

# Don't forget SUMMER CAMP

## Must-have items for your spring camping trip



The spring camping season is here and it's time to get ready. These five must-have items are not only compact, they'll ensure you have fun and make the most of your trip:

**1. Rest and relaxation:** After a day of vigorous activity, you deserve to put your feet up. And there is no better way to relax than with a hammock. Hammocks that come with their own stand offer super easy set-up, instantaneously turning your campgrounds into a home away from home.

**2. Tech support:** Whether your day-time excursions include fishing, hiking or rappelling, wearable tech can support your adventures. The ProTrek PRT-B50 Series of watches feature a compass, an altitude/barometer and temperature measurements so you can stay oriented and safe. For those tracking their fitness goals, calories burned and step count offer valuable metrics that are recorded by the ProTrek Connected app. The app also offers a lineup of useful tools for the outdoors, including a Trekking Log that plots altitude points along the trail, and a Location Indicator, to help you track your route from pinned locations.

**3. Delicious snacks:** For a delicious evening snack, don't forget supplies for S'mores. To simplify your packing, get a kit that comes with all the ingredients and tools you need for gooey goodness, including roasting sticks. All you need to provide is the campfire.

**4. Music makers:** Speaking of campfires, the best nights under the stars are those accompanied by music. To shake things up a bit, bring along a portable keyboard, like the Casiotone CT-S200. This ultra-compact model is powered by six AA batteries and features a built-in carrying handle and speakers, so you make music wherever and whenever you want. Weighing less than 8 pounds and small enough to fit into a slightly oversized backpack, it's the perfect instrument for on-the-go adventures.

**5. Streamlined entry:** National Park Pass: Frequent campers should not leave home without a National Parks and Federal Recreational Lands Pass. Covering entrance, standard amenity fees and day use fees for a driver and all passengers in a personal vehicle, it's a cost-effective way to enjoy over 2,000 national parks and wildlife refuges nationwide.

As you ease into the camping season, gear up with supplies that make every adventure amazing.

— StatePoint

### TOP GUN GYMNASTICS

## Summer CAMP 2022

8 WEEKS TO CHOOSE FROM

- ♦ 6/20-6/24/22  
SUMMER KICK OFF WEEK
- ♦ 6/27-7/1/22  
NINJA WEEK
- ♦ 7/11-7/15/22  
SUPER HERO WEEK
- ♦ 7/18-7/22/22  
OCEAN WEEK
- ♦ 7/25-7/29/22  
ANIMAL WEEK
- ♦ 8/1-8/5/22  
NINJA WEEK
- ♦ 8/8-8/12/22  
TALENT SHOW WEEK
- ♦ 8/15-8/19/22  
END OF SUMMER FUN WEEK

SUMMER CLASSES: 6/27-7/28/22 (NO CLASS 7/4-7/8/22) & 8/1-25/22

|                                                                        |                 |
|------------------------------------------------------------------------|-----------------|
| <b>To Register:</b>                                                    | <b>TUITION</b>  |
| 7 Trapper Brown Road                                                   | 8-NOON \$130.00 |
| Holderness, NH 03245                                                   | 8-3PM \$170.00  |
| ph 603-536-1992                                                        | 8-5PM \$215.00  |
| <a href="http://www.topgungymnastics.com">www.topgungymnastics.com</a> |                 |

## Summer Sailing Camp

**Our 35th Year!**

Kids ages 7-16  
Beginner to advanced  
Financial aid available  
After-School Sessions May - June  
All-Day Sessions June - August



The LWSA has taught several thousand young sailors since 1988. Our US Sailing Association nationally-certified instructors know what to teach at each level from novice to racer, and how to make it fun, too! Course includes classroom and on-the-water training on our fleet of 37 boats.

See our schedule and course details online at [www.lwsa.org](http://www.lwsa.org)

Questions ? E-mail us at [sailing-school@lwsa.org](mailto:sailing-school@lwsa.org)  
Check us out on Facebook <https://www.facebook.com/LWSA.School/>

**We Want Your**

## READER pics

 Send your photo and caption to [readerpics@laconiadailysun.com](mailto:readerpics@laconiadailysun.com)

# SUMMER CAMP



## Prescott Farm welcomes Chris Wellens as camp programs director

LACONIA — Prescott Farm Environmental Education Center has recently appointed Chris Wellens as camp and school age programs director.

In his role, Wellens will oversee Prescott Farm's WildQuest Day Camps, Naturalist in the Classroom & Field Trip programs, as well as any community connections programs for children and adults to experience together.

Chris grew up exploring the woods behind his house. His appreciation for the natural world was nurtured during his family's many camping trips. Chris has years of leadership experience at nature centers and camps and is excited to bring his knowledge and expertise to Prescott Farm. He has previously served as an environmental educator, wilder-



WELLENS

ness trip leader, director of education, and most recently camp director at a residential camp.

"There's a lot to love about being part of Prescott Farm, but I think my favorite aspect is the intentionality behind all of the programs," Wellens said. "At their core, they each connect people of all ages to the beauty of New Hampshire's natural ele-

ments."

