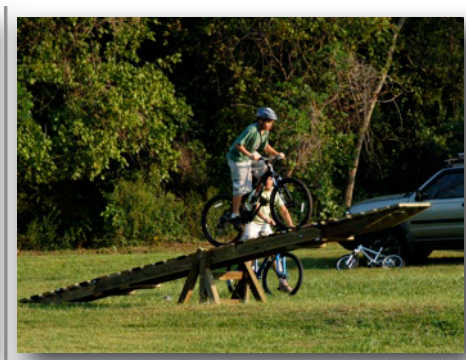




# Greenville Rec

GREENVILLE COUNTY RECREATION DISTRICT

## Outdoor Program Schedule



## OUTDOOR RECREATION

Did you know Greenville County boasts a wealth of outdoor opportunities? Greenville County Recreation District has partnered with local non-profits and retailers to create a brand-new Outdoor Recreation program to help you reconnect with the outdoors regardless of your age, skills, interests and courage levels.

We surveyed Greenville residents to determine what activities people wanted to try outdoors and used those results to create a comprehensive summer schedule.

Our mission is to help reduce the barriers between you and whatever whimsy you may have, from riding a tandem bicycle to riding a kayak over 20 foot waterfalls: we'll put you on the road to accomplishing your goals.

Questions? Call Chris at 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org)



### Yoga Outdoors:

Learn how yoga can vastly improve your performance in your other athletic pursuits in this month-long class taught by North Main Yoga. Instructors will guide you through breathing and strengthening exercises that will improve your endurance, flexibility, strength and focus. Please bring your own mat or a towel. Beginner friendly! Call 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) for questions or to register

Dates	Time	Location	Cost
May 2, 9, 16, 23, 30	9-10:30 a.m.	Poinsett Park	\$5/class



**If a tree falls in the woods and there is no one around does it still make a sound?**

Appalachian Outfitters' bite-sized outdoor education classes may not answer that age-old question, but they will teach you everything you need to know about backpacking and camping. These night classes will cover: how to set up a tent, how to prepare a tasty back-country meal and how to pack it, choosing the right outdoor footwear and socks, how to correctly treat and filter water, how to protect yourself from the sun and packing tips for travelers for any trip, anywhere in the world.

Classes begin **June 3 at 6 p.m.** at Appalachian Outfitters and run **each consecutive Wednesday.**

For specific topic dates or questions, call **(864) 987-0618**



## Get Wet

Our water-based adventures include whitewater and recreational kayaking, rafting and ducky trips that cater not only to the most tender-footed beginner but to the most precocious adventurer. Choose from our scheduled trips or arrange for private instruction. We will help you gain confidence in your skills so that you are able to succeed as a paddler.

We highly recommend joining our partner group the **Foothills Paddling Club** based out of Greenville, SC. They promote safe enjoyment of both whitewater and flat-water in canoes, kayaks, rafts, and other craft.

Meetings are held the 3rd Thu. of each month Mar-Oct USUALLY at the Greenville Library Main Branch (aka Hughes Library) at 7 p.m.

Trips are scheduled almost every weekend.

Membership is \$15/ year and includes a monthly newsletter. It also offsets the costs of major club events with the remainder going to charities such as American Whitewater.

Visit their site <http://groups.yahoo.com/group/foothillspaddlingclub/> to join.



## Down by the River Side

Lose yourself in beautiful scenery and unexpected critter encounters with the multitude of recreational kayak trips in and around Greenville County. Relaxation will seep through you as trained Sunrift guides lead you down gentle rivers. These classes offer a comfortable introduction to paddle sports and help more seasoned kayakers improve their skills. Trip numbers are limited, so reservations and a full deposit are required. Transportation is not included. Call Sunrift Adventures at (864) 834-3019 to register. Please use discretion when bringing children as to their familiarity with water-sport.

