# VERMONT MRYC

For over 40 years, the Vermont Recreation & Parks Association has hosted Summerama, a camp-specific training program for new and seasoned counselors and recreation staff. The purpose of this workshop is to supplement in-house staff orientations with a robust schedule of hands-on education sessions led by regional camp professionals. Summerama is the first step toward training your staff and initiating a strong team bond that'll pull them through the season.

#### Bring your training to the next level!

The Summerama schedule includes sessions covering a wide variety of camp topics. With a mix of interactive and informational, long and short time blocks, and material suited for all levels of experience. Every member of your staff can customize their training with selections that pique their interest.

#### Lasting benefits...

Joining Summerama and the Vermont Recreation and Parks Association family will open your team to a vast network of opportunity. Connections with neighboring camps is a great way to share resources and provide a sense of belonging in the greater camp community. Your staff will leave feeling empowered and eager to kick off a great season!

#### Making the most of Summerama

For best results, we recommend splitting up to cover the most ground. Some sessions will be limited to one or two participants from each organization. Debriefing as a team during your regularlyscheduled orientation following the event is the best way to share information and nurture team bonding further.

All sessions are open to anyone! If you're not sure where to begin, use this guide to understand the target audience for each workshop. Although content in most of the sessions could be relevant to all, some speakers have geared their discussions toward certain experience levels. The session guide is merely a suggestion, so your team should arrange sessions in a way that best fits their personal and professional goals.

Sessions labeled as "TPO" are limited to two attendees per organization.



Entry Level/First Time Counselor Mid-Level/2-3 Year Counselor





Upper Level/Management

SUMMERAMA GIVES **COUNSELORS FROM** ALL OVER THE STATE AN OPPORTUNITY TO SHARE IDEAS, FIND COMMON EXPERIENCES, AND STEP INTO THE LEADERSHIP MINDSET.



Each year summer camps around the country have a unique opportunity to touch the lives of youth. Our duty as camp staff reaches far beyond the call to weave baskets and paddle boats. Every day of your summer season will be spent creating smiles, wiping tears and essentially shaping the world view for countless children in your community. Camp is a place where character is built, independence is found and lifetime memories are made. It's where carefully chosen staff have the honor of filling the shoes of a parent - to witness some of the most important milestones of a child's life and to have the privilege of watching them grow into young adults. These summer moments are filled with magic, fun and excitement, but they also bear great responsibility. Accepting the job of camp counselor means accepting the legacy of a child. It comes with the understanding that your everyday judgment and decisions will inevitably design their youth experience. It's a role to be cherished, appreciated and respected.

And while you're creating their experience, don't forget to design yours. Make friends, learn things, and most importantly, GROW...

-Jessica Booth Summerama Chair





# Keynote

Christian Craig has been the Executive Director of the Edgar May Health and Recreation Center for 11 years. He helped the 20,000 square foot indoor recreation center open its doors in December of 2006, and has been leading the charge ever since. Beginning his career as a program director for the Greater Burlington YMCA, he has experience overseeing numerous afterschool programs and summer day camps. He was selected as the Citizen of the Year in 2017 by the Springfield Chamber of Commerce for his significant volunteer work in the greater Springfield region. Christian lives and adventures in Weathersfield, Vermont with his wife Lizzy and two children, Addison, age 6 and Mac, age 3.

# Schedule

## 8:30-9:00 REGISTRATION & REFRESHMENTS

Register your group at check-in and power-up with granola bars, yogurt and fresh fruit in the mess hall before sessions begin.

## 9:10-9:50 PLAYNOTE

## THE MORE THINGS CHANGE, THE MORE THEY STAY THE SAME

Christian Craig

Executive Director, Edgar May Health & Recreation Center In today's fast paced, ever changing world it's important that we remember to provide kids (and parents) with what they really want...FUN. Summer camps have been around for nearly 150 years and while the games, activities, and locations may change, the core principles of FUN and NEW experiences remain steadfast. Let's start the day and the summer off remembering what it's like to just have FUN!



