



# 2018 SLA Summer Youth Programs

## Week 1: June 25-29

### JSLA

<b>Discovery</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	6/25	6/26	6/27	6/28	6/29	
<b>Topic</b>	Intro to canoeing	Lincoln Woods, Pemi River Trek	Ecology Day	Overnight prep, paddle to Bowman Island	Stream Survey	Bowman Island
<b>Skills and Education</b>	Swim test, paddle skills	Water movement, safety	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA- Pick up @ 2:30pm	

<b>Explorer</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	6/25	6/26	6/27	6/28	6/29	
<b>Topic</b>	Canoe review, intro to kayak	Mt. Mexico, Big Rock Cave, Wonalcant Rt. 113A	Ecology Day	Stewardship Day at Mead Base, overnight	Return to SLA	Mead Base
<b>Skills and Education</b>	Swim test, paddle skills	Cave life, who lives in and uses caves	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	Bus	Bus & SLA- Pick up @ 2:30pm	

<b>Expedition</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	6/25	6/26	6/27	6/28	6/29	
<b>Topic</b>	Kayak review	Rattlesnake hike from 113 space to Metcalf Road	Ecology Day	Overnight prep, paddle to Wister	Return to SLA	Wister
<b>Skills and Education</b>	Swim test, paddle skills	Map, compass & distance travel navigation	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA- Pick up @ 2:30pm	

### CYSP

<b>Mixed Boat</b>	Monday	Tuesday	Wednesday	Thursday	Friday
	6/25	6/26	6/27	6/28	6/29
<b>Full day: 8:30am-3:30pm</b>	Our full day mixed boat multi-age sailing class is open to campers ranging in age from 8-14. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities such as destination sailing on Squam and the use of boats other than Optimists and CJs.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

\*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA



# 2018 SLA Summer Youth Programs

## Week 2: July 2-6

### JSLA & CYSP

<b>Mixed Camp</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>7/2</b>	<b>7/3</b>	<b>7/4</b>	<b>7/5</b>	<b>7/6</b>
<b>Full day: 8:30am-3:30pm</b>	Mix Camp: JSLA & CYSP Combo	Mix Camp: JSLA & CYSP Combo	<b>No Camp</b>	Mix Camp: JSLA & CYSP Combo	<b>Squam Olympics!</b>
	SLA	SLA		SLA	SLA - Pick up @ 3:30pm
<b>Class Components</b>	Sailing, paddling, swimming and camp life: all wrapped up in a day!	Sailing, paddling, swimming and camp life: all wrapped up in a day!			Sailing, paddling, swimming and camp life: all wrapped up in a day!

\*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA



# 2018 SLA Summer Youth Programs

## Week 3: July 9-13

### JSLA

<b>Discovery</b>	<b>Monday 7/9</b>	<b>Tuesday 7/10</b>	<b>Wednesday 7/11</b>	<b>Thursday 7/12</b>	<b>Friday 7/13</b>	<b>Overnight</b>
<b>Topic</b>	Intro to canoeing	Fletcher's Cascades, Waterville Valley	Ecology Day	Overnight prep, paddle to Bowman Island	Fly Fishing	Bowman Island
<b>Skills and Education</b>	Swim test, paddle skills	Glacial movement, creation of waterfalls, plant life in riparian zones	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	Remote Drop-off/Pick-up	SLA- Pick up @ 2:30pm	

<b>Explorer</b>	<b>Monday 7/9</b>	<b>Tuesday 7/10</b>	<b>Wednesday 7/11</b>	<b>Thursday 7/12</b>	<b>Friday 7/13</b>	<b>Overnight</b>
<b>Topic</b>	Canoe review, intro to kayak	Goodrich Rock via Greely Ponds, Waterville Valley	Ecology Day	Overnight prep, hike to Squam Range off- trail location TBD	Return to SLA	Squam Range
<b>Skills and Education</b>	Swim test, paddle skills	Glacial erratic identification, water movement	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	Bus	Bus & SLA - Pick up @	

