

PEDALS & PADDLES

Camp Description:

Pedals & Paddles

11-13 yrs / 4 days, start dates below / \$219

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. Schedule is subject to change – camp will be held rain or shine. Fee includes bus or van transportation, supervision and activities.

Centennial Pk South-Overflow Parking Lot

RP9725.801	Jun 28	9am-5pm	M-Th
RP9725.802	Jul 12	9am-5pm	M-Th
RP9725.803	Jul 19	9am-5pm	M-Th

Before Camp Care:

NEW this year – BEFORE CAMP CARE! Campers signed up for Adventure Camps meeting the weeks of June 28 and July 26 at Centennial Park South will be able to sign up for supervised Before Camp Care from 7-9am for an additional charge. Call Dawn Thomas at 410-313-4623 for details, fees and any additional information.

Camp Prerequisites:

- Must be able to pass a basic swimming test on Monday afternoon at the Roger Carter Recreation Center pool.
- Must have a well-maintained bike and bicycle helmet.

What to Bring:

Eat a quality breakfast each morning. Bring a small daypack with a water bottle and a non-perishable lunch. **NO PEANUT OR NUT PRODUCTS** are allowed in camp. In an effort to encourage environmental conservation, we ask that campers take their trash home. There are no trash facilities at many of the parks.

The recommended attire for the camp is a T-shirt, quick drying shorts, socks and athletic shoes. **No Cell Phones or Electronics Allowed in Camp!** The camp director will have a camp cell phone available for all emergencies.

- **Monday and Wednesday:** wear a bathing suit underneath your regular clothes and bring a towel. On Wednesday, also bring a large plastic trash bag.
- **Tuesday and Thursday:** bring a bike, bike helmet, bike water bottle and back pack. Review the bike to make sure it is working properly. Bring a spare inner tube just in case you get a flat tire. Pack your lunch so it will fit in your backpack.

Important Forms:

- **Participant Information Form**

You **MUST** bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please note somewhere on the Camp Participant Information Form your child's swimming ability. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.

- **Medication Order Form**

Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. Forms are available on the Department's website: www.hcrpsports.com or can be obtained at camp on the first day. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

Directions:

Centennial Park South, Overflow Parking Lot - Take Route 29 to Route 108 West. Follow Route 108 past the entrances to Centennial Park East to the stoplight across from Ten Mills Road. Turn right into the park. Once in the park, make the first left into the overflow parking lot.

Inclement Weather:

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

Tentative Camp Schedule:

Please note: this schedule is subject to change!

Monday: Orientation / Kayak Basics Class on Centennial Lake / Swimming at the Roger Carter Recreation Center

Tuesday: Group Initiatives & Biking around the Columbia Pathways

Wednesday: Kayaking Trip on Antietam Creek or Potomac River (depends on water level)

Thursday: Biking on the C&O Canal Brunswick to Dargan Bend

For More Information:

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Outdoor Recreation Coordinator

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