

SUMMER 2009
JUNE 29–AUGUST 21

www.aspencamp.com



Aspen outdoor adventure program

Special Points of Interest:

• OPEN HOUSE:

Sunday January 11th,
1-3pm at Chapel Hill-
Chauncy Hall School

(Snow/Rain date is
January 25th, 1-3pm)

• INFORMATION SESSION:

Saturday June 27th,
1:30-2:30pm in the
Atwood Building,
Chapel Hill-Chauncy
Hall School

THE ASPEN MISSION

The Aspen Outdoor Adventure Program is dedicated to providing young people with an exciting and enjoyable summer camp experience while offering opportunities to build self-confidence and a greater sense of community. Through a variety of unique challenges and activities, participants learn practical outdoor skills in a supportive atmosphere that fosters and encourages friendship, trust and interdependence. Ultimately, it is the hope of the Aspen Outdoor Adventure Program that the finite summer camp experience becomes a deeply positive influence, impacting participants for a lifetime.



PROGRAM OVERVIEW

The Aspen Outdoor Adventure Program, operated by Running Brook Day Camp, is an exciting co-ed experience which combines on- and off-campus adventure opportunities for **campers ages 10-16**. Running Brook Day Camp (located at the Chapel Hill-Chauncy Hall School in Waltham) serves as the home base for each Aspen program. When a session is in the day trip mode, campers leave from and return to the campus in Waltham each day. Camp hours are from 9 A.M. to 3:45 P.M. for all groups during the day trip portion of the session.

There are four distinct programs:

DAY TREKKERS: Ages 10-11

Week One: Day Trips from campus

Week Two: Day Trips and a one-night camping trip off campus

VOYAGERS: Ages 12-13

Week One: Day Trips from campus

Week Two: Day Trips and a two or three-night camping trip off campus

EXPLORERS: Ages 13-15

Week One: Day Trips from campus

Week Two: four-night camping trip throughout New England

TRAILBLAZERS: Ages 15-16

The first two days will be preparing for the 10-day/ 9 night camping trip to Shenandoah National Park, Virginia!

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Running Brook Day Camp P. O. Box 540484
Email: runningbrookcamp@yahoo.com

Waltham, MA 02454-0484
Telephone: 781.893.9909

DAY TREKKERS: Ages 10-11

The Day Trekkers program is a day trip camp, designed to be an introduction to outdoor adventure activities, culminating in a one-night camping trip. Activities are moderately physical and challenging, geared towards individual and group goals, along with a spirit of cooperation and communication. Campers leave by van each morning from the Chapel Hill-Chauncy Hall School for the day's activity with their two counselors. They return to campus in the afternoon in time to go home at the end of the regular camp day.

DAILY ACTIVITES

may include the following,
weather permitting:

High ropes	Hiking	Rock climbing
Sailing	Orienteering	Kayaking
Rollerblading	Canoeing	Mt. Biking
Beach day	Swimming	Rock Gym

RAINY DAY ACTIVIES

May include these alternatives:

Aquarium	Ecotarium	Museum of Science
Bowling	Roll on America	Rock gym

SESSION I June 29-July 10 \$925

CAPE COD, MA: beach combing & camping!
Thursday-Friday of second week, 1 night/2 days

SESSION II July 13-July 24 \$925

WESTERN MA: Hike Mt. Tom, tent camping!
Thursday-Friday of second week, 1 night/2 days

SESSION III July 27-August 7 \$925

FARMINGTON RIVER, CT: tubing on the river & tent camping! Thursday-Friday of second week, 1 night/2 days

SESSION IV August 10-August 21 \$925

BURLINGAME STATE PARK, RI: beach activities & tent camping; Thursday-Friday of second week, 1 night/2 days

Limit: 12 campers per session

VOYAGERS: Ages 12-13

The Voyagers program has much the same format as Day Trekkers but is more challenging with different activities and a longer overnight trip. Campers leave the Chapel Hill-Chauncy Hall School with their two counselors for that day's activity. They return to campus in the afternoon in time to go home at the end of the regular camp day. Occasionally there is a late dismissal which will be prearranged by the director and parents.