## 10:00-11:30 FULL BLOCK

## JUST PLAY 💆 😤

Lee Barrett

Recreation Coordinator, Colchester Parks & Recreation

Come ready for fun, laughter and learning as we discuss "play" and become fully engaged in it. Plato said "You can discover more about a person in an hour of play than you can in a year of conversation." We have 90 minutes! Let's use every one of those minutes to tap into our inner kid and get lost in games, activities and discussion.

# SUMMERAMA IS THE FIRST STEP TO A GREAT SUMMER.

## THE KID WHO WON'T - FROM MANAGING BEHAVIOR TO ENGAGING \$\mathcal{L}\$

Katrina Kretschmar

Director of Expanded Learning, Vermont Afterschool Inc.

Camp songs, cooperative games, and more. This workshop looks at why the staples of our program can be used as tools to increase engagement and reduce undesired behaviors. During this interactive workshop, participants will focus on why young people mis-behave and how the culture and structure of your program can help or hinder those behaviors.

### FEED THE STAFF OR THEY'LL EAT THE CAMPERS 👺 🏋

Christian Craig

Executive Director, Edgar May Health & Recreation Center

During this workshop you'll learn strategies and techniques to prevent, identify and avoid staff burnout. Participants will learn new ideas to empower your staff to support one another through the duration of your program and keep batteries charged all summer long.

## AMERICAN RED CROSS CPR, FIRST AID & AED CERTIFICATION COURSE ☐ ♣ ₩

Kirsten Santor, CPRP

Program Director, Essex Jct. Recreation & Parks

Learn to recognize and care for a variety of first aid, breathing, and cardiac emergencies. This two-part course begins with an interactive online experience, followed by an instructor-led classroom skill session at Summerama. Upon successful completion, participants will receive a two-year certification for Adult & Pediatric First Aid/CPR/AED. This course is for initial certification and recertifications. Pre-registration and online course completion by 5/29/19 is required to participate in skill session. Additional course fee applies.





## Session 1 Schedule

## 10:00-10:40 HALF BLOCKS

#### HELP! I'M NEW TO THIS.

Todd Goodwin

Director, Williston Recreation & Parks

Are you a new counselor, or are you looking for ways to interact with your campers positively? If so, it starts with being prepared and setting the expectations. In this session, participants will learn the do's and don'ts of working with groups of children and how you can create the most enjoyable summer for you and your campers starting from the very first day.

## NATURE CRAFTS 🗖 🔖

Emily Boek

Program Director, Stowe Parks & Recreation

Learn about using outdoor resources to make creations of wonder and excitement! Inspire creativity and encourage campers to express themselves by utilizing material found in the natural world that surrounds us. A series of hands-on, guided activities give participants the tools they need to teach a variety of activities as soon as you get back to camp. Be prepared to get dirty and be outside in this interactive session.

## 10:50-11:30 HALF BLOCKS

## CREATION EXPLORATION I 💆 🛂 🏋

Heidi Lague

PK-8 Art Teacher & Founder of Heidi's Hats

See how simple art making can be. Feel successful and proud. Did you know that using the same materials in slightly different ways can yield so many different results? Learn all the tricks in this hands on "Make and Take" session.

## REPEAT AFTER ME, DO AS I DO. 💆 💃

Jazmin Averbuck

Outdoor Programs Coordinator & Resident Camp Director, Girl Scouts of the Green and White Mountains

Singing is one fundamental tradition of any camp experience. But why? Learn fun and engaging songs for all the different occasions throughout the camp day and how they help us keep our bus rides, meal times, transition and clean-up times smooth, engaging and fun for campers.



Gluten Free options available. If you have special dietary needs, please feel free to pack a lunch.

## 11:40-12:50 LUNCH PERIOD & BRAINSTORM RELAY

Lunch break is complimented by a 30-minute "Brainstorm-Relay" experience. Participants engage in open conversation, networking and brainstorming ideas for their summer programs. Share knowledge and pose questions on a variety of universal camp topics like summer activity ideas, transition tools, all-camp games and more! Participants will work together during this fastpaced relay style activity.

#### **DIRECTOR'S LUNCH**

Camp Directors and Assistant Directors are invited to dine together and focus discussion on topics that matter to you! Trying something new this year at camp? Want ideas or solutions to a problem? Whatever your interest, bring it to the Director's Table.

