



# 2019 SLA Summer Youth Programs

## Week 1: June 24-28

### JSLA

<b>Discovery</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Overnight</b>
	<b>6/24</b>	<b>6/25</b>	<b>6/26</b>	<b>6/27</b>	<b>6/28</b>	
<b>Topic</b>	Intro to canoeing	Stinson Mountain Hike	Ecology Day	Overnight prep, paddle to Moon Island	Return to SLA	Moon Island
<b>Skills and Education</b>	Swim test, paddle skills	High Elevation Birds & Mapping	Explore a new nature topic each week	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, learn about watershed science & fish from Expedition campers, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA- Pick up @ 2:30pm	

<b>Explorer</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Overnight</b>
	<b>6/24</b>	<b>6/25</b>	<b>6/26</b>	<b>6/27</b>	<b>6/28</b>	
<b>Topic</b>	Canoe review, intro to kayak	Plymouth Mountain	Ecology Day	Overnight prep, paddle to Wister	Return to SLA	Wister
<b>Skills and Education</b>	Swim test, paddle skills	Mapping, compass, and reading the forested landscape	Explore a new nature topic each week	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, learn about watershed science & fish from Expedition campers, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	Bus & SLA- Pick up @ 2:30pm	

<b>Expedition</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Overnight</b>
	<b>6/24</b>	<b>6/25</b>	<b>6/26</b>	<b>6/27</b>	<b>6/28</b>	
<b>Topic</b>	Watershed Science/Kayak review	Stream Study with NH Fish & Game & Rattlesnake Hike	Lake Exploration	Overnight prep, Bowman Island	Return to SLA & Present Watershed Fish Tank Display	Bowman Island
<b>Skills and Education</b>	Lake Ecology, water quality, mapping using ArcGIS, swim test, paddle skills	Electro-fishing, using macroinvertebrates to assess water quality, map skills	fish tank prep, snorkeling, set fish traps	Check traps, set up fish tank, overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, presentation, end of week debrief	
<b>Transportation</b>	SLA	Bus	SLA	SLA	SLA- Pick up @ 2:30pm	

### CYSP

<b>Opti Full Day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>6/24</b>	<b>6/25</b>	<b>6/26</b>	<b>6/27</b>	<b>6/28</b>
<b>Full day: 8:30am-3:30pm</b>	Our full day Opti sailing class is open to campers ranging in age from 7-10. 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.				
<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



# 2019 SLA Summer Youth Programs

## Week 2: July 1-5

### JSLA & CYSP

<b>Mixed Camp</b>	<b>Monday 7/1</b>	<b>Tuesday 7/2</b>	<b>Wednesday 7/3</b>	<b>Thursday 7/4</b>	<b>Friday 7/5</b>	
<b>Full day: 8:30am-3:30pm</b>	Mix Camp: JSLA & CYSP Combo	Mix Camp: JSLA & CYSP Combo	Mix Camp: JSLA & CYSP Combo	<b>No Camp</b>	<b>Squam Olympics!</b>	<b>No Overnight</b>
	Sailing, paddling, swimming and camp life	Sailing, paddling, swimming and camp life	Sailing, paddling, swimming and camp life		Team FUN!	
<b>Class Components</b>	SLA	SLA	SLA		SLA- Pick up @ 3:30pm	

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



# 2019 SLA Summer Youth Programs

## Week 3: July 8-12

### JSLA

<b>Discovery</b>	<b>Monday 7/8</b>	<b>Tuesday 7/9</b>	<b>Wednesday 7/10</b>	<b>Thursday 7/11</b>	<b>Friday 7/12</b>	<b>Overnight</b>
<b>Topic</b>	Intro to canoeing	Eagle Cliff Hike	Ecology Day	Overnight prep, paddle to Bowman Island	Return to SLA	<b>Bowman Island</b>
<b>Skills and Education</b>	Swim test, paddle skills	Nature Art/Mapping	Explore a new nature topic each week	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Remote Drop-Off/Pick-Up	SLA	SLA	SLA- Pick up @ 2:30pm	