<b>Expedition</b>	<b>Monday 7/9</b>	<b>Tuesday 7/10</b>	<b>Wednesday 7/11</b>	<b>Thursday 7/12</b>	<b>Friday 7/13</b>	<b>Overnight</b>
<b>Topic</b>	Kayak review	Welch & Dickey Mountains	Ecology Day	Hoag Island	Return to SLA	Hoag Island
<b>Skills and Education</b>	Swim test, paddle skills	Glacial movement, high elevation plant species & growth	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA - Pick up @ 2:30pm	

### CYSP

<b>Optimist 1</b>	<b>Monday 7/9</b>	<b>Tuesday 7/10</b>	<b>Wednesday 7/11</b>	<b>Thursday 7/12</b>	<b>Friday 7/13</b>
<b>Half day: 8:30am-11:30am</b>	This is a beginner sailing class for ages 7-10. This class is designed for those who have never sailed before or have only one year of prior experience. Kids will learn the basics of the Optimist Dinghy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

<b>Club Junior 1</b>	<b>Monday 7/9</b>	<b>Tuesday 7/10</b>	<b>Wednesday 7/11</b>	<b>Thursday 7/12</b>	<b>Friday 7/13</b>
<b>Half day: 12:30pm-3:30pm</b>	CJ 1 is a beginner sailing class for ages 11-14. This class is designed for older sailors who are new to sailing or new to the CJ class. Kids will learn the basics of sailing a typical two person dingy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

\*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA



# 2018 SLA Summer Youth Programs

## Week 4: July 16-20

### JSLA

<b>Discovery</b>	<b>Monday 7/16</b>	<b>Tuesday 7/17</b>	<b>Wednesday 7/18</b>	<b>Thursday 7/19</b>	<b>Friday 7/20</b>	<b>Overnight</b>
<b>Topic</b>	Intro to canoeing	Baker River paddle with Expedition	Ecology Day	Overnight Prep, paddle to Bowman Island	Return to SLA	Bowman Island
<b>Skills and Education</b>	Swim test, paddle skills	Riparian zone ecosystem	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA - Pick up @ 2:30pm	

<b>Explorer</b>	<b>Monday 7/16</b>	<b>Tuesday 7/17</b>	<b>Wednesday 7/18</b>	<b>Thursday 7/19</b>	<b>Friday 7/20</b>	<b>Overnight</b>
<b>Topic</b>	Canoe review, intro to kayak	Big & Little Sugarloaf, Alexandria (Newfound Lake)	Ecology Day	Overnight prep, paddle to Moon	Return to SLA	Moon Island
<b>Skills and Education</b>	Swim test, paddle skills	Trailside nature art overlooking Newfound Lake	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA - Pick up @ 2:30pm	

<b>Expedition</b>	<b>Monday 7/16</b>	<b>Tuesday 7/17</b>	<b>Wednesday 7/18</b>	<b>Thursday 7/19</b>	<b>Friday 7/20</b>	<b>Overnight</b>
<b>Topic</b>	Kayak review	Baker River paddle with Discovery	Ecology Day	Sandwich Wilderness overnight off Guniea Pond Trail, hike to Black Mtn. Pond	Return to SLA	Sandwich Wilderness
<b>Skills and Education</b>	Swim test, paddle skills	Riparian zone ecosystem	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	Bus	Bus & SLA - Pick up @ 2:30pm	

### CYSP

<b>Optimist 1</b>	<b>Monday 7/16</b>	<b>Tuesday 7/17</b>	<b>Wednesday 7/18</b>	<b>Thursday 7/19</b>	<b>Friday 7/20</b>
<b>Half day: 8:30am-11:30am</b>	This is a beginner sailing class for ages 7-10. This class is designed for those who have never sailed before or have only one year of prior experience. Kids will learn the basics of the Optimist Dinghy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

