

# URBAN ADVENTURE FOR TEENS

**Location** The Sports Center

**Ages** 12-16 years old

**Dates** July 5 - August 27

**Drop-off** 8:30am - 9:00am

**Camp Time** 9:00am - 4:00pm

Urban Adventure Camp offers teens up to eight weeks of intensive instruction in kayaking, rock climbing and sailing, as well as opportunities to participate in more traditional sports such as basketball, soccer, volleyball and ice skating. Campers must turn 12 by June 1, 2010.

## CAMP FEATURES

- Individualized instruction
- Low camper/instructor ratio
- Sports conditioning: campers participate in dry-land activities, including strength training, cardiovascular training, yoga and team building
- Campers put their newly acquired skills to use on short kayak and sailing trips and in rock climbing competitions
- Weekly excursions to various off-site locations

## FACILITIES

Urban Adventure Camp is based at the Sports Center health club on Pier 60 at Chelsea Piers. The Sports Center features the largest indoor rock climbing wall in the Northeast, extensive cardiovascular and strength training areas, a 1/4-mile indoor running track, a banked 1/8-mile competitive running track, three basketball/volleyball courts, an indoor sand volleyball court, a boxing ring with training circuit and a 25-yard swimming pool.

The kayak program uses a variety of safety-certified sea kayaks that are selected to match each camper's size and experience level. Both the sailing and kayaking programs make use of the Hudson River and New York Harbor — one of the finest and cleanest natural harbors in the nation. All trips are planned in accordance with tide tables.

## STAFF

Urban Adventure Camp counselors and coaches are experienced in inspiring teens to challenge themselves and build camaraderie with fellow campers. For more information, please call 212.336.6846.







