



Financial Support

ATP's is a nonprofit funded by donations, grants, and fundraiser events.

The Client Financial Support System is based on complexity level of training for each individual.

Tier 1

Moderate Mobility, Small Group Training, \$25 per hour

Tier 2

Moderation to Low Mobility, 2-3 Group Training, \$38 per hour

Tier 3

Extremely Low to Limited Mobility, One-on-One Training, \$75 per hour

Financial Assistance is available.

Contact ATP to determine the best plan for you.



CONTACT US



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Social Media

Facebook:

Adventures In Training With a Purpose

Instagram: @adventures_training_purpose

Twitter:

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**Adventures in Training
with a Purpose**

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Adventures in Training with a Purpose



(ATP) is a 501c(3) nonprofit organization focused on helping those most in need improve their quality of life through an adventure of purposeful physical training.





Adventure Trips

*Choose Your Adventure.
We've Got the Rest.*

Fully customized, guided, planned, and catered adventures. From one day to multi day trips, everything is taken care of including transportation, gear, and photos. We'll make your adventure as carefree and memorable as possible.

Adventures can include:

- Hiking
- Biking
- Camping
- Rock Climbing
- Kayaking
- And more!

Embrace the Rocks of Life



AN ADVENTURE OF PURPOSEFUL PHYSICAL TRAINING

Research consistently shows that emotional stability as well as cognitive and behavioral function are tied to movement.



Functional Mobility Wellness

BALANCE & STABILITY THROUGH FUNCTIONAL MOVEMENT TRAINING:

ATP seeks to restore quality of life and reduce painful movement for individuals of all ages suffering with chronic pain and disease. Each program consists of balance elements, which recruit the somatosensory (pressure) receptors, proprioceptors (joint position), vestibular (inner ear), vision, and rhythm (sound). ATP also implements flexibility or range of motion (stretching), strength, and aerobic training. Therefore, this entire sensory system interacts with the cerebellum to control balance, coordination and sequence of movements, and spatial awareness.

SENSORY INTEGRATION & MOTOR SKILLS DEVELOPMENT:

Motor Skills Development provides the framework used to sequence patterns needed for academic concepts in all ages. Typically, training isolates on specific muscles and energy systems rather than the integration of mechanics of the movement patterns of activity. This activity focuses on the sensory integration of balance and movement as it applies not only to athletics, but also learning and special populations as well.



The heart of the plan is the commitment to build and rebuild relationship and enjoy the freedom of "moving and doing".



Well developed motor skills help to improve physical move, emotional and social skills, and cognitive learning.