

Dear Parents,

Thank you for your interest in enrolling your child in one of Montgomery Whitewater's Summer camps! We are thrilled to offer a place where kids can play outside, embrace adventure, and challenge themselves in new and exciting ways.

Montgomery Whitewater's camps are designed to get kids outdoors, moving, and engaged in activities that build confidence, resilience, and teamwork. Whether navigating the rapids in a kayak or tackling a variety of outdoor sports, campers will push their limits, learn new skills, and discover strengths they never knew they had. Through adventure and hands-on experiences, our goal is to encourage kids to step outside their comfort zones, develop a love for the outdoors, and create unforgettable memories.

For 2025, we are excited to offer two Summer camp options:

- **MultiSport Camp (ages 8-17):** A high-energy experience featuring a mix of outdoor activities that keep kids active, engaged, and having fun.
- **Kayak Camp (ages 12-17):** A more focused camp where participants build paddling skills, gain confidence on the water, and take on the challenges of whitewater kayaking.

We are excited to welcome your child to camp and see them take on new challenges with excitement and determination. Please use this packet as a reference for any information regarding camps, and don't hesitate to reach out to our team with any questions!

Best,
Montgomery Whitewater Camp Staff
334-746-6530

MultiSport Camp at Montgomery Whitewater Program Overview:

MultiSport Camp Description:

MultiSport Camp at Montgomery Whitewater is an adventure packed four-day camp featuring rafting, kayaking, slacklining, paddleboarding, biking, nature walks, bouldering, and a high ropes course. Campers build confidence, teamwork, and outdoor skills while exploring nature through hands-on challenges. This adventure fosters resilience, leadership, and a love for the outdoors in a fun, supportive environment. MultiSport camps have a camper to staff ratio of 6:1

Multisport Camp Details:

- Camp Duration: 4 Days M-Thu
- Camp Hours: 9:00 AM – 4:00 PM
- Summer 2025 Dates:
 - Ages 8-12 (June 16-19, July 21-24)
 - Ages 13-17(June 2-5, July 7-10)
- Price: \$375 per child. Includes all necessary gear, equipment, and daily boxed lunch
- Registration: Sign-ups will be available on our website or in person at Montgomery Whitewater Center.
- Discount: Campers receive at 20% discount on season passes

MultiSport Camp Sample Itinerary:

8:30 am - 9:00 am	Drop off
9:00 am - 10:00 am	Ice breakers and Team building
10:00 am - 12:00 pm	Ziplining and High Ropes
12:00 pm - 1:00 pm	Lunch at Eddys
1:00 pm - 3:00pm	Rafting
3:00 pm - 3:30 pm	Dry off and Snacks
3:30 pm - 4:00 pm	Debrief
4:00 pm	Pickup

MultiSport Camp Objectives and Learning Outcomes: To provide a safe, engaging, unique and educational outdoor experience for children ages 8-17. This day camp caters to children and teens and is designed to provide a challenging yet supportive environment where campers can build confidence, teamwork, and leadership skills while engaging with nature and learning outdoor skills.

- **Physical Fitness:** Improve endurance, strength, coordination, and physical confidence through hands-on outdoor activities.
- **Outdoor Skills:** Develop skills and abilities in the following outdoor sports: rafting, ziplining, biking, bouldering, sup boarding, inflatable kayaking.
- **Teamwork and Leadership:** Develop communication skills, trust, and leadership abilities in collaborative activities like rafting and mountain biking.
- **Environmental Stewardship:** Encourage campers to connect with nature, learn about environmental issues, and practice responsible outdoor behaviors.
- **Confidence and Personal Growth:** Foster a sense of accomplishment and self-assurance as campers overcome challenges and learn new skills.

