



NORTHAMPTON PARKS & RECREATION

TEEN EXPEDITIONS



Session 5: July 25 – July 29 TEST THE COMFORT ZONE

Monday, 7/25	Tuesday, 7/26	Wednesday, 7/27	Thursday, 7/28	Friday, 7/29
<p>ORIENTATION HIKE</p> <p>@</p> <p>LITHIA SPRINGS</p> <p>We will begin the week with ice breakers and other games, a hike with lunch at Lithia Springs in South Hadley, 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>ERVING STATE PARK</p> <p>We will take a trip to Erving State Forest in Erving, MA. It will begin with a leisurely hike and may stop at the lake for a swim.</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>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 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>SATAN'S KINGDOM TUBING</p> <p>The day will be spent tubing down the scenic Farmington River in CT, which has beautiful views and 3 sets of rapids.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Required waiver <input type="checkbox"/> swim gear <input type="checkbox"/> suitable shoes (open-toed optional) <input type="checkbox"/> lunch and snack <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>ROCK CLIMBING AT N.A.C. JFK POOL</p> <p>The morning will be spent rock climbing at Northampton Athletic Club (N.A.C.) It will be followed by a swim at JFK to finish our day.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Required waiver <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch and snack <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen <input type="checkbox"/> swim gear

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