



RIVER CAMP 2009

*Expedition-based,
Environmental Enrichment,
Canoeing Camp*



NEW ADVENTURES! NEW FRIENDS!

Each day is a new adventure as we paddle a different section of one of our region's beautiful rivers. Enjoy canoe camping, challenge games, and field studies. An enriching, in-depth summer experience! Sessions limited to 14 participants.

**For more information call (978) 448-8699
NASHOBA PADDLER • WEST GROTON, MA
www.nashobapaddler.com**

RIVER CAMP 2009

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WEE PADDLE (6-7 yrs.) \$145
Session 1B- 7/6, 8, 10 9:30am-1:00pm
Session 4B- 7/27, 29, 31 9:30am-1:00pm

CANOE, CRAFTS, & LORE (8-10 yrs.) \$370
Session 2- 7/13-17 9am-3:30pm (Thurs., Fri.-4:30pm)
Session 5- 8/3-7 9am-3:30pm (Thurs., Fri.-4:30pm)

EXPLORATIONS (11-14 yrs.) \$390
Session 1A- 7/6-10 8:30am-4:30pm (Fri.-3:30pm)
Session 4A- 7/27-31 8:30am-4:30pm (Fri.-3:30pm)

ADVENTURE CHALLENGE (13-16 yrs.) \$440
Session 3- 7/20-24 8:30am-5:00pm (Fri.-9:30pm)

LEADERSHIP EXPEDITION (14-17 yrs.) \$850
Session 6- 8/10-16 6:00am Mon through 9:30pm Sun.

This camp must comply with regulations of the Massachusetts Department of Public Health (105 CMR 430.000), and be licensed by the Groton Board of Health. Information on 105 CMR 430.000 can be obtained at (617)983-6761.



WEE PADDLE

Sessions 1B & 4B for 6-7 year-olds
PADDLE AND PLAY!

This session introduces campers to canoeing and rivers. Paddling together in giant canoes, the mornings include songs, games, stories, and a riverside break for lunch.

WHICH SESSION IS FOR ME?



CANOE, CRAFTS, & LORE

Sessions 2 & 5 for 8-10 year-olds
FUN!

This session includes canoeing, storytelling, games and nature crafts, tied together with an environmental theme. Creative and fun, the week ends with an unforgettable day at Tully Lake.

EXPLORATIONS

Sessions 1A & 4A for 11-14 year-olds
DISCOVER!

This popular program combines canoeing and nature explorations. A special canoe-camping overnight is the finale to a great week. Lots of laughs, games, learning and fun. No experience necessary.



ADVENTURE CHALLENGE

Session 3 for 13-16 year-olds

NATURE & INTRO TO WHITE WATER!
(Prerequisite: "Explorations" or equal experience. Must meet certain swimming requirements-Red Cross Level 4 or equivalent)

This is a unique and exciting opportunity for teenagers with some canoeing capability. The paddling becomes much more advanced and the nature explorations more in depth. The week ends with an overnight camp-out on the thrilling Androscoggin River in New Hampshire.



LEADERSHIP EXPEDITION ON THE ST. CROIX

Session 6 for 14-17 year-olds

WILDERNESS EXPERIENCE!
(Prerequisite: "Adventure Challenge" or experience. Must meet certain swimming requirements-Red Cross Level 4 or equivalent)

This 7-day expedition is for capable canoeists. First, the spectacular St. Croix River, dividing Maine and Canada offers a friendly, yet challenging paddle on moving water dotted with class 1-2 rapids. We may observe moose and eagles as we paddle, pole, and sail down this rugged, pristine waterway. The next destination is the Androscoggin River in Errol, NH for some pure whitewater paddling fun. An experience of a lifetime.



ABOUT RIVER CAMP



"Being out on the water is awesome, but the crafts are really cool too. It was great to paddle and swim with new friends and to make crafts to bring home."

Grady, age 7

WHAT IS RIVER CAMP?

River Camp is a unique adventure-based program. It features small, close-knit groups (only 14 campers max.), great leaders, and beautiful streams and rivers. Our region is blessed with outstanding waterways, waiting to be explored by canoe. They offer fun adventure as we discover a rich heritage of cultural, environmental and geological history, along with an abundance of wildlife and clean water.

"I've been a River Camper for four years now. I'm looking forward to my fifth! I love the crafts. I've learned lots about canoeing. During my third year, we learned a lot about how important it is to keep our waterways clean. I think River Camp is fun and exciting. It's one of my favorite camps! I can't wait to have a canoe campout."

Martha, age 9



WHY RIVER CAMP?

