

PEDALS & PADDLES

This camp is for beginner and intermediate bikers and kayakers. Spend Monday morning on Centennial Lake learning basic kayak skills to prepare you for a flat-water kayak river trip on Wednesday. Bike the Columbia pathways on Tuesday to prepare you for a 10-mile bike ride on the C&O Canal Towpath on Thursday.

Camp prerequisites: must be able to pass a basic swimming test on Monday and have a well-maintained bike. Camp will be held rain or shine; the schedule is subject to change with alternate activities. Fee includes transportation, supervision and activities.

Course number: 9725 / Fee \$195 per session / Ages 11-13
Centennial Park South, Overflow Parking Lot (see tentative schedule below)
Monday-Thursday: 9am-5pm

<p>July 7-10 (801) July 21-24 (802)</p>

TENTATIVE CAMP SCHEDULE

Please note: This schedule is subject to change!

Campers should check the schedule each morning to learn which supplies are needed for the day's activities.

MONDAY: Orientation / Kayaking on Centennial Lake / Swimming at the Roger Carter Recreation Center

TUESDAY: Biking around the Columbia Pathways

WEDNESDAY: Flat-water kayaking on the Potomac River

THURSDAY: Group Biking on the C&O Canal Towpath

The recommended attire for the camp is a T-shirt, quick drying shorts, socks and athletic shoes. Eat a quality breakfast each morning. Bring a small daypack with a water bottle and a non-perishable lunch. Please do not bring any food that contains peanut products (other children may be allergic). In an effort to encourage environmental conservation, we ask that campers take their trash home.

FORMS:

Participant Information Form
Sunscreen Form
Medication Form