Prerequisites:

- Must be comfortable riding a bike
- Basic swimming skills
- Comfortable being submerged underwater
- No previous kayaking or climbing experience necessary

Kayak Camp at Montgomery Whitewater Program Overview:**Kayak Camp Description:**

Montgomery Whitewater's 4-Day Whitewater Kayak Camp is the perfect adventure for young paddlers looking to learn the fundamentals of whitewater kayaking in a safe, fun, and supportive environment. Through a structured lesson plan, campers will develop essential paddling techniques, river safety knowledge, and navigation skills under expert guidance. Each day builds confidence, from mastering basic strokes and self-rescue techniques to navigating moving water and tackling beginner rapids. The camp culminates in a guided river run, allowing participants to apply their newfound skills and celebrate their progress. Whether new to the sport or eager to refine their abilities, campers will leave with a strong foundation in kayaking and a passion for the river.

Kayak Camp Details:

- Camp Duration: 4 Days M-Thu
- Camp Hours: 9:00 AM – 4:00 PM
- Location: Montgomery Whitewater Park, Montgomery, Alabama
- Age Group: 12-17 years
- Summer 2025 Camp Dates:
 - June 9th – 12th
 - June 23rd – 26th
 - July 14th – 17th
 - July 28th – July 31st
- Price: \$375 per child. Includes all necessary gear, equipment, and daily boxed lunch
- Registration: Sign-ups will be available on our website or in person at Montgomery Whitewater Center.
- Discount: Campers receive at 20% discount on season passes

Kayak Camp Sample Itinerary:

8:30 am- 9:00 am	Welcome / Introduction
9:00 am- 10:00 am	Gear up
10:00 am-12:00 pm	Intro to Kayak – Flat or moving water based on the day
12:00 pm- 1:00 pm	Lunch
1:00 pm – 3:00 pm	Strokes and River concepts
3:00 pm - 3:30 pm	Dry off and Snacks
3:30 pm - 4:00 pm	Debrief
4:00 pm	Pickup

Kayak Camp Objectives and Learning Outcomes:**Objectives:**

- Introduce new paddlers to the fundamentals of kayaking in a safe and supportive environment.
- Build confidence on the water through hands-on instruction and guided practice.

- Teach essential paddling techniques, including strokes, balance, and maneuvering.
- Foster a love for outdoor adventure while emphasizing water safety and environmental awareness.
- Encourage personal growth by challenging campers to push their limits and develop resilience.

Learning Outcomes:

- Campers will demonstrate basic kayaking skills, including proper paddle grip, forward strokes, and turning techniques.
- Campers will understand and follow fundamental water safety rules, including how to perform a wet exit and self-rescue.
- Campers will gain confidence in navigating flatwater and beginner-friendly moving water.
- Campers will develop teamwork and problem-solving skills through group paddling activities.
- Campers will leave with a sense of accomplishment, new friendships, and an appreciation for outdoor adventure.

Montgomery Whitewater Camp General Information

Drop Off and Pick Up

- Drop off for camps will take place from 8:30am – 9:00am at the Outfitters.
- Parents/guardians must sign campers in and out each day.
- Pickups will take place between 4:30pm and 5:30pm at the Outfitters.
- For late drop off or early pickup, please contact Montgomery Whitewater ahead of time.
- If someone other than a parent/guardian is picking up a camper, they must be listed on the Camper release form and present a valid photo ID.
- A late fee of \$15 will be charged for every 15 minutes past 5:30

Packing List

- **Clothing:** Campers should arrive each day dressed for outdoor adventures. Proper attire ensures comfort, safety, and ability to participate fully in all activities.
 - Comfortable, weather appropriate clothing (Lightweight, quick drying, and breathable materials are best)
 - Pack or wear a swimsuit under clothing
 - Quick dry athletic shorts or T-shirts
 - Close-toed shoes for land activities
 - Sandals with a back strap for water activities
 - Sunscreen should be applied prior to arrival
 - Hat or sunglasses
 - Rain gear
- **Please send your camper with the following items:**
 - Refillable water bottle
 - Sunscreen (Labeled with name)
 - Bug spray
 - A towel
 - Full change of clothes
 - Small backpack or bag for personal items
 - Any necessary medication (see medication policy)

Lost and Found:

- We advise labeling all personal items with your child's first and last name.
- Personal undergarments may be thrown away daily if not claimed
- Lost and Found items will be kept for the duration of the camp week. Afterwards they will be placed with Guest Services in the Outfitters store.

