

Summer Programs 2020

The Dutchess County Parks Division is offering a variety of educational programs this summer. Our programs give children an opportunity to experience and learn about the natural history of our Parks. Each session focuses on various aspects of environmental awareness, prehistoric Native American culture, and survival skills. Our goal is to give children a deeper understanding and appreciation of nature within a fun and entertaining atmosphere while teaching personal responsibility and teamwork. We look forward to seeing you this summer.



Dutchess County
Department of Public Works
Parks Division

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dutchessny.gov/parks



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Parks Division

Summer Programs 2020



Marcus J. Molinaro
County Executive



Dutchess County Parks

Adventure & Survival Programs



The farther one's feet are removed from
the earth, the less respect they have
for living, growing things.

-Apache Proverb



Our summer programs are designed to allow kids to play games, run around and exert bottled up energy, solve puzzles and treasure hunts that test their strategic thinking, and make life-long friends. In our fast paced world, kids get swept up in the rush of modern life and have very little time to slow down and explore. Without this, life becomes an endless race and we take for granted how nature still provides the core of our physical survival in this world. Here, we will travel to distant lands seeking adventure. Throughout the week, students will train and prepare for a quest on the final day. Quests change every summer!

We stress the importance of working together to complete tasks. By leading, listening, and compromising, participants develop socially while having fun and exploring.

Our summer adventure and survival programs strive to reconnect children with nature. The activities are structured to be hands-on and allow for creative exploration. Whether we're hiking, learning survival skills, playing games or telling stories, we are outside experiencing the world.



Why Go On An Adventure?

Ever find yourself longing for the days of recess past? Remember when childhood was about pretending to be someone else on a brave adventure, with maybe just your grandpa's old hat and a stick sword from the backyard?

Our Adventure Program gives students the opportunity to be their own super hero and simulates a full-scale adventure, throughout Bowdoin Park, packed with bandit villains to fight, helpful characters to meet, missions to accomplish, and puzzles to solve.

Along with the fun of an adventure, there are also many skills students will learn:

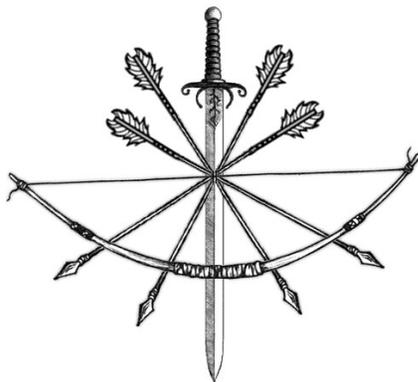
Creativity: Thinking outside the box is important. Even in the toughest situations, there is usually a solution if you think creatively and efficiently. Use your imagination!

Courage: Push yourself to make choices outside your comfort zone. Be a better version of yourself. Growth comes from courage and the bravery to make hard, necessary choices.

Leadership: Making choices to benefit the group and not just yourself and being prepared to make sacrifices for the betterment of your adventure-mates is what makes a true leader.

Remember, these skills are about more than just adventuring. When you apply them to everyday life, you're not just pretending to be a hero, you're becoming one.

**Join us for all the fun
this summer in our
Adventure Program!**



Adventure Program

Ages 9-11 & Ages 12-14

This program will duplicate the excitement of a movie or videogame in a physical way. Participants will learn archery, battle with foam weapons, play Nerf tag and learn group problem solving. There will be group challenges each day that can only be solved through creativity and teamwork. The end of the week will be a simulated adventure for participants to use their new skills to overcome obstacles and win the game. Topics will include:

- Group Strategy and Problem Solving
- Nerf Tag Battles
- Foam Weapon Use
- Situational Awareness

A New Storyline Every Summer!

There are early drop-off and late-pick up options available. Due to demand, each child is limited to one Adventure Program session.

9:30am - 4:00pm
\$175 per student, per session
Bowdoin Park

Ages 9-11

Session 1: July 6-9

Session 2: July 20-23

Ages 12-14

Session 1: July 13-16

Session 2: August 3-6



Why Learn Survival Skills?



Survival skills are useful in any situation, not just when a person becomes lost in the wilderness. Beyond learning to build a shelter or make a fire, survival skills teach individuals a new way to approach every day challenges.

The five steps to overcoming a challenge are:

Awareness - First, assess the situation. What is the challenge? What resources are available? What options are there to solve the problem? Try to look at the situation from an objective perspective.

Perseverance - Things are going to go wrong. Sometimes our attempts will fail. There is no excuse; get up and try again.

Creativity - Think outside-the-box. Do not be afraid to experiment and try a new way to solve the problem if the usual answers are not working. If it fails, try something different.

Knowledge - Never stop learning. Seek answers everywhere. There is a big difference between reading about flying a plane and actually flying a plane. Get out and try new things. After you have done something successfully once, do it again a thousand times. Constantly challenge yourself.

Silence - The mind is both the greatest asset and the worst liability. Learn to control self-doubt, worry and fear. These feelings can sabotage a person's best efforts to overcome a challenging situation.

Survival skills are just that, skills that help us survive.

Join us this summer for our Survival Program!



Survival Program

Ages 9-11

This program is a combination of nature study and survival skills. Participants will explore forest habitats, hike Bowdoin Park's many trails, and observe native wildlife. Our focus this year is shelters.

Topics include:

- Basic Survival
- Basic Shelter - Debris Hut
- Emergency Shelter Construction
- Navigation
- Assessing a Survival Situation - Group
- Survival Awareness

There are early drop-off and late-pick up options available. Due to demand, each child will be limited to one Survival Program session.

