

# YOUTH ADVENTURE PROGRAM

## COME ADVENTURE WITH US

**Sara Holbrook's Youth Adventure Program (YAP)** is open to Chittenden County youth.

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](mailto:yap@saraholbrookcc.org)

[www.saraholbrookcc.org](http://www.saraholbrookcc.org)



### **WEEK 1: Tuesday, June 18 - Friday, June 21**

#### **Little Bellas Advanced (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? 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 new mountain biking skills! 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 [yap@saraholbrookcc.org](mailto:yap@saraholbrookcc.org). Bikes and gear will be provided. **Open to Youth Age 12 - 15**

### **WEEK 2: Tuesday, June 25 - Friday, June 28**

#### **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 [yap@saraholbrookcc.org](mailto:yap@saraholbrookcc.org). Bikes and gear will be provided. **Open to Youth Age 8 - 12**

### **WEEK 3: Tuesday, July 2 - Friday, July 5 (No Program Thursday, July 4)**

#### **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! **Open to Youth Age 11 - 15**

### **WEEK 4: Tuesday, July 9 - Friday, July 12**

#### **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. **Open to Youth Age 11 - 15**

### **WEEK 5: Tuesday, July 16 - Friday, July 19**

#### **Wilderness Backpacking & Canoeing - Beginners**

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 backpack to Rock Pond for our first night of sleeping under the stars. Night 2 & 3 will be at remote sites on Putnam Pond via canoe. We'll spend our days hiking, swimming, canoeing, fishing, and learning all about wilderness camping. Advanced activity required: you love to adventure to a new place!

**Open to Youth Age 11 - 15**