<b>Explorer</b>	<b>Monday 7/8</b>	<b>Tuesday 7/9</b>	<b>Wednesday 7/10</b>	<b>Thursday 7/11</b>	<b>Friday 7/12</b>	<b>Overnight</b>
<b>Topic</b>	Canoe review, intro to kayak	Mt. Major-Gilford	Overnight prep, paddle to Moon	2nd night at Moon	Return to SLA	<b>2 nights Moon Island</b>
<b>Skills and Education</b>	Swim test, paddle skills	Glacial erratic identification & water movement	Overnight packing skills, camp set up and fireside safety	Explore beyond Moon Island & Snorkel	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 7/8</b>	<b>Tuesday 7/9</b>	<b>Wednesday 7/10</b>	<b>Thursday 7/11</b>	<b>Friday 7/12</b>	<b>Overnight</b>
<b>BOYS ONLY WEEK Topic</b>	Kayak review & trip preparation	Overnight prep, paddle to Hoag Island with Camp Hale	Move camp to Wister for 2nd night out	Exploring CRMF & Lake, 3rd night out	Return to SLA	<b>BOYS ONLY 3 nights Hoag &amp; Wister</b>
<b>Skills and Education</b>	Swim test, paddle skills	Overnight packing skills, camp set up and fireside safety	Navigation, camp set up and fireside safety	Swamp, forest, and lake ecosystems	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	SLA	SLA	SLA	SLA - Pick up @ 2:30pm	

### CYSP

<b>Optimist 1</b>	<b>Monday 7/8</b>	<b>Tuesday 7/9</b>	<b>Wednesday 7/10</b>	<b>Thursday 7/11</b>	<b>Friday 7/12</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 7/8</b>	<b>Tuesday 7/9</b>	<b>Wednesday 7/10</b>	<b>Thursday 7/11</b>	<b>Friday 7/12</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



# 2019 SLA Summer Youth Programs

## Week 4: July 15-19

### JSLA

<b>Discovery</b>	<b>Monday 7/15</b>	<b>Tuesday 7/16</b>	<b>Wednesday 7/17</b>	<b>Thursday 7/18</b>	<b>Friday 7/19</b>	<b>Overnight</b>
<b>Topic</b>	Intro to canoeing	Five Finger Point	Ecology Day	Mt. Morgan	Squam Lake Day	<b>None</b>
<b>Skills and Education</b>	Swim test, paddle skills	Search for old growth trees and find jumping rocks!	Explore a new nature topic each week	Caves and ladders: where are they and why?	Enjoy a day canoeing & exploring the lake and 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 7/15</b>	<b>Tuesday 7/16</b>	<b>Wednesday 7/17</b>	<b>Thursday 7/18</b>	<b>Friday 7/19</b>	<b>Overnight</b>
<b>Topic</b>	Canoe review, intro to kayak	East Pond/Little East Pond	Ecology Day	<b>Overnight prep, paddle to Bowman Island</b>	Return to SLA	<b>Bowman Island</b>
<b>Skills and Education</b>	Swim test, paddle skills	Fishing Time!	Explore a new nature topic each week	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	Bus & SLA - Pick up @ 2:30pm	

<b>Expedition</b>	<b>Monday 7/15</b>	<b>Tuesday 7/16</b>	<b>Wednesday 7/17</b>	<b>Thursday 7/18</b>	<b>Friday 7/19</b>	<b>Overnight</b>
<b>Topic</b>	Kayak review	Squaw Cove Paddle to SLA	<b>Sandwich Wilderness overnight off Guniea Pond Trail, hike to Black Mtn. Pond</b>	<b>Summit Black Mtn. and 2nd night out</b>	Return to SLA	<b>2 nights Sandwich Wilderness</b>
<b>Skills and Education</b>	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	Navigation, map & compass, pond & forest ecosystems	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Remote drop-off with pick up at SLA	Bus	SLA	Bus & SLA - Pick up @ 2:30pm	