9:30am - 4:00pm

\$175 per student, per session

Bowdoin Park

Session 1: July 6-9

Session 2: July 20-23



Survival Intensive Program

Ages 12-14

The survival intensive program blends survival techniques with an understanding of how prehistoric people lived in harmony with the land. This summer, we are focusing on shelters. Topics will include:

- Basic Survival Review
- Intermediate Shelter - Wicciup
- Extended Survival
- Navigation
- Assessing a Survival Situation - Individual
- Survival Awareness

There are early drop-off and late pick-up options available.

August 3-6

9:30am - 4:00pm

\$175 per student, per session

Bowdoin Park

Living Survival



Complete Survival

Ages 12-14

The complete survival program ties together all the survival techniques we have learned. We combine this with an understanding of how prehistoric people approached survival and resources. We will spend four days in a re-creation of a survival situation. Participants will build shelters, start fires, find food and water, and observe the wildlife around them. They will work together to accomplish tasks and challenges. The week ends with an optional overnight on Thursday.

Students must have previously attended the Survival Intensive program to be eligible. This program is located at Wilcox Park in the Town of Milan and is limited to 20 participants.

July 27-30

9:30am - 4:00pm

\$175 per student

Wilcox Park, Milan

Ages 15-17

Living survival combines survival and adventuring skills into a scenario presented in the context of a story. Participants will have to use all of their skills and knowledge to complete challenges such as making fires, purifying water, tracking, using camouflage, battling bandits, and solving ancient mysteries.

Our focus throughout the week is to teach self-reliance and teamwork. Unexpected events force an adaptive attitude vital in real survival situations. Success is not guaranteed. There is always the possibility the group will fail at its mission, which gives gravity to the situation. The actions of the group will influence the storyline as it progresses.

Participants will learn to make quick decisions, plan ahead, use tactics, and deal with stressful situations. We will also look at each person's strengths and how the group can use these to the advantage of all. Everyone will receive a packet containing the scenario and the rules at the beginning of the summer.

This program will be limited to 20 students.

August 10-13

9:30am - 4:00pm

\$175 per student

Bowdoin Park



Dutchess County Parks Educational Programs

We offer educational opportunities for children and adults of all ages. Our programs are hands-on to facilitate learning through experience.

Our program schedule includes:

School Programs

School programs are focused on Grades K through six. We strive to create new programs that meet the needs of our local schools. We host programs on-site as well as at the schools when transportation is an issue.

- Maple Sugaring
- Prehistoric Native Americans
- Map Skills
- Mammal Studies
- Basic Survival

Scout Programs

We work with Boy Scout and Girl Scout Troops to develop programs that meet their needs.

- Archery
- Survival Skills
- Tracking
- Orienteering

Weekend Archery

This program is for children and adults of any experience level. Each class is spent working on technique and playing various games to improve accuracy. All equipment is provided. Typically, archery is offered select Saturdays, September through June.



“Earth and sky, woods and fields, lakes and rivers, the mountains and the sea are excellent schoolmasters, and teach some of us more than we can ever learn from books.”

- Sir John Lubbock, Author, Scientist and Naturalist

Please include a check made payable to *Dutchess County Parks Division* and the registration form with the waiver signed or visit dutchessny.gov. We will send a confirmation letter with additional information once registration is received.

Programs are offered on a first come, first served basis. A \$50 fee will be charged for cancellations within 30 days of the beginning of a session.

Please send registration to:
Park Naturalist
Bowdoin Park
85 Sheafe Road
Wappingers Falls, NY 12590

Or contact us at:
(845) 298-4602
parknaturalist@dutchessny.gov

Or sign-up and pay online at:
Dutchessny.gov/parks

**Dutchess County Parks
Summer 2020 Registration Form**

Student Name : _____

Grade : _____ Age : _____

Parent / Guardian Name : _____

Address : _____

Phone # : _____

Emergency #1 : _____

Emergency #2: _____

Allergies : _____

Program Name & Date:

First Choice _____

Second Choice _____

E-mail : _____

() confirmation by e-mail () e-mail list

Base Program Cost: \$175

Extended Day Options (Summer Day Program/Survival Intensive Only)

Early Morning Drop-Off +\$25 8:30am to 9:30am

Late Afternoon Pick-Up +\$25 4:00pm to 5:30pm

Total Amount Enclosed : _____

**Dutchess County Parks
Summer 2020 Registration Form**

I hereby grant permission for my family members listed here to participate in the aforementioned Dutchess County Parks Division program(s). I understand all recreation activities have some degree of risk. I hereby, for myself, my child, and/or my heirs, executors, and administrators, waive and release any and all rights and claims for damages I and/or my child may have against the County of Dutchess, its staff and any person connected with the summer camp program for any and all injuries suffered by my child during the summer camp program. I also understand Dutchess County Parks Division takes photographs and video for publicity purposes and I give permission for photos and video of my family to be used for that purpose.

Parent / Guardian Name - Please Print

Parent / Guardian Signature

We are ordering shirts again this year. Please circle the appropriate size for your child.

Youth Small

Youth Medium

Youth Large

Adult Small

Adult Medium

Adult Large

Adventure Program Foam Weapon Choice:

Students attending either of the adventure programs should circle one:

2 Short Swords

Long Sword & Dagger

Two-Handed Sword

2 Axes

Two-Handed Axe

Two-Handed Mace

Staff