"We are extremely lucky to have Chris on our team," Executive Director Jude Hamel said. "He has an infectious enthusiasm for connecting kids to nature. With camp season right around the corner, his incredible management, planning, and team-building skills are crucial to our success."

For more information about Prescott Farm, visit: [prescottfarm.org](http://prescottfarm.org).

## Early start for Circle Program and Holderness School Camp Clean Up Days

HOLDERNESS — Circle Program is re-opening its camp gates this spring for their annual Clean Up Days — May 21 and May 22. Thanks to the Holderness School's ninth-grade class, the camp spring cleaning started early. For two weeks in March groups of nine students and two teachers visited Circle's camp. They cleaned the inside of the camp buildings, toured the camp grounds, and learned about Circle's mission.

This partnership was part of Hold-

erness School's Project Outreach program which is their 11-day all-school "Special Programs" event scheduled every March. The entire ninth grade becomes involved with service learning by working with non-profit organizations throughout the state. The students also fundraise for the Special Olympics of NH, raising just under \$15,000 this year.

The feedback from Circle staff, Holderness School staff, and students

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## KIDS CAMP



**HALF & FULL DAY SESSIONS** (AGES 6 - 14)  
SATURDAYS FROM MAY THROUGH OCTOBER

**[HIGHLANDMOUNTAIN.COM/CAMPS](http://HIGHLANDMOUNTAIN.COM/CAMPS)**

75 SKI HILL DRIVE, NORTHFIELD, NH | 603.286.7677

### MOULTONBOROUGH RECREATION DEPARTMENT

## SUMMER DAY CAMP 2022

SUMMER FUN IS CALLING YOU!

June 27 - August 19

8am - 4pm Monday thru Friday

Bring lunch, drink, snacks & labeled water bottle

@Moultonborough Central School

Theme days & special activities are planned weekly for maximum fun!

Field trips on Wednesdays

(Field trips are an additional cost and are not mandatory. However, day camp will not be provided on Wednesdays.)

**Ages 5 - 11 (\*entering K thru entering 5th grade)**

\*Age 4 & 5 participants MUST be registered for public school Kindergarten in order to attend camp.

\*Campers who are entering 6th grade, but are still 11 years old are eligible for camp!

Registrations  
Open  
April 12  
Don't delay!  
Space is limited!

Call MRD for  
more info!  
603-476-8868

### Updated Session Options

Session 1: June 27 - July 8 - 2 weeks  
(No camp on July 4)

Session 2: July 11 - August 5 - 4 weeks

Session 3: August 8 - 12 - 1 week

Session 4: August 15 - 19 - 1 week

1 child: \$95/week

2 children: \$160/week

3 children: \$215/week

More than 3 children?

No worries - call us for more  
multi child rates

Partial Scholarships & Payment Plans are available.  
Call our office for info.

Register online or in the Recreation office @ 10 Holland Street.  
Payment Plans & Scholarships cannot be processed online &  
MUST be processed at the Recreation Office.



Moultonborough Recreation Dept.  
10 Holland St. PO Box 411  
Moultonborough, NH 03254  
603-476-8868  
[www.moultonboroughnh.gov](http://www.moultonboroughnh.gov)

# SUMMER CAMP



## Great hiking gear that helps you move fast

Hiking fast isn't necessarily about clocking your best time or the bragging rights, it's about experiencing more goodness with friends and family. More alpine lakes, more craggy peaks and more wildflowers. More high fives at the summit, more victory snacks and more unexpected patches of wild blueber-

ries. If your bulky, heavy hiking gear is holding you back, consider trading it in for these lighter -- yet still rugged -- selections:

- **Fast and free footwear:** Oh, the hiking shoe conundrum. Your trail runners feel light and free, but they don't protect your feet on rugged trails. Your

hiking boots hold up to the roughest terrain, but they aren't meeting your need for speed. Carry two pairs of shoes? No one has the backpack space for that. With this dilemma in mind, KEEN developed the NXIS Collection, its lightest hiking sneakers to-date. Fast and stable, these hiking shoes with a running shoe feel can handle any terrain -- from asphalt to trail to rock to stone steps, yet they're light enough for city hikes and just hanging out too. With a comfort fit that holds your heel firmly in place while giving your toes the space they need to stretch out, an all-terrain tread for extra grip on any trail surface, (think slippery roots, wooden bridges and boulder fields) along with serious toe protection, you can move fast with confidence. Using lightweight mesh, they're breathable, and nearly all the shoes in the collection feature a KEEN.DRY waterproof membrane to keep out water. To learn more, visit [keenfootwear.com/nxis](http://keenfootwear.com/nxis).

- **Reduce your load:** Take the weight off your shoulders with a running belt. Bounce-free and chafe-free, running belts can be worn on the front, back or even on the hips, giving you the choice to shift the load. They also offer sufficient space for essentials, snacks and hydration to support you all day, without tempting you to pack more than what you actually need. Want an even lighter load? Opt for on-the-go hydration fill-ups with a portable water filter system.

- **Versatile trail shorts:** Breathable and water-repellent, Patagonia trail shorts are ultralight so they won't weigh you down. And because they're designed to improve range of motion, they also won't hold you back.