### CYSP

<b>CJ Full Day &amp; Campout</b>	<b>Monday 7/15</b>	<b>Tuesday 7/16</b>	<b>Wednesday 7/17</b>	<b>Thursday 7/18</b>	<b>Friday 7/19</b>	<b>Overnight</b>
<b>Full day: 8:30am-3:30pm</b>	Our full day Club Junior class is open to campers ranging in age from 11-14 interested in learning about destination sailing. 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 the use of boats other than CJs and the opportunity to sail to an island for a campout!					<b>Moon Island</b>
<b>Class Components</b>	Swim test, rigging, wind direction, steering, individual needs & assessment	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	<b>Overnight</b> packing skills, destination sailing, camp set up and fireside safety	Fun FRIDAY! Clean camp, Leave No Trace, destination sailing	

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



# 2019 SLA Summer Youth Programs

## Week 5: July 22-26

### JSLA

<b>Discovery</b>	<b>Monday 7/22</b>	<b>Tuesday 7/23</b>	<b>Wednesday 7/24</b>	<b>Thursday 7/25</b>	<b>Friday 7/26</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 ecosystems	Explore a new nature topic each week	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 7/22</b>	<b>Tuesday 7/23</b>	<b>Wednesday 7/24</b>	<b>Thursday 7/25</b>	<b>Friday 7/26</b>	<b>Overnight</b>
<b>Topic</b>	Canoe review, intro to kayak	Mt. Israel/Beede Falls	Ecology Day	Overnight prep, hike to Squam Range	Return to SLA	Squam Range
<b>Skills and Education</b>	Swim test, paddle skills	Mapping, compass and reading the forested landscape	Explore a new nature topic each week	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	SLA- Pick up @ 2:30pm	

<b>Expedition</b>	<b>Monday 7/22</b>	<b>Tuesday 7/23</b>	<b>Wednesday 7/24</b>	<b>Thursday 7/25</b>	<b>Friday 7/26</b>	<b>Overnight</b>
<b>Topic</b>	Kayak review	Baker River Paddle with Discovery	Ecology Day	Overnight prep, paddle out to Moon Island	Return to SLA	Moon 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	

### CYSP

<b>Optimist 2</b>	<b>Monday 7/22</b>	<b>Tuesday 7/23</b>	<b>Wednesday 7/24</b>	<b>Thursday 7/25</b>	<b>Friday 7/26</b>
<b>Half day: 8:30am-11:30am</b>	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.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Boat speed, positioning, roll tacking	Downwind Speed: Center boar up, windward heel, wing and wing, etc.	Roll tacking practice, races with downwind leg, whistle drill

<b>Club Junior 2</b>	<b>Monday 7/22</b>	<b>Tuesday 7/23</b>	<b>Wednesday 7/24</b>	<b>Thursday 7/25</b>	<b>Friday 7/26</b>
<b>Half day: 12:30pm-3:30pm</b>	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.				
<b>Class Components</b>	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



# 2019 SLA Summer Youth Programs

## Week 6: July 29-August 2

### JSLA

<i>Discovery</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	7/29	7/30	7/31	8/1	8/2	
Topic	Intro to canoeing	Smarts Brook Trail	Ecology Day	Overnight prep, paddle to Moon Island	Return to SLA	Moon Island
Skills and Education	Swim test, paddle skills	Riparian & Forest ecosystems	Explore a new nature topic each week	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
	7/29	7/30	7/31	8/1	8/2	
Topic	Canoe review, intro to kayak	Mt. Mexico, Big Rock Cave, Wonalancet Rt. 113A	Overnight prep, paddle to Wister	2nd Night at Wister	Return to SLA	2 nights Wister
Skills and Education	Swim test, paddle skills	Cave life, who lives in and uses caves	Overnight packing skills, camp set up and fireside safety	Explore coves and islands near Wister, swamp walk, ecosystems, fireside safety	Clean camp & Leave No Trace, end of week debrief	
Transportation	SLA	Bus	SLA	SLA	Bus & SLA- Pick up @ 2:30pm	