## Vermont Afterschool

Vermont Afterschool is a public-private statewide partnership dedicated to supporting and sustaining innovative learning opportunities that extend beyond the school day for all Vermont's children and youth. Their activities are directed toward increasing the quality and availability of education programs during non-school hours, and their mission is to Support organizations in providing quality afterschool, summer, and expanded learning experiences so that Vermont's children and youth have the opportunities, skills, and resources they need to become healthy, productive members of society.

For more information, visit us online at VermontAfterSchool.org or email info@vermontafterschool.org





## Session 2

## 1:00-2:30 FULL BLOCKS

### JUST PLAY 💆 🧐

Lee Barrett

Recreation Coordinator, Colchester Parks & Recreation

Come ready for fun, laughter and learning as we discuss "play" and become fully engaged in it. Plato said "You can discover more about a person in an hour of play than you can in a year of conversation." We have 90 minutes! Let's use every one of those minutes to tap into our inner kid and get lost in games, activities and discussion.

#### 10 TIPS FOR THE 20-SOMETHING SUPERVISOR 🖑 🏋



Jessica Booth

Director, City of Newport Parks & Recreation

Katrina Kretschmar

Director of Expanded Learning, Vermont Afterschool Inc.

For those rising through the ranks at a young age, embracing your new status begins with trusting in the belief that others have for you. Whether you're in your 20's or you're managing a group of 20-somethings, supervising the camp environment can be a challenge. Each program and staff team is unique, but there are certain skills and techniques that will ensure your experience is a successful one, whether it's your first year as camp director or your 50th.

### **AMERICAN RED CROSS CPR, FIRST AID & AED** CERTIFICATION COURSE 💆 🐝 😃

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## 1:00-1:40 HALF BLOCKS

### CREATION EXPLORATION II

Heidi Laque

PK-8 Art Teacher & Founder of Heidi's Hats

See how simple art making can be. Feel successful and proud. Did you know that using the same materials in slightly different ways can yield so many different results? Learn all the tricks in this hands on "Make and Take" session.

### FORMING, STORMING, NORMING. 🐇 😃



Todd Goodwin

Director, Williston Recreation & Parks

No, it is not a weather cloud in transition, it is what your staff and campers will go through this summer as they meet, get to know each other and develop relationships. Explore the concepts of "Group Formation" and how you can help facilitate the process as your staff and campers move through the 5 stages. Participants will learn techniques and games for each level and understand how you can encourage your group to reach the final stage becoming a successful team!

### NATURE GAMES & ACTIVITIES 2 🕏



Emily Boek

Program Director, Stowe Parks & Recreation

Children love to play outside and explore nature. These handson activities will guide participants on a journey of exploration, education and imagination through our natural environment. Be prepared to get dirty and have fun outside in this interactive session.





## Schedule

## 1:50-2:30 HALF BLOCK

### STEM FOR SUMMER CAMP I 🎉 😃 🏋

Rachel Rose

STEM Trainer, Vermont Afterschool Inc.

Come experience snapshots of three spectacular crossdisciplinary summer projects. Briefly discuss the four scientific disciplines, seven cross-cutting concepts, and scientific practices while participating in hands-on activities. Participants will receive handouts that elaborate on easy STEM projects you can implement at camp this summer!

### **GRANDPA'S SLEEVE: A 'TRICKS WITH STUFF'** WORKSHOP TO THE TOP

Rob Mermin

Founder, Circus Smirkus

Award winning magician Rob Mermin presents a hands-on "magic class" with easy-to-do tricks, stunts, puzzles and homemade amusements that can be "pulled out of your sleeve" during down-times, bus rides and transitions. Impress your campers by showing how ordinary objects become magical. Experience the "WOW! That's so cool!" reaction from kids in the very first minute! No skills required, no computers, no electronic devices or batteries needed!

