBER 26 - 29

Fall Resort \$825

NOVEMBER 15 - 22

Disney World

Option 1 - \$3200

Option 2 - \$2575

DECEMBER 4 - 11

Texas Sized Adventure

\$3250

MARCH 29 - APRIL 5

Bahamas Cruise

\$3250

MAY 22 - 25

Spring Resort \$850

AUGUST 27 - SEPTEMBER 5

Cruisin' to Canada

\$3250

OCTOBER 21 - 31

Hawaiian Land & Sea

Tour \$5500

COMING SOON

SPRING 2015

Newport, Rhode Island

SUMMER 2015

**Outdoor Adventure in
Colorado**

Travelers

- Enjoy exploring the world in a small group setting
- Are open to new experiences, people, places, and cultures
- Are respectful and considerate of others
- Are at least 18 years old
- May have certain medical conditions that are supported during a trip but do not affect their safety or well-being when they travel
- May use adaptive devices such as wheelchairs or walkers. Mobility and transfer support is explored on an individual and per-trip basis.

Program Support

Each trip is staffed with the support of one staff member to every three travelers. We're overachievers though, and often we are at a higher ratio than 1:3. Overnight trips also have medical staff support.

Cost

Our trips are all inclusive. The trip costs include food, staffing, lodging, tips, all activities and round trip transportation from NYC.

Booking a trip

Intakes are required to register for all trips. The first step is a brief phone screening, followed by an interview.

To get started, contact Michael VanConant, 212-273-6100 ext. 2364 or michael.vanconant@yai.org.



DAY TRIPS

SATURDAY, SEPTEMBER 20

Six Flags \$100

An all-day theme park extravaganza at Six Flags! Get all the thrills you want on the classics like Batman or new rides like Zuamjaro Drop of Doom that goes up to 90 mph! This trip will run from 9:30 AM until 7:00 PM and includes van transportation from YAI's main office to the park, ticket to the park, lunch and dinner.

SATURDAY, OCTOBER 11

Jersey Boys \$90

It'll be hard not to sing along to the very popular Broadway show, Jersey Boys. Hear the classics like "Big Girls Don't Cry," "Walk Like a Man" and "December, 1963" by Frankie Valle and the Four Seasons! From the streets of New Jersey to the Rock and Roll Hall of Fame, this is the Tony Award winning musical is just too good to be true.

SATURDAY, NOVEMBER 29

Radio City Music Show \$110

Back by popular demand! Kick off the Holiday season right! See the ever popular holiday classic at Radio City Music Hall for the show's 87th year. You'll dance in your seat and tap your feet as you are whisked away to a winter wonderland including the legendary Rockettes dance ensemble.



OVERNIGHT TRIPS

SEPTEMBER 26 - 29 4 days, 3 nights

Fall Resort \$825

Join new friends and old as we check out Frost Valley YMCA. Enjoy all your favorite camp activities, apple & pumpkin picking and of course the beautiful Fall foliage. Don't forget our day trip to Woodstock, NY for lunch and maybe a drum circle.

NOVEMBER 15 - 22 8 days, 7 nights

Disney World*

Get swept up in the magic of it all with a week-long trip to Disney World. Stay on Disney Property allowing special access to the parks early in the morning and late at night. Let it go with the characters of Frozen in the Magic Kingdom, see the newest ride Seven Dwarfs Mine Train, or the classic It's a Small World. You'll also hit up all the Disney parks. Snag autographs from your favorite characters while snapping a picture for your scrap book.

Option 1 - \$3200 Stay at a beautiful Disney Resort with a themed swimming pool and onsite restaurant. This option provides a greater array of dining options including quick service style along with a daily waiter service meal and character dining. A higher staff to traveler ratio also allows for great self direction in honoring traveler specific requests. Additional support for ambulation and self care as well.

Option 2 - \$2575 Enjoy lodging at a Disney All Star Resort with motel style lodging. Eat at quick service meals throughout your trip. This trip provides support within the traditional Leisure Trax staff to traveler ratio of 1:3.

Add it to your trip an extra \$200. Calling All Thrill Seekers! For those who love big, fast rides or are interested in Harry Potter, this trip also allows the option to dive into Universal Studios Island of Adventure for the day.

DECEMBER 4 - 11 8 days, 7 nights

Texas Sized Adventure* \$3250

Head off on a southern Texas-sized adventure with Leisure Trax! Road trip to a rural area known as Hill Country, to the small town of Lockhart and sample some of the most famous barbeque around. See the state capital of Austin with an awesome capital tour, catch a movie at the restaurant movie theatre Alamo Drafthouse Cinemas, listen to some country music on the Riverwalk in San Antonio, try on a pair of cowboy boots and visit the Alamo too!

MARCH 29 - APRIL 5

8 days, 7 nights

Bahamas Cruise+*** \$3250

Kick back and relax on this specialty cruise with Leisure Trax for adults age 45 and older. Easily board the ship right from New Jersey, you'll hit the high seas on Royal Caribbean's newest vessel, Quantum of the Seas. Your ship features bumper cars, flight simulators, a beautiful adults-only pool, and exciting onboard shows (including "Mamma Mia!"), and 18 restaurants to choose from. There won't be any boredom here! In Port Canaveral, you'll check out the Kennedy Space center or the Everglades. Take in the culture and beauty of Nassau, Bahamas. Perhaps take a dip in the water with a dolphin or two, tour the beautiful ground of the Atlantis Resort, or shop at the local market for some souvenirs. Finally, kick back at Royal Caribbean's own private island. Whatever you choose, to do it's sure to be a wonderful time!

MAY 22 - 25 4 days, 3 nights

Spring Resort+ \$850

Enjoy the start to the warm weather at the beautiful Frost Valley YMCA. Explore the 6,000 acres including waterfalls, Lake Cole, and activities such as zip lining, arts & crafts, making s'mores around a campfire and taking nature walks.

AUGUST 27 - SEPTEMBER 5

10 days, 9 nights

Cruisin' to Canada+** \$3250

Enjoy the end of summer by cruising North to New England and Canada. Depart from New Jersey and stop in 5 different ports of call; Boston, Massachusetts; Portland and Bar Harbor, Maine; and 2 stops in Canada: Saint John and Halifax. Once we cross the border we'll feast at a lobster bake, keep our eyes peeled for whales, and enjoy the old shopping markets in Canada. Take in the start of the changing trees while relaxing on your ship, the beautiful Royal Caribbean Freedom of the Seas.

OCTOBER 21 - 31 11 days, 10 nights

Hawaiian Land & Sea Tour* \$5500

Join Leisure Trax on the tropical adventure of a lifetime! Eleven days in the beautiful oasis of Hawaii! Kick it off right with 4 days of exploring Honolulu. Stay in the beautiful Waikiki Beach Marriot Resort & Spa. Check out all that Honolulu has to offer including Pearl Harbor, the famous surf area of the north shore, and a visit to Kualoa Ranch and Nu'uuanu Pali to learn about Hawaiian culture and traditions. Next up, 7 amazing days on Norwegian Cruiseline's Pride of America! You won't waste a single day cruising with stops every day including 2 days on the islands of Maui and Kauai. You'll also get a chance to see the beautiful Hilo and Kona both on the island of Hawaii. We can't think of a more incredible trip!

KEY

* State ID (Non-driver's license or driver's license) Enhanced New York State ID or Passport Required.

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*** Passport required

+ This trip offers greater support for traveler's ADL, ambulation and medical needs. Passport Required.