The world of river paddling is exciting. Learning how to control a canoe with precision builds self esteem. At River Camp, paddling skills are reinforced with on-water games, challenges, and thrilling river trips. Canoeing is a lifelong, dynamic sport, constantly embracing new ideas on technique, safety, and equipment. Our staff is certified to teach the latest in paddling technique by the American Canoe Association, giving special emphasis to river safety. Each week the environment comes alive through expedition science. Campers enjoy hands-on field study explorations along the river with plenty of time for play, relaxation, games and picnicking.



"I attend River Camp every year with my friends and I love it each time! It never gets old. Making memories with friends and having exciting adventures is definitely one of the highlights of my summer. I plan to do it for as long as I can."

Rachele, age 14

WHO RUNS RIVER CAMP?

River Camp is an arm of Nashoba Paddler, now in its 18th season. Dedicated to serving the community, protecting the environment, and furthering river education, Nashoba Paddler received the Nashua River Watershed's Greenway Award for "helping people to become educated stewards for the Nashua watershed." Its staff is made up of seasoned, top quality science teachers, outdoor educators, and river enthusiasts, committed to certain values: a quality, fun, nature experience, safety on the water, and love of the environment in order to preserve it for future generations.

OUR CAMP STAFF

Diane Carson, Director of River Camp, is Nashoba Paddler's Manager and a guide for Nashoba Paddler and River Classroom. She has been an American Canoe Association (ACA)-certified canoeing instructor since 1998 with training in Swift Water Rescue and Adaptive Paddling. She is certified in CPR and Basic Wilderness First Aid. Diane has a degree in biology and loves to share the discovery of nature with children.

Alden Chadwick, a veteran science teacher at the Groton Dunstable Middle School, has a M.S. degree in science education. He is a lifeguard, and is certified in Basic Wilderness First Aid. Alden has been with River Camp since its inception in 1997 and knows how to make science fun!

George Moore is a lifelong outdoorsman and a guide for Nashoba Paddler and River Classroom. He seizes every opportunity to share his knowledge of the natural world with others. George holds certifications in CPR and Basic Wilderness First Aid and has been an ACA-certified canoeing instructor since 2002.

Shelley Grove is a preschool teacher at Groton Community School and is Assistant Manager for Nashoba Paddler. She has a degree in recreation, is certified in CPR and First Aid, and is an ACA-certified canoeing instructor. Her goal is to open people's eyes to the wonder of rivers.

Stacey Chilcoat is the Director of the Nashua River Watershed Association's River Classroom, a canoe-based environmental field study program for school groups. She has been involved with Nashoba Paddler and River Camp since 1998, leading trips and sharing her knowledge of the watershed. She has a degree in biology, has been an ACA-certified canoeing instructor since 1998 with training in Swift Water Rescue, and is certified in CPR and Basic Wilderness First Aid.

Lucas Moisson is a graduate of River Camp's very first program in 1997. He is a whitewater kayaker as well as canoeist and has worked for Nashoba Paddler since 2001. Luke holds certifications in lifeguarding, CPR, and First Aid, is an ACA-certified canoeing instructor and is pursuing Swift Water Rescue training. A recent graduate of Berklee College of Music, Luke's enthusiasm about everything he does is contagious!

Dana Brennan is a fifth grade teacher in Marblehead, MA. She was formerly the Environmental Education Programs Coordinator for the Nashua River Watershed Association and a guide for River Classroom. Dana combines creativity with a love and knowledge of nature. Dana has an M.Ed. in elementary education and a B.S. in Animal Science with a minor in Wildlife and Fisheries Conservation. She is certified in CPR and First Aid, and is pursuing Lifeguard Training.

RIVER CAMP 2009

Application

Camper's Name _____

Date of Birth _____

Address _____

Phone # _____

Email Address _____

Parents' / Guardians' Names _____

Daytime Phone# _____

Canoeing Experience *(Please describe)*

Swimming Ability *(Please circle or describe)*

American Red Cross: Level 1 Level 2

Level 3 Level 4 Level 5

Description _____

Session *(Please number in order of preference)*

_____ Wee Paddle (session 1B) \$145

_____ Wee Paddle (session 4B) \$145

_____ Canoe, Crafts & Lore (session 2) \$370

_____ Canoe, Crafts & Lore (session 5) \$370

_____ Explorations (session 1A) \$390

_____ Explorations (session 4A) \$390

_____ Adventure Challenge (session 3) \$440

_____ Leadership Expedition (session 6) \$850

TO REGISTER, enclose a 50% deposit
(Nonrefundable unless a replacement can be found)
Balance is due 3 weeks prior to camp.

Mail to: Nashoba Paddler, P.O. Box 228
West Groton, MA 01472