### BRINGING USTA TENNIS TO CAMP 💆 🧩 🏋

Karen Didricksen

VT Tennis Service Representative, USTA New England

"NET GENERATION" embodies USTA's commitment to helping community organizations build and support tennis programs through afterschool and summer camp programs nationwide. Organizations that sign on as community providers receive access to free tennis equipment, curriculum resources and easy-to-follow progressive lesson plans that can have your staff introducing this lifetime sport to kids at camp in no time. No need for formal tennis courts or tennis experience! See how much fun tennis can be and how easy it is to bring NET GENERATION home to your camp program this summer!

> SUMMERAMA IS AN AMAZING OPPORTUNITY FOR LEARNING AND PROFESSIONAL GROWTH AT ANY LEVEL. IT SETS THE TONE FOR AN AWESOME SUMMER AND THE TRAINING WAS ESSENTIAL FOR ME TO BECOME A BETTER CAMP COUNSELOR.



## Session 3

## 2:40-3:20

## RAINY DAY ACTIVITIES 💆 💃

Emily Boek

Program Director, Stowe Parks & Recreation

Rained out of your scheduled outdoor play? No problem! Learn creative ways to have fun inside during rainy camp days. Large group and small group activities will be presented in this handson interactive session. Come ready to play.

### STEM FOR SUMMER CAMP II 💃 😃 🏋 🗘

Rachel Rose

STEM Trainer, Vermont Afterschool Inc.

Come experience snapshots of three spectacular crossdisciplinary summer projects. Briefly discuss the four scientific disciplines, seven cross-cutting concepts, and scientific practices while participating in hands-on activities. Participants will receive handouts that elaborate on easy STEM projects you can implement at camp this summer!

## ANCIENT MOVEMENT FOR MODERN LIFE: SUPER AWKWARD, KIND OF HILARIOUS AND DESPERATELY NEEDED FOR FUN AND FITNESS AT CAMP 7

Joe Fox

Director of Recreation Programs, St. Johnsbury Academy

There was a time when we humans tiptoed, ran, walked over mountains, crawled, dragged, carried, threw, lunged, and danced with wild abandon as part of our normal existence. Whether it be for hunting, gathering, working the land, or freely expressing emotion through our bodies in joyous tribal ceremonies, the days of early humans were full of movement. Sadly now, most of us lead an existence where our primal selves battle with modern convenience resulting in hours of sitting. This session is about reaching and engaging primal movement at camp through fun challenges after a long school-year of sitting. Come ready to move!

#### 

Rob Mermin

Founder, Circus Smirkus

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Mid-Level/2-3 Year Counselor

# Session 3 Schedule

#### **UNPLUGGED! ENGAGING CAMPERS WITHOUT** TECHNOLOGY 🗖 🤻 😃

Jazmin Averbuck

Outdoor Programs Coordinator & Resident Camp Director, Girl Scouts of the Green & White Mountains

In a culture where we're attached to our smart devices, camp is one of the only places left where we can unplug, put the gadgets away and engage in hands-on activities both indoors and out, rain or shine. Come discuss the importance of the technologyfree camp environments and how you can overcome the modern challenge of engaging campers and staff without the presence of technology.

#### FORMING, STORMING, NORMING. 👺 🖑



Todd Goodwin

Director, Williston Recreation & Parks

No, it is not a weather cloud in transition, it is what your staff and campers will go through this summer as they meet, get to know each other and develop relationships. Explore the concepts of "Group Formation" and how you can help facilitate the process as your staff and campers move through the 5 stages. Participants will learn techniques and games for each level and understand how you can encourage your group to reach the final stage becoming a successful team!

## 3:30-4:00PM ENDNOTE & ICECREAM

We want your feedback! Surveys are the primary tool we use to develop this program each year. Please take a moment to reflect on your day and leave thoughtful ideas and suggestions to help guide our program in 2020.

Want to join the Summerama Committee? Contact Betsy Terry at Betsy@VRPA.org or (802) 878-2077



#### **SUMMERAMA COMMITTEE**

Jessica Booth - Chair

Betsy Terry

**Emily Boek** 

Kirsten Santor

Alicia Finley

Jay McDonough

Joe Fox

Todd Goodwin

Katrina Kretschmar

Tricia Pawlik-York

Jazmin Averbuck

Mitch Osiecki

Arne McMullen

#### **VERMONT RECREATION & PARKS ASSOCIATION**

The Vermont Recreation and Parks Association is a non-profit organization dedicated to the promotion, development, and improvement of all recreation and park services within the State of Vermont.