- **Snack smart:** Snacking smart on the trail is all about two things when you're hiking far: optimal nutrition and density. And when you're hiking fast, it should also require zero prep. Take the guesswork out of the equation with Range Meal Bars, which pack 700 calories, 19 grams of protein and other vital nutrients like potassium and iron, in each vegan, gluten-free bar. Made of such natural ingredients as almond butter, crystallized ginger and chia seeds,

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were extremely positive. The students loved visiting the camp and eating their lunch in the camp dining hall while Circle and Holderness staff brainstormed new ways the two organizations can collaborate more in the future.

For anyone interested in participating in Circle's May clean-up days, mark your calendar for Saturday, May 21, and Sunday, May 22 from 10 a.m. – 2 p.m. Please RSVP by calling the office at 603-536-4244 or emailing [liz@circleprogram.org](mailto:liz@circleprogram.org). Lunch is provided.



## HOLY TRINITY Summer '22 PROGRAM

**\$200/wk**

June 27 - July 1 Music Makers: Jazz  
July 5-8 History: Ancient Egypt  
July 11-15 Stories and Art of Eric Carle  
July 18-22 Places and Countries-Hawaii  
July 25-29 Science: Inventors' Workshop  
Aug 1-5 Fairy Tales and Fables  
Aug 8-12 The Art of Monet

St. Andre Bessette Campus  
19 Gilford Ave., Laconia, NH 03246  
[amoneysmith@htsnh.org](mailto:amoneysmith@htsnh.org)

Scan to Register



**fun & outdoor  
creative activities**

Cooking, baking, outdoor games, treasure hunt, story telling, carnival games, interactive games, etc.

Weekly outings to local farms, nature trails, science centers, ice cream shops, etc.

For Ages 3-8  
9am-4pm Daily  
Low Camper-to-Counselor Ratios  
Questions?  
Please contact  
Amanda Moneysmith at  
[AMoneysmith@htsnh.org](mailto:AMoneysmith@htsnh.org)

Holy Trinity Catholic School | 19 Gilford Ave., Laconia, NH 03246 | 603.524.3156 | [infoQ@htsnh.org](mailto:infoQ@htsnh.org)

## HISTORY

In Saturday's Laconia Daily Sun

# SUMMER CAMP



from preceding page

they offer the fuel you need to keep going, without adding unnecessary bulk to your day pack.

Whether you're scurrying up

a slope to catch a sunset view or mudsliding your way back to the tea thermos in the car, packing light can help you go farther, faster.

— StatePoint



## Join our summer day camps for kids!

Orientation Flights • Field Trips • Hands-on Aviation Activities  
Located at Laconia Airport

### SESSION ONE July 11-15, 2022

Elementary Aerospace Academy;

\* Choose from morning 8:30 - Noon or Afternoon 12:30 - 4

#### Grades 3-5

Aviation & space science and technologies.

Three Middle School Aviation Academies;

#### Grades 6-8;

Pilot and air traffic control

Pilot and search/rescue & emergency services

Pilot and aerospace engineering/manufacturing

### SESSION TWO July 18-22, 2022

Elementary Aerospace Academy;

\*\* One session only 8:30 - Noon

#### Grades 3-5

Aviation & space science and technologies.

Two High School Aviation Academies;

#### Grades 9-12

Pilot, aerospace engineering/manufacturing

Drone/UAS Academy

Space Academy; Grades 6-9

Model rocketry, space environment, spacecraft

Elementary sessions half day only.

Middle and High School sessions all day; 8:30 - 4

Contact Dan Caron, ACE Director dan.caron@winnaero.org

[www.winnaero.org](http://www.winnaero.org)

**TimberNook**  
Sensational Experiences

Registration  
Open Now!

## TIMBERNOOK SUMMER CAMPS 2022!

**Extreme Art**  
Ages 5-10 years  
**June 27-July 1**

**Castaways**  
Ages 7-12 years  
**July 11 - 15**

**Going Wild**  
Ages 7-12 years  
**July 18-22**

**Barefoot and Buckets**  
Ages 5-9 years  
**July 25 - 29**

**Frozen Jr. Theater Camp**  
Grades 6-12  
**July 18 - 29**  
Grades 3-5  
**July 25 - 29**



Visit us online for more information or to sign up: [LaconiaChristian.org](http://LaconiaChristian.org)

Laconia Christian Academy  
1386 Meredith Center Road, Laconia, NH 03246  
(603)524-3250 • [Info@LaconiaChristian.org](mailto:Info@LaconiaChristian.org)



## Laconia Parks & Recreation's

Registration  
open for Laconia  
residents only  
from April 1st  
to June 1st.

## OPECHEE DAY CAMP

**June 27th through August 19th**  
**Opechee Park House**  
**Monday - Friday**

Residents ~ \$105 per week  
Nonresidents ~ \$145 per week  
Sibling Discount ~ less \$20 per week  
Field trips an additional fee.

Weekly  
enrollment

Free breakfast and lunch provided daily by CAP.  
Snacks are required.

Youngest campers will need to have finished a year in Kindergarten to come to camp.  
Oldest campers will have just finished their 5th grade year