<b>Club Junior 1</b>	<b>Monday 7/16</b>	<b>Tuesday 7/17</b>	<b>Wednesday 7/18</b>	<b>Thursday 7/19</b>	<b>Friday 7/20</b>
<b>Half day: 12:30pm-3:30pm</b>	CJ 1 is a beginner sailing class for ages 11-14. This class is designed for older sailors who are new to sailing or new to the CJ class. Kids will learn the basics of sailing a typical two person dingy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

\*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA



# 2018 SLA Summer Youth Programs

## Week 5: July 23-27

### JSLA

<b>Discovery</b>	<b>Monday 7/23</b>	<b>Tuesday 7/24</b>	<b>Wednesday 7/25</b>	<b>Thursday 7/26</b>	<b>Friday 7/27</b>	<b>Overnight</b>
<b>Topic</b>	Intro to canoeing	Fly Fishing, Kiah Pond	Ecology Day	Old Mountain Road to Livermore	Diamond Ledge Snorkel	<b>No Overnight</b>
<b>Skills and Education</b>	Swim test, paddle skills	Fly fishing basics including fish identification	TBD	Cultural history of Squam, what evidence is there of early human activity?	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	Remote drop-off/pick-up	SLA- Pick up @ 2:30pm	

<b>Explorer</b>	<b>Monday 7/23</b>	<b>Tuesday 7/24</b>	<b>Wednesday 7/25</b>	<b>Thursday 7/26</b>	<b>Friday 7/27</b>	<b>Overnight</b>
<b>Topic</b>	Canoe review, intro to kayak	Red Hill/Eagle Cliff through Hike	Ecology Day	<b>Overnight prep, paddle to Wister</b>	Return to SLA	<b>Wister</b>
<b>Skills and Education</b>	Swim test, paddle skills	Fire ecology & towers	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA- Pick up @ 2:30pm	

<b>Expedition</b>	<b>Monday 7/23</b>	<b>Tuesday 7/24</b>	<b>Wednesday 7/25</b>	<b>Thursday 7/26</b>	<b>Friday 7/27</b>	<b>Overnight</b>
<b>Topic</b>	Kayak review	Franconia Notch, Lonesome Lake Hike	Ecology Day	<b>Overnight prep, paddle out to Moon</b>	Return to SLA	<b>Moon Island</b>
<b>Skills and Education</b>	Swim test, paddle skills	High elevation changes within an ecosystem	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA- Pick up @ 2:30pm	

### CYSP

<b>Optimist 1</b>	<b>Monday 7/23</b>	<b>Tuesday 7/24</b>	<b>Wednesday 7/25</b>	<b>Thursday 7/26</b>	<b>Friday 7/27</b>
<b>Half day: 8:30am-11:30am</b>	This is a beginner sailing class for ages 7-10. This class is designed for those who have never sailed before or have only one year of prior experience. Kids will learn the basics of the Optimist Dinghy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

<b>Club Junior 1</b>	<b>Monday 7/23</b>	<b>Tuesday 7/24</b>	<b>Wednesday 7/25</b>	<b>Thursday 7/26</b>	<b>Friday 7/27</b>
<b>Half day: 12:30pm-3:30pm</b>	CJ 1 is a beginner sailing class for ages 11-14. This class is designed for older sailors who are new to sailing or new to the CJ class. Kids will learn the basics of sailing a typical two person dingy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

\*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA



# 2018 SLA Summer Youth Programs

## Week 6: July 30-August 3

### JSLA

<i>Discovery</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	7/30	7/31	8/1	8/2	8/3	
Topic	Intro to canoeing	Mt. Major, Gilford	Ecology Day	Overnight prep, paddle to Bowman Island	Return to SLA	Bowman Island
Skills and Education	Swim test, paddle skills	Look around the mountain, what sounds do you hear?	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
Transportation	SLA	Bus	SLA	SLA	SLA - Pick up @ 2:30pm	

<i>Explorer</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	7/30	7/31	8/1	8/2	8/3	
Topic	Canoe review, intro to kayak	Fletcher's Cascades, Waterville Valley	Ecology Day	Overnight prep, hike to Squam Range	Return to SLA	Squam Range
Skills and Education	Swim test, paddle skills	Glacial movement, creation of waterfalls, plant life in riparian zones	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
Transportation	SLA	Bus	SLA	Bus	Bus & SLA- Pick up @ 2:30pm	

