

# Grafton 2023 Summer Clinics

Fin and Feather Sports Youth Programs Registration is done online at: www.graftonma.recdesk.com/Community/Home

# Outdoor Adventure Clinics and High Adventure Clinics Program

Join the Staff at Fin and Feather for a fun Outdoor Adventure program on Lake Ripple. Activities will consist of: Archery Clinics, Using a Map and Compass, Shore Fishing (High Adventures Fishing on the water and shore) Nature & Hiking, Canoeing all ages, Kayaking (ages 9+) Camping and wilderness survival, and more!

## This summer offerings:

1- 2 day session and 6- 4 day sessions. The programs run 9 am – 2 pm daily at the Grafton Lions Club at 68 Brigham Hill Rd Grafton, MA.

**Our Regular Program is for ages 6 - 11**, age appropriate activities in all sports Activities during these sessions will consist of: Archery Clinic, using a Map and Compass, Shore Fishing, Nature & Hiking, Canoeing all ages, Kayaking (ages 9+) Camping and wilderness survival, and more! Kayaking for age 9 and up providing we have a signed kayak permission slip on file.

**Our High Adventures is for ages 11 - 14**, this program is designed for older girls and boys turning 11 by the monday the session starts. It is more challenging with additional adventures such as shore fishing and fishing in canoes, trail biking (bring your own bike & Helmet), Canoeing and Kayaking up the Quinsigamond river, archery with both recurve & compound bows, using Map & Compass, Nature, Hiking, Wilderness survival and Camping skills and more. Kayaking for age 9 and up providing we have a signed kayak permission slip on file.

Name of Program	#	Days	Dates	<u>Times</u>
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JULY SESSIONS				
Outdoor Adventures	#1A	2 day Thurs & Fri	7/6 & 7/7	9am - 2 pm
Outdoor Adventures	#1	Mon - Thurs	7/10 - 7/13	9am - 2 pm
High Adventures	#1	Mon - Thurs	7/10 - 7/13	9am - 2 pm
Outdoor Adventures	#2	Mon - Thurs	7/17 - 7/20	9am - 2 pm
High Adventures	#2	Mon - Thurs	7/17 - 7/20	9am - 2 pm
Outdoor Adventures	#3	Mon - Thurs	7/24 - 7/27	9am - 2 pm
High Adventures	#3	Mon - Thurs	7/24 - 7/27	9am - 2 pm
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### **AUGUST SESSIONS**

<b>Outdoor Adventures</b>	#4	Mon - Thurs	7/31 - 8/3	9am - 2 pm
High Adventures	#4	Mon - Thurs	7/31 - 8/3	9am - 2 pm
<b>Outdoor Adventures</b>	#5	Mon - Thurs	8/7 - 8/10	9am - 2 pm
High Adventures	#5	Mon - Thurs	8/7 - 8/10	9am - 2 pm
Outdoor Adventures	#6	Mon - Thurs	8/14 - 8/17	9am - 2 pm
High Adventures	<b>#6</b>	Mon - Thurs	8/14 - 8/17	9am - 2 pm

#### **ARCHERY SESSIONS**

Looking for a unique recreation activity? Join in at one of our Archery clinics this summer. Archery is an individual sport that provides the opportunity for anyone to do well. The benefits of archery include exercise, mental focus, self-discipline and social interaction. This program teaches the fundamentals of good form and technique, as well as safety. No Equipment needed. Location: Grafton Lions Club

Archery 1 DAY CLINIC #G1AR	Monday	July 10	2:15pm - 3:45pm
Archery 1 DAY CLINIC #G2AR	Monday	July 24	2:15pm - 3:45pm
Archery 1 DAY CLINIC #G3AR	Monday	Aug 7	2:15pm - 3:45pm

#### **GRAFTON PADDLE NIGHTS AVAILABLE THIS SUMMER**

PREREGISTRATION ON THE TOWNS RECREATION WEBSITE IS REQUIRED. COME ON OUT AND ENJOY A PADDLE ON SILVER LAKE AT THE TOWN BEACH.

Join us as we lead the group in an evening paddle around Silver Lake. Individuals and families are welcome. You may rent and rentals will be delivered onsite the night of the event which include life vests and paddles. The first few minutes will include instruction, safety talk and Q&A.

General Information:

- To kayak or canoe as an individual, the minimum age is 9 years old.
- The minimum age for a child to be with An adult in a canoe is 4 years old or 30lbs.
- The minimum age for a child to be with An adult in a tandem kayak is 6 years old.
- A canoe can hold up to 3 adults or 2 adults and 2 children (minimum of 4 years or 30lbs)

#### RENTALS Canoes and Kayaks are available. See Grafton Recs website for details.

TUESDAY	JULY 11TH	6:30 PM - 8 PM
TUESDAY	JULY 25TH	6:30 PM - 8 PM
TUESDAY	AUGUST 8TH	6:30 PM - 8 PM