



NORTHAMPTON PARKS & RECREATION

TEEN EXPEDITIONS



Session 1: June 24 – June 28, 2019- SUMMER KICKOFF

Monday, 6/24	Tuesday, 6/25	Wednesday, 6/26	Thursday, 6/27	Friday, 6/28
<p>ORIENTATION HIKE</p> <p>@</p> <p>MT. Tom</p> <p>We will begin the week with ice breakers and other games, a hike with lunch at Mt. Tom in Easthampton, followed by an afternoon swim at Musante Beach in Leeds.</p> <ul style="list-style-type: none"> <input type="checkbox"/> swim gear <input type="checkbox"/> suitable shoes <input type="checkbox"/> water <input type="checkbox"/> lunch and snack <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>LAKE WYOLA</p> <p>The day will be spent swimming, relaxing, and playing games on the beach.</p> <ul style="list-style-type: none"> <input type="checkbox"/> swim gear (beach towel & bathing suit) <input type="checkbox"/> suitable shoes (open-toed optional) <input type="checkbox"/> water <input type="checkbox"/> lunch and snack <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>LOOK PARK</p> <p>JFK Pool</p> <p>The morning will start with biking to Look Park, where we will compete in activities and games, partake in various arts crafts, eat lunch, and possibly leave for a bike ride along the bike path toward Hadley before finishing our day with a lengthy yet leisurely swim at JFK to end the day.</p> <ul style="list-style-type: none"> <input type="checkbox"/> bike & helmet <input type="checkbox"/> swim gear <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch and snack <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>SUGARLOAF (AM)</p> <p>InterSkate 91 (PM)</p> <p>Start the morning with a hike and lunch on top of Mt. Sugarloaf, followed by rollerblading & roller-skating.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable sock for rollerblading (covers the ankle) <input type="checkbox"/> money for arcade games (optional) <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch and snack <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>NOTCH ROPES COURSE</p> <p>*Departing at 8:30 am*</p> <p>The day will be spent exploring the Notch nature reserve in Amherst and participating in high and low ropes course activities.</p> <p>We will be departing at 8:30 am as the Notch will be expecting the group at 9:00 am. .</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waiver Form <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch and snack <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen

Calendar subject to change. You may call the office after 4:00pm at 587-1040 to check for delays

Please remember that camp is a cellphone-free space