<i>Expedition</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Overnight
	7/29	7/30	7/31	8/1	8/2	
<b>GIRLS ONLY WEEK</b> Topic	Kayak review	Overnight prep, paddle to Hoag Island with Camp Hale	Move camp to Bowman for 2nd night out	Exploring Bowman & Moon, 3rd night out	Return to SLA	GIRLS ONLY 3 nights Hoag & Bowman Islands
Skills and Education	Swim test, paddle skills	Overnight packing skills, camp set up and fireside safety	Navigation, camp set up and fireside safety	Forest & lake ecosystems	Clean camp & Leave no Trace, end of week debrief	
Transportation	SLA	SLA	SLA	SLA	Bus & SLA- Pick up at 2:30pm	

### CYSP

<i>Optimist 1</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	7/29	7/30	7/31	8/1	8/2
Half day: 8:30am-11:30am	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.				
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

  

<i>Club Junior 1</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	7/29	7/30	7/31	8/1	8/2
Half day: 12:30pm-3:30pm	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.				
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



# 2019 SLA Summer Youth Programs

## Week 7: August 5-9

### JSLA

<b>Discovery</b>	<b>Monday</b> 8/5	<b>Tuesday</b> 8/6	<b>Wednesday</b> 8/7	<b>Thursday</b> 8/8	<b>Friday</b> 8/9	<b>Overnight</b>
<b>Topic</b>	Intro to canoeing	Fletcher's Cascades, Waterville Valley	Ecology Day	Mt. Percival Hike	Squam Lake Day	<b>No Overnight</b>
<b>Skills and Education</b>	Swim test, paddle skills	Glacial movement, creation of waterfalls, plant life in riparian zones	Explore a new nature topic each week	Caves & Geology	Enjoy a day canoeing, exploring the lake, 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</b> 8/5	<b>Tuesday</b> 8/6	<b>Wednesday</b> 8/7	<b>Thursday</b> 8/8	<b>Friday</b> 8/9	<b>Overnight</b>
<b>Topic</b>	Canoe review, intro to kayak	East Rattlesnake & Five Finger Point	Ecology Day	Overnight prep, paddle to Moon Island	Return to SLA	<b>Moon Island</b>
<b>Skills and Education</b>	Swim test, paddle skills	Formation of Squam Lake and forest & lake ecology	Explore a new nature topic each week	Overnight packing skills, camp set up and fireside safety	Clean camp & Leave No Trace, end of week debrief	
<b>Transportation</b>	SLA	Remote Drop-Off/Pick-Up	SLA	SLA	SLA - Pick up @ 2:30pm	

<b>Expedition</b>	<b>Monday</b> 8/5	<b>Tuesday</b> 8/6	<b>Wednesday</b> 8/7	<b>Thursday</b> 8/8	<b>Friday</b> 8/9	<b>Overnight</b>
<b>Topic</b>	Kayak review	Doublehead Mountain Sandwich Notch Road to Thompson Road Hike	Overnight prep, paddle out to Moon Island	Lake Exploration & paddle to Wister	Return to SLA	<b>2 nights Moon and Wister</b>
<b>Skills and Education</b>	Swim test, paddle skills	Map, compass & distance travel navigation	Overnight packing skills, camp set up and fireside safety	Lake Ecology, navigation, 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>	<b>Monday</b> 8/5	<b>Tuesday</b> 8/6	<b>Wednesday</b> 8/7	<b>Thursday</b> 8/8	<b>Friday</b> 8/9
<b>Full day: 8:30am-3:30pm</b>	Our 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 a variety of boats that might include Optimis, CJs, JYs, Lightnings, Sunfish, and/or Capri.				
<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