400+ members strong, VPRA is committed to providing education, resources, and networking opportunities to professionals and citizen volunteers to assist with their role as advocates for parks and recreation services.

We pride ourselves on providing personalized service. We strive to continuously update services based on the needs of members and develop strategies to advance our field. Member benefits include:

- Continuing Education
- Networking Opportunities
- Membership Directory
- Weekly Check-in e-newsletter
- Event & Program Discounts
- Professional Assistance
- Access to VRPA Resources
- Legislative Advocacy





## Speakers



#### JAZMIN AVERBUCK

Jazmin is a fitness and adventure enthusiast who enjoys sharing her outdoor skills and interest with girls of all ages. With a M.S. in Health and Physical Activity, Jazmin uses her passion for community engagement to empower young minds to achieve their greatest dreams. Her experience has led her to the magic of the camp world where she currently resides as the Outdoor Programs Coordinator and Resident Camp Director with the Girl Scouts of the Green and White Mountains. Jazmin carries certification as a lifeguard and USA level 2 archery instructor and has a robust inventory of outdoor skills including orienteering, kayaking and various outdoor living techniques.



#### LEE BARRETT

Lee has worked in youth development and recreational programming for many years. After moving to Houston Texas in 2010 he spent his time working for a Non-Profit focusing on building safe, healthy and inclusive play environments in the school system for kids, staff and surrounding communities.

Lee and his wife, Kyra, recently traded in big city Texas for the green mountains and small towns of Vermont. Since moving here in 2017, Lee has continued his work with youth joining the Colchester Parks and Recreation team as Recreation Coordinator and Afterschool Director.



#### **EMILY BOEK**

Emily Boek has a B.S. in Therapeutic Recreation and over fourteen years experience working in the recreation field. Emily has spent time with various day and residential camps as a counselor, lifeguard, assistant director, and inclusion specialist. She has also shared her passion for recreation by instructing canoe, kayak, and SUP paddling as well as skiing and snowboarding to people of all ages and abilities. Emily began working as the Program Director for Stowe Parks & Recreation in 2014. Her goal is to provide recreational opportunities for all people to live, grow and play together.



#### **JESS BOOTH**

Jessica began working for the City of Newport at the end of 2012 following her experience with the Stowe & Waterbury Recreation departments. Born and raised in Vermont, Jessica has loved summer camp since childhood and began working in the field as a junior counselor in 8th grade. With a degree in Elementary Education from Castleton University, her creative spirit and extensive camp experiences provide a great foundation for her position as Parks & Recreation Director for the City of Newport. Among other duties, Jessica handles most of the programming for Newport Parks & Recreation, including annual community events, schoolyear program and summer camps and activities for all ages.



#### KAREN DIDRICKSEN

Karen is a lifetime tennis player originally from California who played tennis in High School and College. She moved to Vermont to teach at Windridge Tennis Camps and never left! Over the years, she has worked and managed an indoor tennis club and competed in USTA adult leagues & tournaments in New Hampshire and Vermont for almost 20 years. Karen is a certified professional tennis coach working as Vermont's tennis service representative for USTA-New England. She is also a certified PTR professional. She loves to promote tennis everywhere as a lifetime sport.



#### IOF FOX

Joe has served as the Recreation Director in St. Johnsbury for 13 years overseeing a wide range of programs. While his primary responsibilities are to manage youth sports, Joe's personal passion is promoting active lifestyles through as many means as possible. He serves as the chairperson of his town's bicycle and pedestrian advisory committee and is the VP of the Caledonia Trail Collaborative, a non-profit chapter of the Vermont Mountain Bike Association. He is a certified Wilderness First Responder and an avid mountain biker, runner, backcountry skier, snowboarder, and most recently he's been hooked on Crossfit. Joe believes that regular play, multi-planar movement, trying new things, and heavy doses of daily fun are essential to a quality life.



