

Registration

The Mountain Adventure School has four sessions, each open to different age groups. Five days of fun and learning, along with a water bottle, T-Shirt and a certificate of completion. To register for a session, fill out the following registration form. Upon receipt of the registration, a conformation of registration and information packet will be sent to each student detailing activities and necessary gear.

Campers Name: _____

Age: _____ Gender: _____

Adult T-Shirt Size (circle): S, M, L, XL

Last Grade Completed: _____

Parent/Guardian Name: _____

Email Address: _____

Phone #: (H) _____

(C) _____

Check the session you wish to register.

<input type="checkbox"/>	Water 'N Woods	June 17-21	\$275
<input type="checkbox"/>	Rock 'N Water	June 24-28	\$315
<input type="checkbox"/>	Water 'N Woods	July 8-12	\$275
<input type="checkbox"/>	Rock 'N Water	July 15-19	\$315

*A \$100.00 **non refundable** registration fee and a completed Essential Eligibility Criteria form are required to reserve your spot in MAS. The balance is due two weeks prior to your MAS start date.

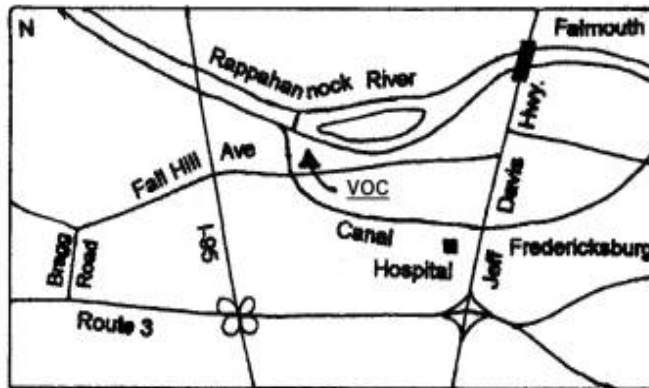
List of Equipment

Day Pack
 Lunch
 Water (at least 2 liters — no glass bottles)
 Shorts
 Nylon River Shorts
 Water Shoes (no flip flops)
 Hiking Boots
 Nylon Jacket (cool mornings)
 Sunscreen
 Sun Hat
 Sunglasses (keeper straps for sunglasses)
 (a more detailed list will be provided upon registration)

We have a schedule of what we'll do each day during MAS, but ultimately the weather dictates what we can and cannot do. Every day students need to be prepared for any of the activities listed on the schedule. We have a large area at our facility for our MAS students to leave gear that they may not need on a particular day.

Drop off: 8:30AM

Pick Up: 4:00PM



Virginia Outdoor Center
 3219 Fall Hill Ave.
 Fredericksburg, VA 22401

VIRGINIA OUTDOOR
 CENTER



**MOUNTAIN
 ADVENTURE
 SCHOOL**

Water 'N Woods
 Hike-Canoe-Climb
 Ages 9-12

Rock 'N Water
 Climb-Kayak-Canoe
 Ages 13-15



Forget about camp...

School is in session!

(540) 371-5085
 Email: info@playva.com

We deliberately keep the numbers in each session low so that the students get a real outdoor experience. Because of this, our camps fill up very quickly. Please register and send in your deposit as soon as you know what dates you want to attend.

The Program

Our Mountain Adventure School (MAS) is designed for more than an experience – we teach kids to be self-sufficient in the outdoors. Students build good habits for recreation that last a lifetime. MAS kids get challenged physically and mentally to work as a team and build individual skills and confidence. Focus, planning and taking command of your actions is the requirement as they learn to move around in the river and on rock faces.

Kids learn to apply the “ROCK” principles while they Respect, Observe, Consider, and Know what they are getting into and what they are willing to do.

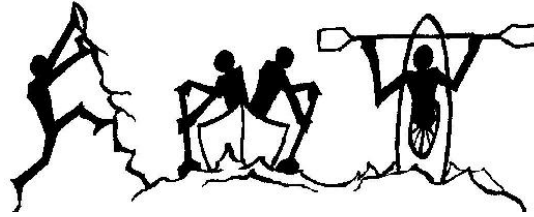
Rock 'N Water

13-15 years old \$315
June 24 - 28
July 15 - 19

The **Rock 'N Water** week is designed to expose you to all that the outdoors has to offer. We jump right in on the first day with river safety and a river trip. There's a day of rock climbing, a day in kayaks and stand up paddleboards, and a whitewater day. When it's all over, you'll have gone through a week of experiences and learning that will be the foundation for the outdoor skills that last a lifetime. Kids from this program have ended up working at the VOC or going on to be fantastic outdoor enthusiasts.

Each day begins and ends at the Virginia Outdoor Center's main facility located at 3219 Fall Hill Ave. Fredericksburg, VA 22401.

Drop off 8:30AM and Pick Up 4:00PM.



Water 'N Woods

9-12 years old \$275
June 17 - 21
July 8 - 12

This is where it all starts. Spend the week learning how to handle yourself in the great outdoors in a fun and safe manner. There will be a day getting to know each other and learning about river safety, another in canoes and kayaks, another at the rocks, a river canoe trip, and the graduation day climbing, hiking and swimming in the river.

When it's all said and done, you'll travel to an island, work your paddling skills on a lake, canoe down a river, and climb a cliff. All having fun away from asphalt and video games. It's also a good way to get ready for the **Rock 'N Water** camp.

Your Teachers

Nic Wolfe is a 2007 graduate of our Rock 'N water program and employee at the VOC since 2010. He graduated from the University of Alabama where he worked in the Outdoor Recreation Center and gained a degree in Biology and Anthropology. Nic has been a certified Wilderness First Responder, an American Canoe Association canoe and kayak instructor, and climbing instructor. When he's not at the VOC he is a high school teacher in Stafford.

Brian Flynn joins the MAS staff this year. Brian is a 2006 Graduate from Frostburg State with a degree in Parks and Recreation Management and a minor in Adventure Sports. A former professional firefighter and EMT, he is certified as a wilderness first responder and American Canoe Association canoe and kayak instructor.

Nic and Brian will split the summer instructional duties and will be assisted by a qualified female assistant to make sure all students get fantastic instruction and have a great time.

As always, the MAS staff is supported by the by the entire VOC staff throughout the Mountain Adventure Schools.

Please call or email with any questions about our programs. Our staff will be happy to talk with you!

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CENTER**

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Fredericksburg, VA 22401
540-371-5085
Info@playva.com

Both Rock 'N Water and Water 'N Woods have an optional campout Thursday night.