



NORTHAMPTON PARKS & RECREATION

TEEN EXPEDITIONS

Session 6: July 29-August 2- BEAT THE HEAT



Monday, 7/29	Tuesday, 7/30	Wednesday, 7/31	Thursday, 8/1	Friday, 8/2
<p style="text-align: center;">ORIENTATION HIKE</p> <p style="text-align: center;">@</p> <p style="text-align: center;">AMETHYST BROOK</p> <p>We will begin the week with ice breakers and other games, a hike with lunch at Amethyst Brook in Amherst, 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 style="text-align: center;">OCEAN BEACH</p> <p style="text-align: center;">*Early departure @ 7:45 am*</p> <p>The day will be spent swimming, relaxing, and playing games on the beach in New London , CT. There will be an early departure on this day.</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 style="text-align: center;">LOOK PARK</p> <p style="text-align: center;">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 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 style="text-align: center;">POWDER RIDGE</p> <p style="text-align: center;">Mountain Park</p> <p>We will spend the day snow tubing on synthetic snow and zip lining at Powder Ridge Mountain Park in Middlefield, CT.</p> <ul style="list-style-type: none"> <input type="checkbox"/> waiver required <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 style="text-align: center;">MT. MONADNOCK</p> <p style="text-align: center;">*Early departure @ 7:45 am*</p> <p>The day will be spent exploring and hiking Mt. Monadnock in New Hampshire. There will be an early departure on this day.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes (for Hiking) <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