

# Community Outreach Program



## HIGH FLIGHT

*"To try is to succeed."*

HIGH FLIGHT



Celebrating a Decade of Wilderness Adventure

### What is High Flight?

High Flight is an adventure-based program designed to develop self-confidence and social skills in teenagers. While enjoying the challenge and adventure of exciting wilderness activities as a group, the participants learn the importance of teamwork, trust, and concern for others. High Flight uses wilderness environments as its "classroom," and experiential activities as the tools for learning essential life skills. Participants engage in high and low ropes courses elements, rock climbing, map and compass work, backpacking, camping, canoeing, mountaineering, and other physical endeavors as well as group problem-solving activities.

### Instructor Training Corps

Participants who have shown exemplary performance, desire, and initiative in High Flight can then become a part of the Instructor Training Corps (ITC). ITC members act as role models for new participants, learn outdoor leadership skills, group facilitation and specialized wilderness techniques. They also plan and lead special ITC trip and trainings with the staff. ITC graduates often have the chance to apply for jobs within the adventure programs or other YMCA departments.

### Get Involved

Youth and teens ages 12-17 are referred to the program through school counselors, social service agencies, and community organizations. Groups are then compiled accordingly to the compatibility of the youth's interests and needs with the goals of the High Flight program. High Flight runs four 10 week sessions per year: winter, spring, summer, and fall.



# Pre-Teen & Teen Programs

## Hey TEENS!

Looking for something fun to do this summer?  
Don't be bored this summer...  
Check out our Teen Summer Camp programs in Hopkinton!

Hang out with teens from your town and meet teens from all over MetroWest, gain some independence, develop leadership skills, help in choosing trips and activities, and challenge yourself this summer all while having fun!

### Highlights:

- ❑ Pre-Teens Grades 5-6 & Teens Grades 7-9
- ❑ Adventure Camp & Adventure Plus Camp  
Activities include: high and low ropes course, kayaking, sports, arts programs, camping skills, canoeing, archery, zip line, swimming and more.
- ❑ Trip and travel programs On the Road: Expedition and On the Road: Challenge include: Six Flags, the beach, mountain biking, Fenway Park tour, water parks, sailing, rock climbing and more!
- ❑ Specialty Camps include: Drama Camp, Circus Arts, John Smith Soccer and Robotics Camp and LEGOS Engineering.
- ❑ 1 & 2 week sessions running from June 28-August 27, 2010
- ❑ Bus transportation available or you can ride your bike (bike rack available)
- ❑ Extended day programs are available
- ❑ Financial Assistance is available

● **Call or email Berta Sinclair, Camp Director at (508) 435-9345 or [rsinclair@metrowestymca.org](mailto:rsinclair@metrowestymca.org)**

## MORE TEEN PROGRAMS

### ● TEEN WELLNESS AND FITNESS PROGRAMS

● Youth & Teen Wellness information on page 11.

● **Leaders In Training**, see page 19

● **Summer Leadership & Employment Opportunities.**

● Please see the Summer Day Camp Brochure

● Stay cool all summer long at the MetroWest

● YMCA. Check back in the Fall for more school year

● programming for teens.