



Adventuresports
INSTITUTE



SUMMER CAMPS

Adventure Sports

www.garrettcollege.edu/camps

Adventure Sports Day Camps

Mountain Biking - July 12-15 , 2021 (9:00am-Noon)

\$45 per day/\$180 week • Ages 8-10 • Min.4/Max. 8.

Participants will learn basic riding skills, bike maintenance and obstacle course drills and fitness strategies to promote single track riding at local State Parks. Adventure Sports certified instructors will assist participants through fun biking games and drills to prepare participants for biking on single track trails. Participants must have basic bike riding skills to participate in day camps. Participants can use their own bikes if approved by instructors for safety purposes.

Mountain bikes, helmets and transportation included price.

Mountain Biking - July 19-22, 2021 (9:00am-Noon)

\$45 per day/\$180 week • Ages 11-13 • Min.4/Max. 8

Participants will learn basic riding skills, bike maintenance and obstacle course drills and fitness strategies to promote single track riding at local State Parks. Adventure Sports certified instructors will assist participants through fun biking games and drills to prepare participants for biking on single track trails. Participants must have basic bike riding skills to participate in day camps. Participants can use their own bikes if approved by instructors for safety purposes.

Mountain bikes, helmets and transportation included price.

Advanced Mountain Biking - July 26-29, 2021 (9:00am-3pm)

\$75 per day/\$300 week • Ages 10-13 • Min.4/Max. 8

Participants will learn advanced riding skills, bike maintenance and obstacle course drills and fitness strategies to promote single track riding at local State Parks. Adventure Sports certified instructors will assist participants through drills to prepare participants for biking on single track trails for moderate to advance terrain. Participants must have 2 years mountain bike riding skills on single track trails to participate in day camps. Participants can use their own bikes if approved by instructors for safety purposes. **Mountain bikes, helmets and transportation included price.**

Participants need to bring their lunches for the camp.

Register online only at www.garrettcollege.edu/camps



For more information, please contact:

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Office of Equity & Compliance • 687 Mosser Road, McHenry, MD 21541, (301)387-3037 or equitycompliance@garrettcollege.edu.

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