Days	Times	Ages	Locations	Cost
May 2-3	All-day	all	Oconee State Park	\$175
June 6	9-4 p.m.	all	Saluda River	\$75
June 7	10-4 p.m.	all	Lake Jocassee	\$75
July 11	10-4 p.m.	all	Lake Robinson	\$75
July 12	10-4 p.m.	all	Lake Jocassee	\$75
Aug. 23	10-4 p.m.	all	Lake Jocassee	\$75



## Whitewater Kayak Wrastlin'

We love white-water kayak-ridin' and so will you as you learn skills in a safe and comfortable setting. We offer one-day and two day clinics, river trips, private instruction, all week camps and women-specific programming.

### An Eskimo roll by any other name is only a roll if it works:

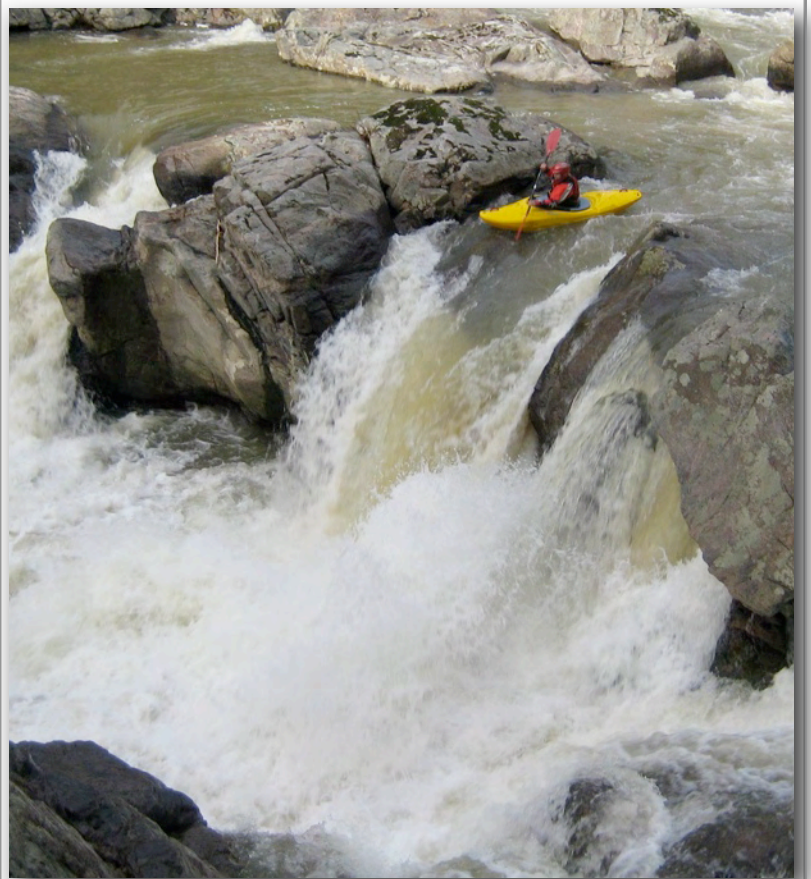
Even the most experienced paddlers need to tweak their kayak roll from time to time, and our expert roll instructors know exactly how to help. If it's your first time rolling or your 500th time, we can help perfect your roll. Group and private instruction is available year-round.

**Days:** June-September: Meet at Paris Mt. State Park the second and fourth Wednesdays of each month.

**Cost:** \$20 for boat rental and gear \$5 for roll instruction.

**Pre-registration required:** Call 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org)

Classes are capped at 10 and require a minimum of 4 participants.



### Kayak Wrastlin' 101: Sometimes you get the better of the river and... sometimes it gets you:

On day one, we'll go to a gentle pool of water to practice getting in and out of the boat and we'll begin to focus on balance, body mechanics, strokes, turns and leans. You'll also learn how to wet exit. Later in the day, you'll have a chance to practice those basics on a mellow class I-II river. On day two, we'll learn water features and how to work with the flow of the water. We'll focus on ferrying, eddying, river focus and more. You'll learn the techniques of peel-outs, eddy turns, steering, balance, and bracing in current as well as active visioning.



All equipment, instruction and transportation are provided. Classes are capped at 8 people. Participants under 18 must have an adult present or a signed consent waiver. **Must pre-register and pay a 50 % deposit.** \*Money saver option: bring your own boat and gear and save \$75.00 off the class! \*Locations will be determined by water flow and releases. Classes will meet at the put-in to each river. Lunch and snacks included. E-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) or call 814.9088 for more info.

Dates	Times	Ages	Locations	Cost
May 30-31	8-5 daily	all	TBA*	\$210
June 13-14	8-5 daily	all	Chattooga	\$210
August 22-23	8-5 daily	all	TBA*	\$195

## Liquid Gold: Start praying for rain

After taking Kayak Wrastlin' 101, sign up for our free monthly kayak trips to a river near you! This is a great way to learn the lines and shuttle routes at local rivers (a.k.a. Liquid Gold) with the instructors you feel safe with. These trips are only open to those who have completed a instructional clinic through GCRD. Must pre-register: Trips must have 5 participants.



Date	Time	Age	Locations
June 6	10-6	all	Pigeon River, lower and upper
June 7	8:30 and 1:30	all	Upper Green and lower Green
July 11	10:30	all	Chattooga Thrifts to Woodall
Aug 29	10-6	all	Ocoee



## Dynamite: Big rewards in a small package

These one-day comprehensive classes are a great way to fit quality instruction into a busy schedule. You'll learn kayaking basics that help you progress as a paddler on the beautiful waters of the Chattooga River. Trip numbers are limited, so reservations and a full deposit are required. Transportation is not included. Call Sunrift Adventures at (864) 834-3019 to register.

Dates	Times	Ages	Locations	Cost
June 8	All day	all	Chattooga	\$95
June 22	All day	all	Chattooga	\$95
June 29	All day	all	Chattooga	\$95

## Afterwork Paddle: (Down the river, silly!)

Catch rapids after work on the fun class II+ Log Shoals section of the Reedy River. You can opt for a guided tour or just ask for shuttle service! This is a great way to sneak an extra paddling day in during the week. We'll start running the trips every other Friday from May 29th to Sept. 18th. Want more? We'll add paddling days based upon demand. **Must pre-register:** minimum of 5, maximum 20. **Shuttle service is \$5, guided tours are \$20.** We can arrange for rental kayaks for an additional fee.

**Dates:** May 29, June 12, 26, July 10, 24, August 7, 21, Sept. 4, 18

**Times:** 6:30-9 p.m.

**Cost:** \$5/shuttle, \$25 for guided trip



## Gnar-Gnar\* Girls

(Gnar-Gnar\*= really hard technical rapids that are typically designated for guys or type-A chicas)

Girls have one up on guys with our balance, body awareness and fluidity. A good kayaker isn't defined by his/her upper body strength but by their ability to flow with the river. We want more chicas on the river so we created women's white-water kayak clinics. They are open to all levels of paddlers, from the novice to paddlers who want to push their limits. This new format allows women of different skill levels to

come together and empower one other by sharing their experience and knowledge on and off the water. It doesn't matter what level rapid you are running, if you are out there having fun, you are a Gnar-Gnar Girl.

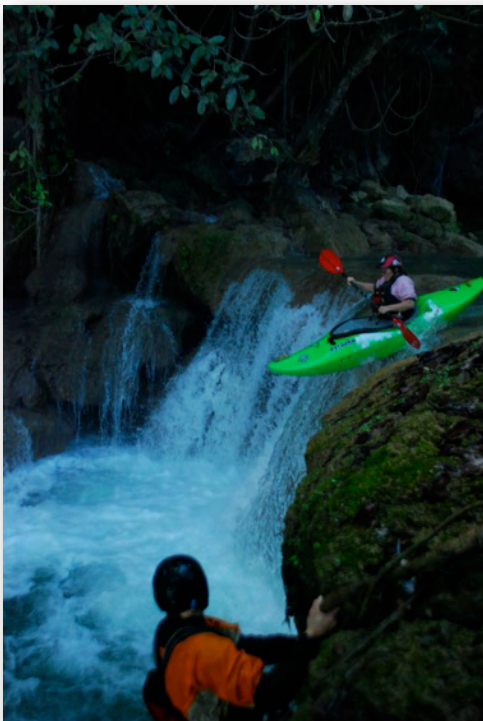
**Must pre-register:** minimum of 5 people, maximum 12.

50% deposit required. \*Money saver option: bring your own boat and gear and save \$75.00 off the class!

\*Locations will be determined by water flow and releases. Classes will meet at the put-in to each river.

Lunch and snacks included. E-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) or call 814.9088 for more info.

Dates	Times	Ages	Locations	Cost
June 20-21	8-5 daily	all	TBA*	\$225
August 29-30	10-6 daily	all	Green River	\$225



## BOOF (Boof\* = getting air on the river)

This intermediate clinic is the perfect introduction to South-Eastern creeking. We begin on class III/IV water to help you tighten your skills before heading to more technical rapids. We'll demystify boofing (yes, there is a way to boof great every time!) how to run drops, reading steep water, using rocks and other river features, appropriate gear, river hazards and safety, team-work, scouting and proper stroke technique.

**We recommend taking a Swiftwater rescue course prior to these clinics. Must pre-register:** minimum of 5 people, maximum 12.

50% deposit required. \*Locations can change according to water flow and releases. Classes will meet at the put-in to each river. Lunch and snacks included. E-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) or call 814.9088 for more info.

Days	Times	Ages	Locations	Cost
July 10-13	10-7 daily	all	Nanty/Ocoee	\$250
July 25-26*	all day	all	Ocoee	\$250
*Choose Play-boating or creeking focus				
August 8-9	all day	all	TBA	\$250



## SWIFTWATER RESCUE TRAINING: NOTHING TO SNIFF AT

This class is a must for all kayakers, especially paddlers looking to run class IV and up. Due to the inherent risks of whitewater, paddlers should understand potential risks and how to avoid and resolve unsafe river conduct. This class is the solution to being prepared for a myriad of river conditions. It is also appropriate for fire stations and emergency response teams who work in and around whitewater districts. Classes must have 10 participants and will be scheduled accordingly. E-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) or call 814.9088

## Whitewater Rafting: Safety in Numbers?

Explore the Chattooga, Nantahala and the Ocoee with our partners at Wildwater Rafting. They subsidize our outreach programs for at-risk youth and provide us with discounted trips to all of their locations. Rafting is the perfect activity for families, church groups for inexpensive summer-time fun! Rates are determined by number of participants, location and times of the week. Contact [cboush@gcrd.org](mailto:cboush@gcrd.org) or call 814.9088 for help planning your trip today!



## Rubber ducky, you're the one:



## you make kayaking so much fun!

These inflatable ducky classes are the perfect introduction to whitewater as you'll bob along sections of the Green River in rubber-clad safety. Start out on the 6-mile stretch on the lower section of the green river that offers easily navigated rapids and big swimming holes, perfect for the entire family. The other, a high-adrenaline river rush on the 4-mile upper section of the river, is designed for those with some river experience and a thirst for adventure. All trips are guide assisted. Contact Adam at 800.335.1530 and say you are calling from GCRD.

**Lower Green Trips:** M-F at 12 p.m. and 2 p.m.  
Sat/Sunday: 1 p.m. and 2 p.m.

**Costs:** \$45/person or \$35/kids under 12

**Upper Green Trips:** Sat/Sunday at 8:30 a.m.

**Costs:** \$65 per person, 12 +



## One, Two, Three, Four: Our Wheeled Adventures.

Our cycling adventures include mountain biking, road cycling, tandems, recreational riding and the notorious conference bike. Our classes and workshops will teach you that you don't have to be a lycra-clad super-hero to have fun riding a bike. After-all, who can argue with Queen's famous lyrics: "I want to ride my bicycle"?



**TANDEM, TOURING & RECUMBENT BIKES**  
GREENVILLE, SOUTH CAROLINA



### Lycra belongs in the 80s if you have a 4 inches of cushion on your seat:

The world of tandems and cruisers is a plush one and the perfect introduction to biking if the last time you rode you had a banana bike adorned with yellow streamers. The friendly staff at TTR Bikes will fit you on a bike and then we'll be off for a tour of the Swamp Rabbit Trail. Bike tours will be scheduled according to demand: call 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) to request a tour date.



**Tandem date-night adventures** include a guided tandem tour of the Swamp Rabbit hor'dourves and refreshments at romantic rest stops. **Dates: Sept. 4, 5, 18, 19.** Tours will run from 6-9 p.m. and are capped at 10 for this event so register early. **Price is \$80** per couple, deposits of 50% are required to hold your place. Custom trips are also available. Call 814.9088.

**A guaranteed giggle:** The TTR conference bike is everything from a lesson in team-work to hilarity as 7 people pedal together to make the 600+ pound bike move. Available to rent, call TTR at 864.283.6401 for details.







### Cadence 101:

Explore how road cycling can be a fun, low-key event and an easy way to exercise or commute around town in these beginner and family-friendly rides hosted by the Spinners. These rides are a great venue for experienced riders to bring interested friends and family members. E-mail [[dspinelli@charter.net](mailto:dspinelli@charter.net)] for more details.

### Greenways Bike Tours:

Take a lunch break with a bike tour led by Greenville's own Greenways Planner Brian Graham. Meet at noon at Linky Stone Park for a half hour exploration of Greenville's greenways! [www.bikeville.org/greenways](http://www.bikeville.org/greenways)

**Dates:** May 15, and then the third Friday of each month through August.

### Bicycle Commuter Safety Classes: How NOT to get hit by cars, bitten by dogs and so on and so forth:

Want to start commuting to work? Not quite sure what the rules of the road are? Nervous about traffic and want to learn the best local routes? Join us for commuter safety classes at TTR Bicycles where you'll learn how to safely navigate the streets and corridors of Greenville. Rental bikes and helmets will be available. **Must pre-register:** [cboush@gcrd.org](mailto:cboush@gcrd.org) or 814.9088.

Dates	Time	Cost
May 14	6-8:30 p.m.	Free for bike month!
June 13	6-8:30 p.m.	\$15.00
July 11	6-8:30 p.m.	\$15.00
August 8	6-8:30 p.m.	\$15.00



### A family that bikes together stays together:

May is our month to help families and kids learn cycling skills. We teach basics like breaking, shifting, steering, climbing and descending and to fall how getting hurt. More advanced riders will love our exciting man-made obstacles and taking their cycling to the next level. This month-long workshop is repeated in October, just in time for fall foliage. Meet at Sunrift. Save \$10 per class if you have your own gear. **Must pre-register** by calling 814-9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org)

Day	Time	Cost
May 4, 11, 18	6:30-8:00	\$20 per class or \$70 for month
May 23*	1-4 p.m.	

\*This Saturday class is the fun BMX skills day at Southside Park is the end of the 4 week skills class.



## A very fun way to hurt yourself:

Ground-boarding is Southeastern snowboarding at its best! These all-terrain boards edge and carve like a snowboard but feel a lot like surfing and skate-boarding also. Our very own Ground Industries will offer classes, camps and demonstrations on the variety of ways you can play with these fun and amazing boards. Discover why children and adults alike are raving about this growing sport. Our Ground-boarding Camp and Demo Day will teach participants how to edge, carve, balance, jump and maintain speed with ground-boards. They will also have the chance to demonstrate their skills on July 18 for fans at our Ground-boarding Demo day at Southside Park. **Must pre-register and pay 50% deposit.** Additional classes are scheduled according to demand. E-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) or call 814.9088.

Days	Time	Age	Location	Cost
July 16-18	All day	10 +	BMX Track	\$115
July 18	10-2	all	BMX Track	\$2 entry



**With your own two feet:** GCRD's hiking program caters to the beginner and intermediate hikers. Hikes are led by Naturalist and outdoorsman Dan Whitten and explore our regional waterfalls twice a month. These hikes range in difficulty. **Cost: \$10/ person. You must pre-register: Minimum of 5, cap /20.** Call 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) to register.

**May 2 - Raven Cliff Falls, Moonshine Falls, Confusion Falls and Rock Cliff Falls.** This hike of around 4 hours packs in four waterfalls in this moderate hike. Moonshine Falls still boasts the remnants of the old moonshine that gave it its name-sake.

**May 23 - Upper & Lower Bradley, Shunkawahken Falls.** Several stream crossings and a technical downhill section lead you to the beautiful 35 foot triple drop of Upper Bradley Falls with a rewarding swimming hole at the bottom. Across the road, you'll hike to Lower Bradley, a 65 foot drop viewed from a cliff edge with plenty of room. Hiking time is 3 hours total. Returning home, you'll stop to view the 150 foot drop of Shunkawahken Falls.

**June 6- Rainbow and Jones Gap Falls:** At 1.5 miles in we'll see the 50 foot drop of Jones Gap Falls before taking the 1.6 mile trail up to Rainbow Falls; a spectacular 100-foot drop. Total hiking time is 4 hours. Make sure to look for rainbows!

**June 20- Upper and Lower Whitewater Falls, Hilliard Falls :** The Upper Whitewater Falls overlook is a 404 foot drop on the Whitewater River. The Lower Whitewater is a 2.5 mile one way hike moderate hike. Total hiking time for these two is 3 ½ hours.

**July 11- Falls Creek:** Falls Creek Falls trail is a short 1.6 mile strenuous hike to a 100 foot waterfall in the Mountain Bridge wilderness area and well worth the effort. Crossing the stream below the falls, continue on up and along the ridge for another mile to Buzzard Rock overlook for a grand view up Jones Gap. Then continue along side of hill with a little off trail hiking to Headforemost Falls, an 80 foot drop. Return the same route for a total hiking time of 4 hours.

**July 25 - Mills Creek Falls** The first 3.6 miles to the summit of Table Rock is strenuous (1,964 feet elevation gain), but the rest is pretty much down hill. The fantastic view from the summit at 3124 feet includes Table Rock reservoir, Caesar's Head and Slicking Rock Falls. Retrace the last half of the Table Rock trail to the Ridge Trail, to the Mills Creek Pass Trail, to the spur trail to Mills Creek Falls, a 75 foot drop. Total hike is 10 miles and 5 to 6 hours.

**August 1- Station Cove Falls, King Creek Falls and Spoonauger Creek:** Station Cove is a 60 foot drop into a beautiful cove forest with ravens resting on nearby cliffs. This is an easy 1/2 mile hike. We'll couple that with a 1 mile hike to King Creeks Falls and then head upstream on the Chattooga to see a 40 foot drop off of Spoonauger. This is a beautiful and easy hike.



### Newton's Law:

There is no better way to face your fear of heights than to take one of our rock climbing classes. Our guides explain proper technique, how to route the best line up the rock face, balance, body positioning, strengthening exercises and more. You'll also learn the local hot-spots for climbing. These classes and workshops are great for all ages and make for a fun birthday party or church group event.

Must pre-register, classes must have a minimum of 5 and a maximum of 20. E-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) or call 814.9088

Date	Time	Age	Locations	Cost
June 27	10 a.m.	All	Crowders Mtn.	\$65
July 11-	10 a.m.	All	Beginner Bouldering	\$20
July 18	10 a.m.	All	TBA	\$25
August 22	10 a.m.	All	Jones Gap*	\$65

\*Location may be changed.

**Explore your dark side:** Find your inner Bat-man on one of our caving trips led by North Greenville University. Experienced guides will lead you through cavernous spaces that will take your breath away. Bat encounters are optional. Meet at North Greenville University. **Must pre-register** and pay 50% deposit. Trips must have at least five participants and are capped at 25.



Day	Time	Age	Locations	Cost
July 9	7 a.m.	10+	Meet at NGU	\$110 (lunch and transportation)
August 22	7 a.m.	all	Meet at NGU	\$110 (lunch and transportation)



( great outdoor  
adventure trips )

www.goattrips.org

### G.O.R.P. THAT'S THE LIFE FOR ME

Overwhelmed by the thought of starting backpacking? Let Greenville Outdoor Adventure Trips do the work for you. They offer one, two and three day trips as well as custom backpacking trips. They also provide the gear, food and transportation. You'll learn how to pack, set up camp, cook, store food, treat medical issues and more in these educational and fun trips.

They also offer adventure days on Thursdays that range from hiking, climbing and rafting. Visit their web site, [www.goattrips.org](http://www.goattrips.org) to register or for details.



PASSPORT



SUMMER PROGRAMS

## Real life is more exciting than T.V.

So we created a Passport to Adventure program to help teach kids and teens that the playing outdoors is more exciting than T.V.

All of our camps are multi-faceted to promote team-building, service projects, risk assessment, self-confidence, mental and physical strength and responsibility through outdoor challenges. Instructors are highly trained and certified in Wilderness First Aid.

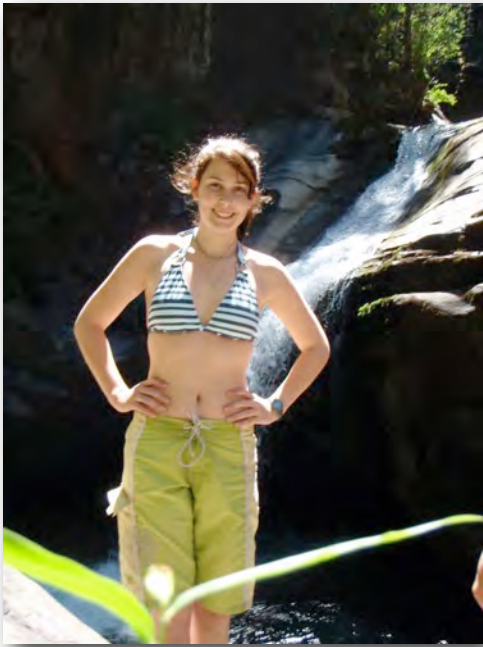
Sift through the multitude of offerings and then sign up for an adventure camp that will allow your children to find outdoor activities they will thrive at now and for a life-time.

Call 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) to register.

### Like a sundae with the works: June 8-12, 8 a.m.-5 p.m. daily.

Our **multi-adventure camps** for ages **6-10** are the perfect introduction into a wide variety of outdoor pursuits. Professional and kid-friendly instructors will facilitate the classes which will include high and low ropes courses, orienteering, rock climbing, bike riding, nature classes, arts/crafts, water-park, hiking and more. We guarantee your kids will be begging for more! Winter programming will vary slightly. Question or concerns? We'll arrange for you to speak with our instructors and parents whose children have taken the camp. Based on demand, we may schedule a second week of camp for kids ages 6-10. You must pre-register and deposit 50%. Classes are capped at 20 children to maintain our instructor to student ratio.

**Cost: \$275.00. Please bring a lunch. Cost includes photo CD**



**I know what you did last summer.... and it was awesome!**

**June 15-19 8 a.m. to 6 p.m. +**

Our **high adventure camps** for ages 11-17 are an explosion of adventure and fun. Teens and pre-teens will learn valuable life lessons as they experience caving, rock climbing, class III+ ducky adventure, hiking, bouldering, ground-boarding and wilderness first aid in this packed week. You must pre-register and deposit 50%. Classes are capped at 20 children to maintain our instructor to student ratio.

**Cost: \$425.00. Please bring a lunch. Cost includes photo CD**

### **Climb camp week July 6-10, all day**

This camp is for 11+ and will help young rock climbers grow and prepare for competition and a place on the Adventure Greenville Team. Three highly experienced guides will lead teens through the paces to work on their balance, strength, technique and problem-solving skills.

Our camps are for beginners and climbers that want to turn it up a notch and climb stronger, smarter and safely. Have fun while exploring all aspects of climbing from sport, crack climbing, traditional gear, multi-pitch, bouldering, to building anchors, self-rescue and develop balance/strength and flexibility. Our goal is to promote a sense of adventure, life-long learning in climbing, and an appreciation for the outdoors. We will establish and develop individual goals, create opportunities for exposure to new climbing styles and techniques in a safe, supportive environment.

Must pre-register and deposit 50%. Classes are capped at 15 to maintain our standards of staff to student.

**\$425.00**





## KAYAKING FOCUS CAMP JULY 13-17 FROM 8-UNTIL

Experienced paddlers will help kids 11+ become better kayakers regardless of their current skill level. Our instructors will divide children by ability and experience to give them the most out of this opportunity of a life-time.

Team Pyranha paddler Christine Boush and ACA/NOC certified instructor has a fun teaching style that puts students through the paces to becoming safe, consistent kayakers. We'll travel to local rivers, including the Green, the Chattooga, the Pigeon, Nantahala and the Ocoee. Must pre-register for the camp, a 50% deposit is due. Camp is capped at 10 kids for optimum ratios. Call 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) to register.

**Cost: \$475\* save \$125 with your own gear.**

## Mountain Biking Focus Camp August 10-14 all-day

Are you into mountain biking and want your kids to be too? Leave them in our capable hands as we use their learning styles to break down the concepts of mountain biking. This week-long camp is appropriate for brand-new bikers and intermediate bikers to learn new skills, make new friends, and explore the numerous trails around Greenville County. The curriculum includes half-day training on skills like cornering, jumping, trail-reading, body position, balance, bike-set up and half days of trail riding at Paris, Croft, Pisgah and Isaqueena. The class will also have a day at the BMX track to help enhance their mountain bike skills. On Friday, we'll head to Tsali for a half day of biking and a half day rafting to end the week. Must pre-register for the camp, a 50% deposit is due. Camp is capped at 10 kids for optimum ratios. Call 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org) to register.

**Cost: \$400\* Save \$150 with your own gear.**



**Did we miss something you want to try? We offer custom trips, private instruction and more for schools, church groups, families and businesses. Let us know what adventure you want and we'll work with you to make it happen. Simply call 814.9088 or e-mail [cboush@gcrd.org](mailto:cboush@gcrd.org)**

REGISTRATION FORM (FAX/MAIL/E-mail)	*Required Fields
* Trip Type	
* Date	
*Payment type: (check, cash, credit)	
*Pay in full/ 50 % non-refundable deposit	
* Full Name	
* Last Name	
* Address	
* City	
* State	
* Zip	
* Phone	
* Email Address	
Emergency Contact Info	
* Full Name	
* Who is this person?	
* Address	
* Phone	
<b>Medical Information</b>	
* Age	
* Height	
* Weight	
Gender	
Do you have allergies to food, insects, or medications?	
How do you react to the allergen?	
What medications do you take for this?	
Do you have any medical or physical conditions that can affect you during physical exercise?	
Please list any medications you are currently taking:	
* Please describe any serious injury, illness, or surgery you've had in the last five years?	
* How often and in what activities do you regularly exercise?	
* Please describe any relevant experience you have:	
How did you hear about us?	