DAILY ACTIVITES

may include the following,
weather permitting:

High ropes	Hiking	Mt. Biking
Rock climbing	Sailing	Beach day
Wind surfing	Kayaking	Rock Gym
Survival skills	Canoeing	Knot tying
Swimming		Rollerblading

RAINY DAY ACTIVITIES

May include these alternatives:

Aquarium	Ecotarium	Museum of Science
Bowling	Roll on America	Rock gym

SESSION I June 29-July 10 \$1025

CAMDEN HILLS, MAINE: sea kayaking, biking, hiking and swimming while tent camping!
Tuesday-Friday of second week, 3 nights/4 days

SESSION II July 13-July 24 \$1025

WESTERN MA: white water rafting, rock climbing/ bouldering and tent camping! Wednesday-Friday of second week, 2 nights/3 days

SESSION III July 27-August 7 \$1025

CAPE COD, MA: surfing/windsurfing, biking, beach combing, tent camping! Wednesday-Friday of second week, 2 nights/3 days

SESSION IV August 10-August 21 \$1025

VERMONT: hiking, canoeing, swimming and tent camping; Wednesday-Friday of second week, 2 nights/3 days

Limit: 12 campers per session

EXPLORERS: Ages 13-15

The Explorers program is the most adventurous of the groups! A "day trip" mode is planned for the first week with an emphasis on team building and preparation for longer overnights; **Daily Activities** may include any of those listed under the VOYAGER program, plus **belaying** and **snorkeling**. **Rainy Day Activities** may include those listed under the VOYAGER program as well. The second week features four or five night camping trips, with a wide variety of activities, destinations and challenges!

SESSION I June 29-July 10 **\$1135**

VERMONT: Spend a week camping on the Islands of Lake Champlain while kayaking, canoeing, hiking and swimming!

Monday—Friday of second week, 4 nights/5 days

SESSION II July 13-July 24 **\$1135**

ADIRONDACKS: Head to upstate New York for white water rafting, hiking, ice skating in Lake Placid at the Olympic Training Center, and canoeing while tent camping in Adirondack National Forest!

Monday—Friday of second week, 4 nights/5 days

SESSION III July 27—August 7 **\$1135**

OGUNQUIT, MAINE: Spend a week biking, hiking, surfing, swimming and ocean kayaking while camping near the beach!

Monday—Friday of second week, 4 nights/5 days

SESSION IV August 10—August 21 **\$1135**

NEW HAMPSHIRE: For those who like zip lines! Guided treetop canopy tour with lots of zip lines, rock climbing and hiking in the White Mountains, swimming and tent camping.

Monday—Friday of second week, 4 nights/5 days

Limit: 12 campers per session

TRAILBLAZERS: Ages 15-16

This program is for older, experienced campers who want the challenge and adventure of being on a longer camping trip while exploring different destinations.

SESSION IV August 10– August 21 **\$1345**

This 10-day/9-night trip destination is Shenandoah National Park in Virginia. Activities along the way include Hershey Park, PA and biking along the Potomac River in DC. Activities in Shenandoah may include hiking, rock climbing/rappelling, swimming & waterfalls, horse-back trail riding and more! **Limit: 12 campers**

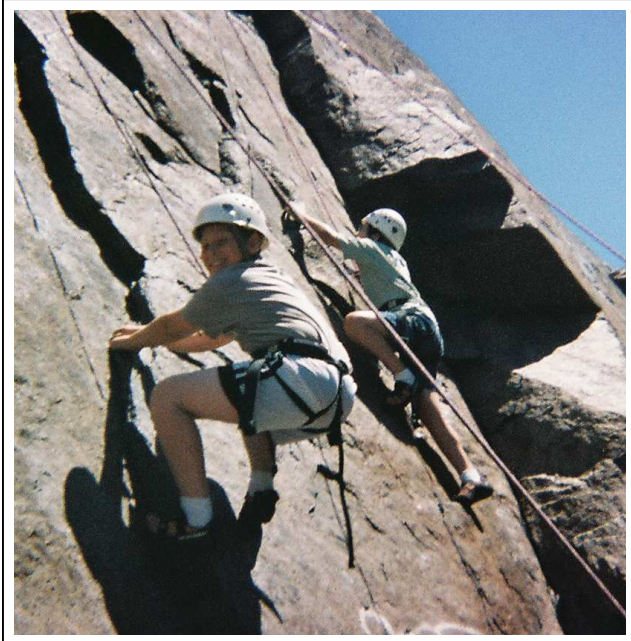
CONSIDERATIONS & ENROLLMENT:

In order to make sure that this program is appropriate for your daughter/son, consider the following: **First** of all, the program takes place away from campus which means that for safety reasons, all group members must stay with their group at all times. **Second**, there is only one activity offered each day, so campers need to be flexible and go with the program. **Third**, this is a group-oriented program, and all campers should have the social maturity to get along well with others. **Fourth**, many of the activities are physically demanding and challenging. Please discuss in detail with your child each session you are considering before enrolling. Her/his enthusiasm & commitment are essential components for a successful experience.

