

Dear Parents/Guardians,

May, 2026

Your child is responsible for having: lunch, drinks, sunscreen and bug spray for our trips. Please do not send them unprepared for the day's activities. *They will be expending much more energy than usual, and may need more fuel than for a typical day of hanging around in the summer sun!* **July 7th – July 30th, 2026**

The following is the scheduled itinerary that is set up for the program.

July 7, 2026	Tuesday	8-11	Introduction and icebreakers. Set goals for the summer.
July 8, 2026	Wednesday	8-11	Teambuilders and then swimming and fishing at the river. **Review the packing list**
July 9, 2026	Thursday	8-4	Hike the Flume in Lincoln, NH and swim at Echo Lake Beach in Franconia, NH. **Review the packing list**
July 14, 2026	Tuesday	8-4	York Wild Kingdom Zoo and swim at York Beach in Maine. **Review the packing list**
July 15, 2026	Wednesday	8-11	Team building activities and rollerblading at Remix in Manchester.
July 16, 2026	Thursday	8-4	Alpine Adventures for ziplining. Hiking at Sabbaday Falls and swimming at Lower Falls, off the Kancamagus Highway, Albany, NH. **Review the packing list**
July 21, 2026	Tuesday	8-4	Kayak trip on the Contoocook River in Concord, NH. **Review the packing list**
July 22, 2026	Wednesday	8-11	Team building activities.
July 23, 2026	Thursday	8-4	Gunstock Mountain for the Mountain Coaster, scenic lift ride, fishing at their pond, and hiking on nature trails.
July 28, 2026	Tuesday	8-4	Adventurelore, Danville, NH. Team challenge activities. **Review the packing list**
July 29, 2026	Wednesday	8-11	Team building activities. Prepare for tomorrow. Complete summer review.
July 30, 2026	Thursday	8-4	Canobie Lake Park in Salem, NH. **Review the packing list**

The packet of information and forms will be provided on the family night, May 21st from 5-6pm. **All forms must be filled out. If medication will be needed, please note that on the forms.** We look forward to your child attending the program. The activities chosen are educational, challenging, and most of all fun. Our ultimate goal is to help your child gain new skills that can be carried over into their everyday life.

If you have any questions, please feel free to reach out to Shayla Masciarelli at (603) 225-3318 or smasciarelli@ssahs.org. **After June 19th, I can be reached Monday through Friday from 8am-3pm at (802)332-3412.**

Packing List Suggestions

On days we are going for a hike	On days we are going to be swimming
● Comfortable clothing ● Sneakers ● Socks ● Bug spray ● Sunscreen ● Snacks ● Water ● Backpack ● Layers to change clothes if hot/cold ● Change of clothes (optional)	● Bathing suit ● Towel ● Sunscreen ● Bugspray ● Backpack ● Snacks ● Water ● Change of clothes (optional)

Reminders:

On full days, please pack a lunch!

If there are any issues with not being able to bring food for lunch, or any of the necessary items listed above, please reach out to Shayla about your student's needs.

*Please wear or bring socks, shoes, and comfortable clothes that are appropriate for the weather, **EVERY DAY!***

*In order to get a half credit of elective for attending this program, you **MUST** attend all sessions!*