

YOUTH ADVENTURE PROGRAM

EMBARK ON A JOURNEY

Sara Holbrook's Youth Adventure Program (YAP) is open to Chittenden County youth age 11-15.

YAP runs Tuesday through Friday from 9:30 AM to 3:30 PM. Home pick-ups and drop-offs are available within the Burlington area. Space is limited! Cost is \$200 per week/ per participant.

Full and partial scholarships are available!

YAP gives pre-teens and teens in Chittenden County an opportunity to participate in adventures and experiences throughout Vermont and surrounding areas.

Through organized outdoor activities, youth are empowered to build their confidence, find new interests, develop new friendships outside their typical social structure, and challenge themselves to reach new goals. YAP is designed for youth who want to challenge themselves physically.



FOR MORE INFORMATION:

yap@saraholbrookcc.org

www.saraholbrookcc.org



WEEK 1: Tuesday, June 20 – Friday, June 23

Rock Climbing & Paddleboarding

Do you like to climb things? How is your balance? We'll be climbing and paddling all over Burlington this week! We'll spend the mornings at local indoor rock climbing gyms and our afternoons at the beach paddleboarding. We'll end our week on Smuggs Treetop Obstacle Course! Advanced activity required: you love climbing things and balancing on a board in the middle of the lake..or at least, you're not afraid to try!

WEEK 2: Tuesday, June 27 – Friday, June 30

Fishing

Do you like to fish? We'll spend the week exploring the Waterbury Reservoir and of course, Lake Champlain, to see what we can catch! In addition to our fishing adventures, we'll spend one evening enjoying America's pastime at a local Lake Monsters Baseball Game. Minimal activity required – but, you love being outside and understand patience when it comes to fishing!

Little Bellas Beginners (Mountain biking for girls and non-binary youth)

A very special opportunity for a group of girls and non-binary youth to attend a mountain biking camp through Little Bellas! We will spend our mornings adventuring and team building with the YAP staff and our afternoons at the Catamount Center with the Little Bellas staff learning to mountain bike! This specific program is for youth who normally could not access such activities due to financial barriers. Scholarships are available for all youth participating in this program. For eligibility requirements, please reach out to youthadventureprogram@saraholbrookcc.org. Bikes and gear will be provided.

WEEK 3: Wednesday, July 5 – Friday, July 7

Biking

Is biking your thing? Let's hit the bike paths together! Stowe Bike Path, the Causeway, and the Lamoille Valley Rail Trail are just a few adventures on our list! We'll take some much needed breaks throughout the week for an afternoon BBQ and an ice cream at Ben & Jerry's Factory. Bikes will be provided. Intermediate activity required: you like to bike!

Little Bellas Advance (Mountain biking for girls and non-binary youth)

Did you participate in Little Bellas last year and love it?! Are you ready for the next level of mountain biking? Another very special opportunity for a group of girls and non-binary youth to attend a mountain biking camp through Little Bellas. We will spend our mornings at the Catamount Center with the Little Bellas staff learning new mountain biking skills and our afternoons adventuring and team building with the YAP staff! This specific program is for youth who normally could not access such activities due to financial barriers. Scholarships are available for all youth participating in this program. For eligibility requirements, please reach out to youthadventureprogram@saraholbrookcc.org. Bikes and gear will be provided.

WEEK 4: Tuesday, July 11 – Friday, July 14

Water Week

Do you like going fast? Do you like water? I hope so! This week is going to fly by! We'll explore the beautiful waterways of Vermont during this week. Highlights include tubing down the Winooski, canoeing on the Waterbury Reservoir, and a gentle rafting trip down the Connecticut River! This is going to be a fun week! Intermediate water activity required.

WEEK 5: Tuesday, July 18 – Thursday, July 20

Camping in the Adirondacks

Let's explore the Adirondacks together! These beautiful mountains will no longer be something just to gaze at – let's get in them! We'll spend two nights at Putnam Pond Campground, rent canoes to explore the lake, hike to the infamous Lost Pond, and enjoy all the pleasures of camping! Advanced activity required: you love to adventure to a new place!

WEEK 6: Tuesday, July 25 – Friday, July 28

Wilderness Backpacking

Are you ready for a challenge? Join us for a three night backpacking trip in the Pharaoh Lake Wilderness area of the Adirondack Mountains! We'll spend our days hiking, swimming, and learning all about wilderness camping. Advanced activity required: you are ready to strap on a backpack and spend a good portion of your day hiking.