To register: a deposit of **\$200 for each session** is required, plus a one time registration fee of \$75. The \$200 deposit is credited as tuition for that session. If you cancel a session before February 15th, the \$200 deposit for that session can be applied to the tuition of other sessions or refunded. If any session is cancelled after February 15th, the \$200 cannot be applied to another session or refunded. The \$75 registration fee is non-refundable at any time. You must pay the total balance in full by March 1st in order for us to hold a space for your child. If you apply after March 1st, you must pay the tuition in full at the time of application.

We are requiring the enclosed health form and a signed immunization form from your pediatrician with your application and payment. We cannot process your application without all of these forms! (Please note, your child does not need a physical exam at this time).

If you have a child who may need extra attention or understanding from us, it is required that you speak with the Camp Director before enrolling your child. If you want us to meet your child to make sure our program is right for him or her, you can arrange a pre-camp interview by calling 781.893.9909.



STAFF

Our director, Amy Aransky, M.Ed., has been teaching physical & health education since 1995. She has been with Aspen since 2003, and has an extensive background in adventure programming, high ropes, outdoor activities, camping and travel.

Our trip leaders and counselors are highly qualified individuals with: outdoor adventure & camping experience; current CPR/AED and First Aid certifications; the maturity, sensitivity and ability to relate well with young people; a clean driving record. Two counselors are with each group, their average age is 25; most of our staff are teachers as well.

TRANSPORTATION

There are three transportation options available for getting campers to the Chapel Hill-Chauncy Hall School: bus, parents driving their own child, and parent carpool. Bus pick-up at central locations is provided in the following communities: Arlington, Belmont, Cambridge, Lexington and Winchester. We can facilitate carpooling in towns for which there is no bus service.

DIRECTIONS

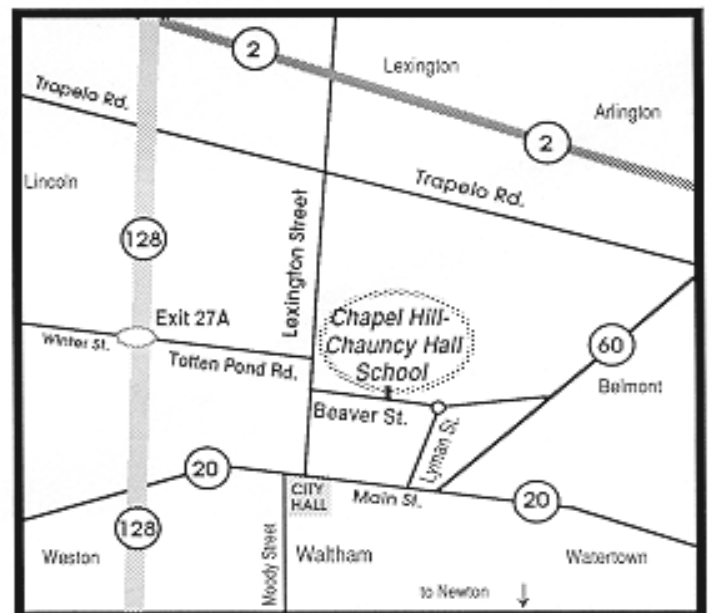
TO THE CHAPEL HILL-CHAUNCY HALL SCHOOL
785 Beaver Street • Waltham, MA

VIA RT. 128:

Take **Rt. 128** to **Exit 27 A** (Totten Pond Road) and follow **Totten Pond Road** to the traffic light at **Lexington St.** Turn right, then immediately bear left at the fork. Take the first left, at **Beaver St.**, go 200 yards and turn left into the School entrance.

COMING FROM THE EAST:

Take **Rt. 20** almost to **Waltham Center**. Take a **right on Lyman St.** at the KFC. Stay on Lyman until the **Beaver St. rotary**. Go 3/4ths way around rotary and proceed west for 4/10ths of a mile and turn right into School entrance.



EQUIPMENT & CLOTHING

Aspen supplies all of the camping equipment used by the groups while each camper supplies their own personal equipment such as clothes, sleeping bags and backpacks. Specific packing lists for day trips and overnights will be sent home before camp begins. These lists will also be available on our website at www.aspencamp.com.

The Aspen Program does not discriminate in providing services to children and their families on the basis of race, religion, cultural heritage, political beliefs, marital status, or disability. This camp complies with regulations of the Massachusetts Department of Public Health (105 CMR 430) and is licensed by the Waltham Board of Health. Information on these regulations can be obtained at 617.983.6761.