

## Registration

The Mountain Adventure School has four sessions, each open to different age groups. Five days of fun and learning, along with a 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"/>	Rock 'N Water	June 19-23	\$295
<input type="checkbox"/>	Water 'N Woods	June 26-30	\$250
<input type="checkbox"/>	Rock 'N Water	July 10-14	\$295
<input type="checkbox"/>	Water 'N Woods	Aug 21-25	\$250

\*A \$100.00 **non refundable** registration fee is required to reserve your spot in MAS. The balance is due two weeks prior to your MAS start date. Each MAS session will have a limited number of participants.

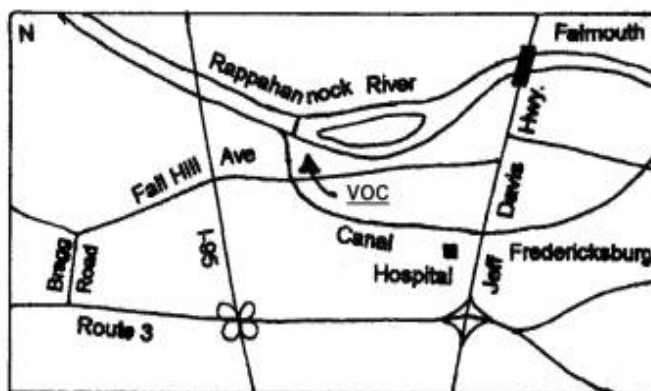
## List of Equipment

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. So everyday we 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.

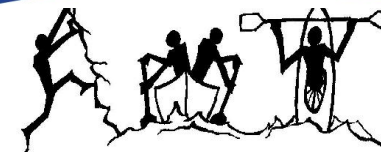
Drop off: 9:00AM

Pick Up: 4:00PM

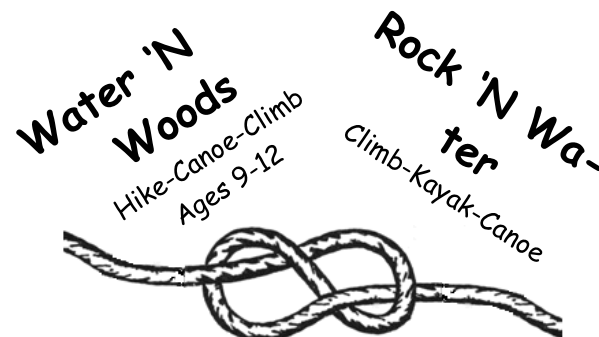


**Virginia Outdoor Center**  
3219 Fall Hill Ave.  
Fredericksburg, VA 22401

**VIRGINIA OUTDOOR  
CENTER**



**MOUNTAIN  
ADVENTURE  
SCHOOL**



**Forget about camp...**

**School is in session!**

(540) 371-5085

Email: [info@playva.com](mailto:info@playva.com)

There are only two sessions of Water 'N Woods and two sessions of Rock 'N Water. 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.

# Water 'N Woods

9-12 year olds \$250

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.

## Rock 'N Water

13-15 year olds \$295

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— even this year's leader.

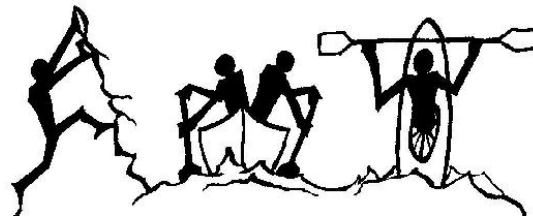
**Both Rock 'N Water and Water 'N Woods have an optional campout Thursday night.**

## 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 is a certified Wilderness First Responder, an American Canoe Association canoe instructor, and climbing instructor.

Nic is assisted by Maggie Magliato, a 2017 graduate of UMW with a double major in Biology and Environmental Science. Maggie has led groups of youth in interpretive trips along the river and is certified in CPR and First aid.

Nic and Maggie are supported by the entire VOC staff throughout the Mountain Adventure Schools.



Each day begins and ends at the Virginia Outdoor Center's main facility located at 3219 Fall Hill Ave. Fredericksburg, VA 22401. Drop off 9:00AM and Pick Up 4:00PM.



**MOUNTAIN**



**ADVENTURE**



**SCHOOL**

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

**540-371-5085  
Info@playva.com**



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