

YMCA

of Metropolitan Dallas

Lewisville/Flower Mound

SPRING BREAK CANOE TRIP

March 13th-14th

Ages: 10-14 years old

Cost: \$100

Kick off Spring Break with something very simple: people's love for nature. With that in mind register your 10-15 year old for our overnight canoe trip. It is a great time to get away from our world of technology and enjoy the wonderful outdoors!

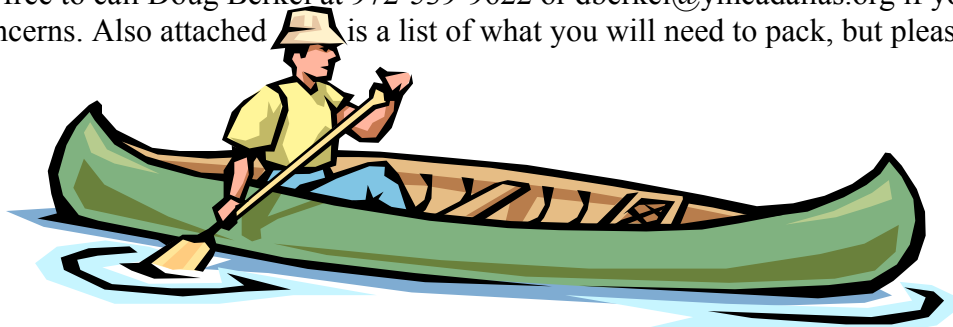
Every day people are separating themselves from that world. We ride in climate-controlled vehicles from building to building. Electronic entertainment occupies more of our time. We can get through a whole day and have no contact with another life-form and barely a sight of trees or grass. Author Richard Louv calls it "Nature Deficit Disorder," and lots of compelling studies suggest it's having a negative impact on our health and well-being, especially for our children.

On **Saturday morning, March 13th** we will leave the Cross Timbers YMCA and go by bus to Camp Grady Spruce on Possum Kingdom Lake. David Touchon, Outdoor Educator for Camp Grady Spruce will guide us in canoes down the Brazos river. We will also have life guards in canoes and everyone will wear a life jacket.

The trip will be approximately 15 miles on the river and we will spend the night on tarps under the stars. This trip will require a lot of physical activity to paddle the canoes down the river. In the past, our explorers have quickly learned they need to work together to be able to go forward. It is a wonderful experience to see them all become a close group, making memories that will last a life time.

We will return to the Cross Timbers YMCA on Sunday afternoon around 4:30pm. We will call the front desk to give them an updated time of arrival during the middle of the day.

Please feel free to call Doug Berkel at 972-539-9622 or dberkel@ymcadallas.org if you have any questions or concerns. Also attached is a list of what you will need to pack, but please remember to pack light.



Greater Lewisville Family YMCA 2021 Cross Timbers Flower Mound, TX 75028 972-539-9622 www.lewisvilleymca.org

YMCA Mission: To put Christian values into practice through programs that build a healthy spirit, mind and body for all.
Financial assistance available.



Lewisville/Flower Mound

We will canoe on the Brazos River by Possum Kingdom (west of Fort Worth). The canoe trip is about 15 miles and we will sleep under the stars on tarps. **Please be sure to pack light**. One back pack for clothes is all you need to bring. Please do not bring large duffle bags since they do not fit under the seats on the bus, and they are too large for the canoe trips with all the other gear we need to bring.

Be at YMCA at 7:00 a.m. Saturday morning. We will ride by bus out to Possum Kingdom Lake and should be on the river by 10am.

Items to pack:

- Eat breakfast before you arrive, we will provide lunch, dinner and breakfast on the river and we will stop in Weatherford to eat lunch on the way home.
- Sleeping bag (or bedroll)
- Flashlight
- Water Bottle—Please label name for refilling
- Pillow
- Toothbrush
- Toothpaste
- Towel / Washcloth
- Jeans or long pants, t-shirt and sweatshirt or jacket
- Water shoes (not flip flops – it is too difficult to paddle in the canoe with flip flops and you can't walk in the water)
- Rain Gear (optional)
- Soap
- Hat or bandana
- Garbage bag and duct tape (to keep everything dry)
- Misc. (*it could get wet, so don't bring expensive items*)
 - Camera – it could get wet, so don't bring expensive items.
 - Cards
 - Sunscreen
 - Bug spray
 - Games
 - Book / magazine
 - Any medicine with medication form completed & signed
 - Snacks (Healthy snacks preferred – little or no candy!)

Things NOT to bring:

Electronics such as Nintendo DS's, PSP's, CD players, MP3 players, and **Cell Phones** - these items are a distraction and there will not be reception. Please leave them home.

Sell Under:
SH—Spring 2010

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SPRING BREAK CANOE TRIP

REGISTRATION FORM
LEWISVILLE FAMILY YMCA

Over Night Canoe Trip
March 13th-14th
Ages: 10-14 years old
Cost: \$100



PARTICIPANT'S NAME _____ D.O.B. _____ AGE _____ SEX **M** or **F**

PARENT/GUARDIAN _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HM PHONE _____ WK PHONE _____ E-MAIL _____

SCHOOL ATTENDING _____ GRADE _____

COMMENTS / SPECIAL FOOD REQUEST: _____

In case of accident or illness, I authorize the calling of medical services. I will not hold the YMCA or the group leaders responsible in case of accident. I can be contacted at one of the following numbers: _____ or _____.

In the event that emergency medical attention is deemed necessary, I give the YMCA permission to provide first aid and/or transport to the nearest emergency medical facility. I also give permission for necessary emergency treatment by a physician and/or hospital/clinic. By my signature and my free will I do hereby agree to indemnify and hold harmless the YMCA from any and all claims and demands, cost or expense arising out of any injuries to me or any party I am responsible for, and that I am liable for all such cost incurred.

Parent/Guardian Signature _____ Date _____

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