<i>Expedition</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	7/30	7/31	8/1	8/2	8/3	
Topic	Kayak review	Squaw Cove Paddle to SLA	Mead Base Day 1	Mead Base Day 2	Return to SLA	Mead Base for 2 days
Skills and Education	Swim test, paddle skills	Weather can be a factor in travel, learn about cloud types and how to read what they might reveal about your day out	Overnight packing skills, camp set up and fireside safety	Backcountry cooking and bear safety	Clean camp & Leave no Trace, end of week debrief	
Transportation	SLA	Remote drop-off with pick up at SLA & truck with trailer	Bus	Out overnight	Bus & SLA- Pick up @ 2:30pm	

### CYSP

<i>Optimist 2</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	7/30	7/31	8/1	8/2	8/3
Half day: 8:30am-11:30am	An intermediate sailing class for ages 7-10. This class is designed for young sailors with at least one year of prior sailing experience. Kids will review the basics of sailing learned in Opti 1 and take their knowledge of the Optimist Dinghy to the next level by exploring advanced boat-handling and the technical aspects of the boat.				
Class Components	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Boat speed, positioning, roll tacking	Downwind Speed: Center board up, windward heel, wing and wing, etc.	Roll tacking practice, races with downwind leg, whistle drill

<i>Club Junior 2</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	7/30	7/31	8/1	8/2	8/3
Half day: 12:30pm-3:30pm	CJ 2 is an intermediate sailing class for ages 11-14. This class is designed for older sailors with plenty of prior experience. Kids will review the basics of sailing while learning simple sailboat racing skills including rights of way, straight-line speed, and the starting sequence.				
Class Components	Swim test, rights of way, course diagrams, box & starting drills	Boat speed, positioning, roll tacking	Racing tactics, upwind and downwind speed tactics	Racing Rules: Mark room, penalties, avoiding contact, barging	Mini Regatta Race Day

\*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA



# 2018 SLA Summer Youth Programs

## Week 7: August 6-10

### JSLA

<i>Discovery</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	8/6	8/7	8/8	8/9	8/10	
Topic	Intro to canoeing	East Pond, Little East Pond, Tripoli Road- WMNF	Ecology Day	Mt. Percival Hike	Piper Rocks Swim & Snorkel	No Overnight
Skills and Education	Swim test, paddle skills	Forest ecology, changes in elevation bring changes in species of plant life	TBD	Caves & Geology	End of week debrief	
Transportation	SLA	Bus	SLA	Remote drop-off/pick-up	SLA - Pick up @ 2:30pm	

<i>Explorer</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	8/6	8/7	8/8	8/9	8/10	
Topic	Canoe review, intro to kayak	Cotton Mountain, Livermore to Old Mountain Trail through hike	Ecology Day	Overnight prep, paddle to Bowman	Return to SLA	Bowman Island
Skills and Education	Swim test, paddle skills	Plant growth in disturbed areas	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
Transportation	SLA	Remote drop-off/pick-up	SLA	SLA	SLA - Pick up @ 2:30pm	

<i>Expedition</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	8/6	8/7	8/8	8/9	8/10	
Topic	Kayak review	Wagner Forest Properties, Campton, Perch Pond area	Ecology Day	Overnight prep, paddle to Wister	Return to SLA	Wister
Skills and Education	Swim test, paddle skills	Stream Surveys	TBD	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
Transportation	SLA	Bus	SLA	SLA	SLA - Pick up @ 2:30pm	

### CYSP

<i>Mixed Boat</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	8/6	8/7	8/8	8/9	8/10
Full day: 8:30am-3:30pm	Our new Full Day / Mixed Boat/ Multi-Age sailing class is open to campers ranging in age from 8-14. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities such as destination sailing on Squam and the use of boats other than Optimists and CJs.				
Class Components	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

\*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA