

Registration

The Mountain Adventure School has four sessions, each open to different age groups. Five days of fun and learning, along with a T-Shirt and a certificate of completion. To register for a session, fill out the following registration form. Upon receipt of the registration, a conformation of registration and information packet will be sent to each student detailing activities and necessary gear.

Campers Name: _____

Age: _____ Gender: _____

Adult T-Shirt Size (circle): S, M, L, XL

Last Grade Completed: _____

Parent/Guardian Name: _____

Email Address: _____

Phone #: (H) _____

(C) _____

Check the session you wish to register.

- | | | | |
|--------------------------|----------------|------------|-------|
| <input type="checkbox"/> | Rock 'N Water | June 18-22 | \$315 |
| <input type="checkbox"/> | Water 'N Woods | June 25-29 | \$275 |
| <input type="checkbox"/> | Water 'N Woods | July 9-13 | \$275 |
| <input type="checkbox"/> | Rock 'N Water | July 16-20 | \$315 |
| <input type="checkbox"/> | Water 'N Woods | Aug 13-17 | \$275 |

*A \$100.00 **non refundable** registration fee and a completed Essential Eligibility Criteria form are required to reserve your spot in MAS. The balance is due two weeks prior to your MAS start date.

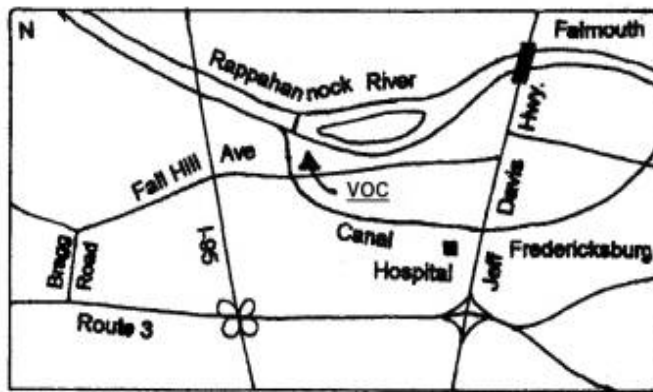
List of Equipment

- Day Pack
- Lunch
- Water (at least 2 liters — no glass bottles)
- Shorts
- Nylon River Shorts
- Water Shoes (no flip flops)
- Hiking Boots
- Nylon Jacket (cool mornings)
- Sunscreen
- Sun Hat
- Sunglasses (keeper straps for sunglasses)
(a more detailed list will be provided upon registration)

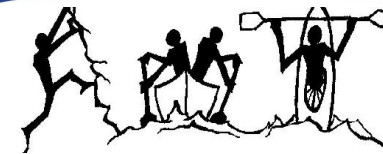
We have a schedule of what we'll do each day during MAS, but ultimately the weather dictates what we can and cannot do. So everyday we need to be prepared for any of the activities listed on the schedule. We have a large area at our facility for our MAS students to leave gear that they may not need on a particular day.

Drop off: 8:30AM

Pick Up: 4:00PM



Virginia Outdoor Center
3219 Fall Hill Ave.
Fredericksburg, VA 22401



MOUNTAIN ADVENTURE SCHOOL

Water 'N Woods
 Hike-Canoe-Climb
 Ages 9-12

Rock 'N Water
 Climb-Kayak-Canoe
 Ages 13-15



Forget about camp...

School is in session!

(540) 371-5085

Email: info@playva.com

There are only three sessions of Water 'N Woods and two sessions of Rock 'N Water. We deliberately keep the numbers in each session low so that the students get a real outdoor experience. Because of this, our camps fill up very quickly. Please register and send in your deposit as soon as you know what dates you want to attend.

Water 'N Woods

9-12 year olds \$275

This is where it all starts. Spend the week learning how to handle yourself in the great outdoors in a fun and safe manner. There will be a day getting to know each other and learning about river safety, another in canoes and kayaks, another at the rocks, a river canoe trip, and the graduation day climbing, hiking and swimming in the river.

When it's all said and done, you'll travel to an island, work your paddling skills on a lake, canoe down a river, and climb a cliff. All having fun away from asphalt and video games. It's also a good way to get ready for the **Rock 'N Water** camp.

Rock 'N Water

13-15 year olds \$315

The **Rock 'N Water** week is designed to expose you to all that the outdoors has to offer. We jump right in on the first day with river safety and a river trip. There's a day of rock climbing, a day in kayaks and stand up paddleboards, and a whitewater day. When it's all over, you'll have gone through a week of experiences and learning that will be the foundation for the outdoor skills that last a lifetime. Kids from this program have ended up working at the VOC— even this year's leader.

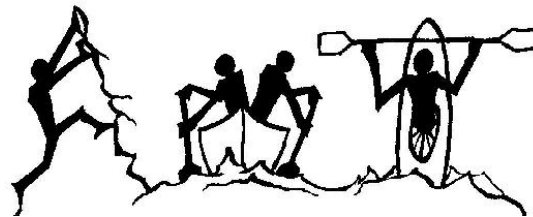
Both Rock 'N Water and Water 'N Woods have an optional campout Thursday night.

Your Teachers

Nic Wolfe is a 2007 graduate of our Rock 'N water program and employee at the VOC since 2010. He graduated from the University of Alabama where he worked in the Outdoor Recreation Center and gained a degree in Biology and Anthropology. Nic is a certified Wilderness First Responder, an American Canoe Association canoe instructor, and climbing instructor.

Nic is returning for his second successful season as the M.A.S. lead instructor. He will be assisted by a qualified female assistant to make sure all students get fantastic instruction and have a great time.

Nic and his assistant are supported by the entire VOC staff throughout the Mountain Adventure Schools.



Each day begins and ends at the Virginia Outdoor Center's main facility located at 3219 Fall Hill Ave. Fredericksburg, VA 22401. Drop off 8:30AM and Pick Up 4:00PM.



MOUNTAIN



ADVENTURE



SCHOOL

Please call or email with any questions about our programs. Our staff will be happy to help and talk with you!

**540-371-5085
Info@playva.com**



**Virginia Outdoor Center
3219 Fall Hill Ave.
Fredericksburg, VA 22401**