Lunches and snacks

- A boxed lunch from Eddy's is provided for all campers.
 - Campers will have the option to select from a set menu each day. The menu will consist of chicken fingers, hamburger, grilled cheese, or mac and cheese, and side options of French fries or a salad.
- Campers are allowed to bring their own lunch. The cost of the camp does not change for campers who bring their own lunch
- Campers need to bring their own snacks
- Campers are required to bring personal water bottles.

Weather Policy:

We closely monitor weather conditions to ensure campers' safety. Montgomery Whitewater will suspend all activities if inclement weather is detected within an 8-mile radius. Activities will resume 30 minutes after the last lightning strike or once inclement weather clears the area.

Extreme Heat: Hydration breaks will be enforced, and shaded/resting areas will be utilized as much as possible. Campers may rotate through less strenuous activities. Campers will be encouraged to take breaks whenever they need them.

First Aid: The safety of our campers is a top priority. We have multiple first aid kits available on site.

- All Montgomery whitewater camp leads will be certified in CPR and basic first aid.
- If your child has Emergency medications (E.g. EpiPens, inhalers) please provide a waterproof carry bag. The child must always carry the medication on their person.
- If your child has severe allergies or a medical condition, please notify staff in advance so we can prepare accordingly.
- Parents will be notified of minor injuries during the pickup at the end of the day
- If a serious injury occurs staff will notify parents/guardians as soon as possible. If appropriate a parent/guardian may pick up the camper and transport them to the hospital.

Medications:

- All medications must be documented and authorized prior to the start of the camp session. This includes both prescription, emergency, and over-the-counter medications.
- Only medications that are necessary and cannot be given outside of the hours of camp will be given during the program. All campers must self-administer their medications under the supervision of a Whitewater staff member.
- If your child has Emergency medications (E.g. EpiPens, inhalers) please provide a waterproof carry bag. The child must always carry the medication on their person and be prepared to self-administer if necessary.
- We encourage parents/guardians to administer OTC medications prior to their child arriving at camp.

- Parents/guardians must complete a Medication Administration Form, providing detailed information about each medication, including the camper's name, the name of the medication, dosage, times of administration, and any special instructions.
- The medication must be in a container dispensed by the pharmacy with the participants name, dosage, name of medication, and the date the prescription was filled out.
- Parents/ guardians are responsible for
 - Completing the camp form and returning it to program staff
 - Provide medication in a current and prescribed container
 - Transport medication to the site and deliver it to a staff member.
 - Understand that Whitewater will not store medications of any kind.

Sick Policy: To maintain a healthy camp environment, we ask that parents follow these guidelines:

- Please do not send your child to camp if they are sick
- If campers have a fever of 100.5 or higher, vomiting, diarrhea, or contagious illness they must remain home until they are symptom free for at least 24 hours.
- If campers develop symptoms during camp, they will be separated from the group and a parent/ guardian will be contacted for pick up.
- If your child contracts a contagious illness, please notify camp staff so we can take appropriate actions.
- Refunds/Rescheduling will be handled on a case-by-case basis for illness-related absences.

Behavior Policy: To support a positive, respectful, and safe environment for all campers, we ask campers to adhere to the following behavioral guidelines. Please discuss these expectations with your child before camp begins.

- Listen to and respect staff and fellow campers
- Follow all safety instructions and guidelines for each activity
- Use kind and respectful language (abusive and foul language will not be tolerated)
- No bullying, roughhousing, fighting, or otherwise disrespectful behavior.
- Disruptive behavior that would interfere with the ability of other participants to participate safely in the activities.
- Campers who repeatedly fail to follow camp rules may be dismissed for the day and the program without refund.

Emergency Contact & Communication: If you need to reach camp staff during the day for any reason, please use the following contact information:

Wilson Calhoun
334.746.6530 ext. 3004
wcalhoun@montgomerywhitewater.com

Nicole Cordeiro
954-482-3933
ncordeiro@montgomerywhitewater.com

Craig Heflin
404-316-4277
chefflin@montgomerywhitewater.com

Montgomery Whitewater Center Address: 1100 Maxwell Blvd, Montgomery Al, 36104