#### **TODD GOODWIN**

Todd Goodwin is currently the Recreation & Parks Director for the Town of Williston. He has 39 years of recreation and camp experience from counselor to director. Todd has experience directing day camps and working at residential camps. He has been involved in running highly successful day camps for camps spanning ages 3 to 15 since 1991. Todd also has had over 12 years experience teaching Physical Education to Pre-school through 8th grade students and coaching team sports at the High School level.



#### KATRINA KRETSCHMAR

Katrina is a camp kid at heart. She brings 10+ years of professional development experience to summer and afterschool programming. Beginning as an Americorps VISTA with the NH Afterschool Network, Katrina found her passion for impacting youth driven systems. She has a strong background working with older youth and empowering them to find and use their voices. For the past three years, Katrina has been in Colorado working with industry and educational leaders to create infrastructure for meaningful work-based learning opportunities. Katrina was the 2017 "Advocate of the Year" recipient from the Jefferson County School Counselor Association for helping bridge the gap between education and industry. She is thrilled to be back in New England working with those who bring learning to life outside the school day at Vermont Afterschool Inc.

## Speakers



#### **HEIDI LAGUE**

Art Teacher, working artist and Founder of Heidi's Hats, Heidi strives to be an advocate and educator in art education. She holds a BA in Art Education and an MA in Curriculum and Instruction from Northern Vermont University. Heidi enjoys teaching all age levels, has experience in a variety of diverse settings and believes art is for everyone. As an art educator, her goal is to give people opportunities to learn about themselves in a safe and encouraging setting which helps them see how they fit into the world. Art gives people both a sense of stability and self worth.



#### **ROB MERMIN**

Trained in classical mime with Etienne Decroux and Marcel Marceau, Rob has performed in European circus, theatre, TV and film for over forty years. He is an author, director, university lecturer, former Dean of Ringling Bros Clown College, and founder of the award-winning international company Circus Smirkus. Rob lives in Central Vermont and regularly volunteers time teaching and performing magic, mime, and circus in children's hospitals, nursing homes, and orphanages across the world.



#### RACHEL ROSE

Rachel lives in Cambridge, Vermont with her husband and two year-old daughter. She holds a Bachelors in Elementary Education from Goddard College and a Master's in Reading Education from Old Dominion University. Rachel has been teaching since 1999, first as an elementary school teacher, then as a site coordinator for a 21C afterschool program. She currently teaches STEM classes to homeschoolers through her business, Growth Points Educational Services, and leads STEM workshops for VT Afterschool. Rachel's two biggest hobbies are gardening and snowboarding. She also enjoys canoeing, camping, biking, hiking, yoga, and cooking (when she's not building block towers, reading books, singing silly songs, playing with play dough, making art, splashing in puddles, and pretending).



#### KIRSTEN SANTOR

Kirsten Santor started working at EJRP in July 2016 and oversees program planning for the community. She attended a variety of camps as a child and credits those experiences with helping her find her career in recreation. She has experience leading trips both nationally and internationally, including destinations in Hawaii and Scotland. She has a bachelors degree in Recreation, Adventure Travel, and Ecotourism and a master's degree in Recreation Administration. Kirsten is a certified Red Cross Lifeguard Instructor, Water Safety Instructor, Wilderness First Responder, and Maine Sea Kayak Guide.

# Registration

#### **REGISTERING YOUR TEAM ONLINE IS EASY!**

www.VRPA.wildapricot.org/Courses-Workshops

Log on to VRPA's website using the link above

- Register your organization and participant information
- Pay with card or print an invoice to mail payment later



#### Early Bird Deadline:

Members: \$25 | Non-Members: \$30

After May 1:

Members: \$35 | Non-Members: \$40

SAVE \$2 per registration when you enroll 10 staff or more!



## American Red Cross CPR, First Aid & AED Certification

Space is limited. Registrations are processed on a first-come, first serve basis. Participants are required to complete the online portion of the Red Cross course before 5/29/19 to be eligible for certification at Summerama.

Additional Course Fee: \$45



#### **CONTACT US**

Betsy Terry, Executive Director

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